



What is Zwift?

And how could it help me become a stronger, fitter triathlete?

January 15, 2020



What's in store for the next 45-60 minutes?

What will we learn?

- What is Zwift and how does it work?
- Setting up TrainingPeaks and Zwift
- Creating a Zwift ride

It's for people who:

- Want to learn more about Zwift
- Are going to start using Zwift and wonder what's involved in the start-up
- Already using Zwift a little bit and want some guidance

What is Zwift?



- From the Zwift website:

Zwift blends the fun of video games with the intensity of serious training, helping you get faster.

- Do I need a smart trainer to ride on Zwift?
 - Helpful, but not necessary
 - Speed sensor
- How does it work?
 - "Level up" based on miles and other things accumulated
 - Paid subscription

The Worlds and Courses of Zwift

- Five main worlds:

- Watopia
- London
- New York
- Innsbruck
- Richmond

The screenshot shows the 'WORLD CHOICE' section with two options: 'WATOPIA 4740 ZWIFTING JOIN US!' and 'LONDON 260 ZWIFTING JOIN US!'. Below this is a 'Figure 8' course with a distance of 16.3 MI and a height of 727.1 FT, with a 'ROUTES' button. The 'RIDE TYPE' section shows 'Just Ride' with 'NO WORKOUT SELECTED' and a 'TRAINING' button. The 'DEVICE STATUS' section shows 'Stages 47133 34' for both 'POWER SOURCE' and 'CADENCE', with 'None' for heart rate and cadence sensors, each with a 'CLICK TO PAI' button.

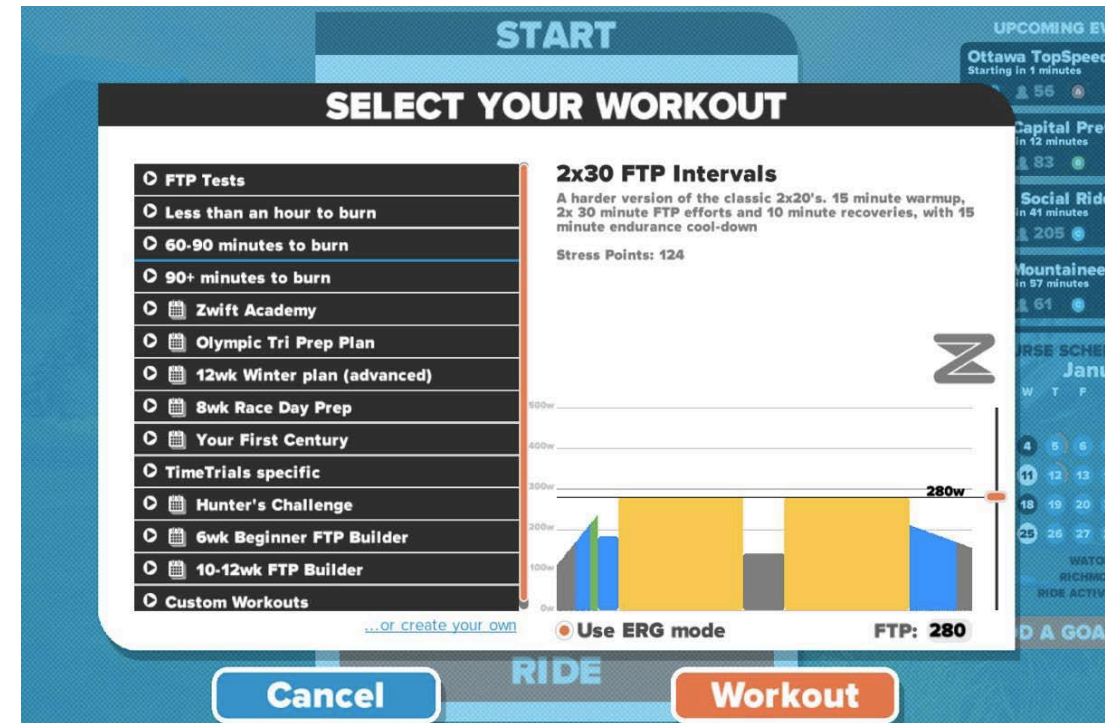
The screenshot shows the 'GUEST WORLD SCHEDULE' for January. The calendar grid has columns for days of the week (M, T, W, T, F, S, S) and rows for dates. The dates are color-coded: London (blue), New York (pink), Richmond (white), and Innsbruck (green). The legend at the bottom indicates: LONDON (blue dot), NEW YORK (pink dot), RICHMOND (white dot), and INNSBRUCK (green dot).

