

VERTICAL LIMIT™

Hill Climb / Mountain Event

Control the climb when the climb controls the day.

PROGRAM JOB

Develop climbing-specific power, torque, pacing, cadence under load and fatigue resistance for sustained climbs.

BEST FOR

- Hill-climb and mountain-event riders.
- Cyclists who go too hard at the bottom.
- Riders who fade on long sustained climbs.

12-WEEK PROGRAM MAP

Exact workout prescriptions live in TrainingPeaks.

1

WEEKS 1-4 SET CLIMBING PACE

Establish sustainable climbing rhythm, torque and cadence.

2

WEEKS 5-8 EXTEND THE LOAD

Increase time under sustained climbing pressure without losing control.

3

WEEKS 9-12 EVENT-SPECIFIC CLIMBING

Practice longer race-relevant climbs and stronger final-third execution.

EXECUTION RULES

- 1** Respect the first third.
- 2** Hold cadence under load.
- 3** Build the climb, do not survive it.

PROGRESSION PROOF™

LOOK FOR

- Less power fade on longer climbs.
- More stable cadence under load.
- Better control in the final third.

SUCCESS LOOKS LIKE

More controlled sustained climbing with less fade as the climb gets longer.

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