

UPTOWN ACCELERATOR™

NYC Race Series

Make the jump. Make it again.

PROGRAM JOB

Develop repeated jumps, cadence response, short power, acceleration and closing speed under fatigue.

BEST FOR

- Riders who need faster acceleration.
- Racers who struggle to repeat short jumps.
- Cyclists who lose closing speed after hard race work.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 BUILD THE JUMP

Develop quick cadence response and clean acceleration mechanics.

2

WEEKS 5-8 REPEAT THE ACCELERATION

Increase repeatability while keeping each jump purposeful.

3

WEEKS 9-12 CLOSE UNDER FATIGUE

Practice acceleration and finishing speed after race-like work.

EXECUTION RULES

- 1** Accelerate with purpose.
- 2** Recover enough to repeat.
- 3** Keep cadence responsive.

PROGRESSION PROOF™

LOOK FOR

- Faster cadence response.
- More repeatable short power.
- Better closing speed under fatigue.

SUCCESS LOOKS LIKE

A sharper, more repeatable acceleration you can still use late.

CIS EXECUTION RECOMMENDATION

CIS RECOMMENDS ERG OFF

CIS COACHING PRINCIPLE

HEART RATE + CADENCE = SPEED & POWER GENERATION



CIS TRAINING SYSTEMS ZWIFT KIT - BADGE OF HONOR

Available to current and former CIS members.

Wear the kit. Carry the badge. Represent the system.

- 1 Start a Zwift ride on Mac or PC.
- 2 Press P, enter GOCIS, then press Enter.
- 5 Add CISMEMBER after your display name: John Doe - CISMEMBER.
CISMEMBER is the visible Badge of Honor for current or former CIS members.

- 3 Press T to open Garage.
- 4 Select the CIS kit in Garage.

UNLOCK CODE

GOCIS