M	T	W	T	F	S	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- Many courses within each world
- No custom courses (ex., IMTX course)

How do I workout in Zwift?

- Custom Workouts, via TrainingPeaks
- Zwift Workouts
- Group Rides
- No workout – just ride!
- ERG mode and FTP
 - For smart trainers only



How can I Zwift?

- Apple TV 4th generation
- Computer
- iPhone/iPad (iOS 9.0+)
- Android (Android 6.0+)

- Trainer area set-up is critical



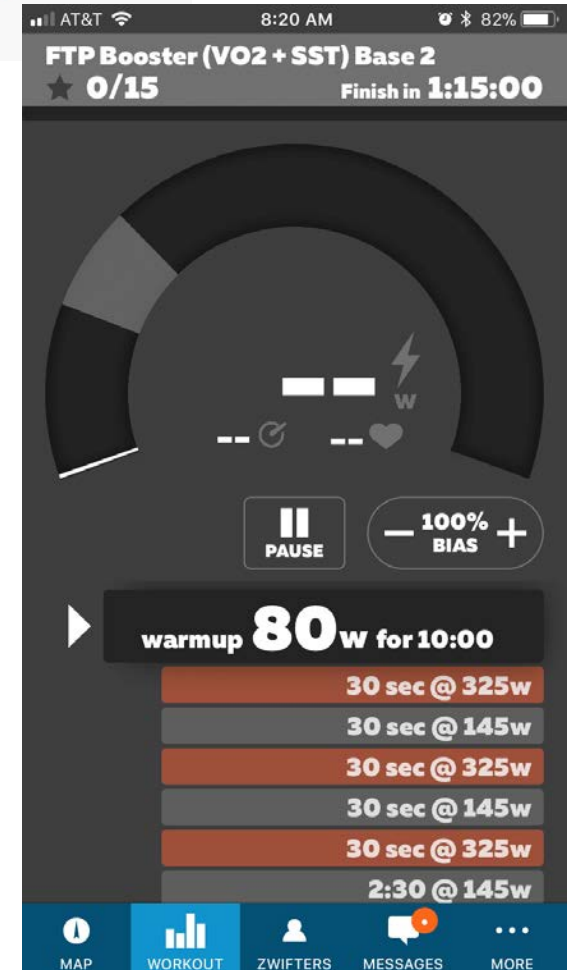
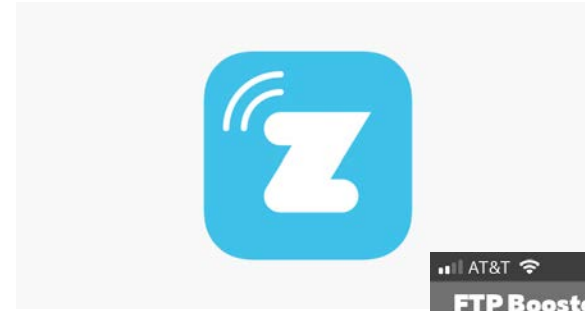
The Social Side of Zwift

- Ride ons!
- Group rides
- Group training sessions/meet ups



Zwift Companion App

- Workout control
- Rider interactions
- Map and stats



Sounds great...how the heck do I start???

- Find your connections
- Zwift works on Bluetooth (BLE) and ANT+
 - Bluetooth is the recommended connection
 - Wahoo Kickr connects via BLE or ANT+
- You may need to purchase and ANT+ connector, which is readily available on Amazon.



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Benefits of Zwifting

- No coasting in a workout, particularly in ERG mode
- Watch progress over time
- Social interaction
- Metric display





Bridging from TrainingPeaks to Zwift

Custom TrainingPeaks Workouts

TRAININGPEAKS™



Building a Custom Workout in TrainingPeaks

Open your account on Zwift and link your TrainingPeaks account to your Zwift profile.

- You can also connect Strava, Garmin and any other supported platforms

Once connected:

- You can save your workouts to TrainingPeaks
- You can do workouts from your TrainingPeaks calendar

The screenshot shows the 'CONNECTIONS' page on the Zwift website. The page title is 'CONNECTIONS' and it is under the 'ZWIFT' header. The navigation menu includes 'PROFILE', 'BILLING', and 'ORDERS'. The left sidebar has 'EDIT PROFILE', 'PASSWORD', 'CONNECTIONS' (highlighted), and 'EMAILS'. The main content area is titled 'Connect Your Accounts' and includes the following text: 'Enjoy all the benefits of your fitness apps by pairing them with Zwift. Connecting data means one less thing for you to do, leaving more time for Zwifiting.'

The page lists several fitness apps with their respective logos and connection options:

- STRAVA**: Connect and post activities to your Strava account and find your Strava friends in Zwift. **DISCONNECT**
- TRAININGPEAKS**: Connect and post activities to your TrainingPeaks account. **DISCONNECT**
- today's plan**: Connect and post activities to your Today's Plan account. **DISCONNECT**
- mapmyrun / mapmyride**: Connect and post activities to your MapMyFitness account. **CONNECT**
- Withings**: Connect and sync your weight from your Withings scale to Zwift. **CONNECT**
- fitbit**: Connect and sync your weight from your Fitbit scale to Zwift. **CONNECT**
- GARMIN.**: Connect and post activities to your Garmin account. **DISCONNECT**
- TECHNOGYM**: **CONNECT**

Building a Training Peaks Workout

[Demo in TrainingPeaks](#)



Setting up your Zwift Ride

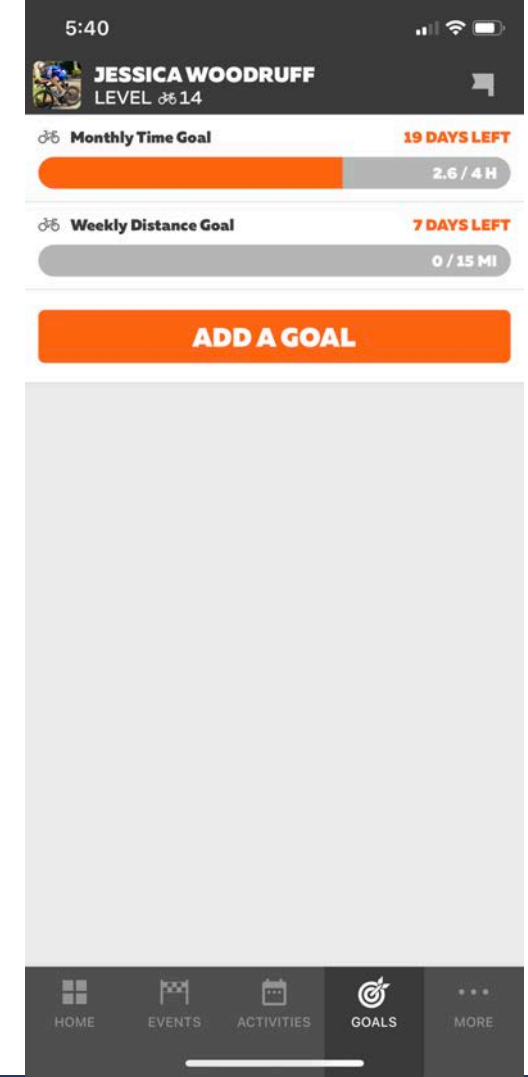
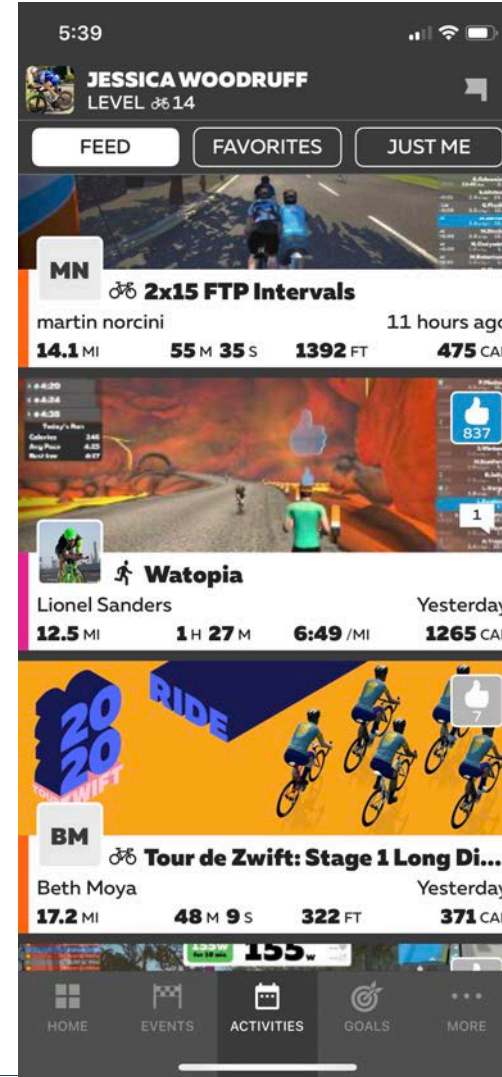
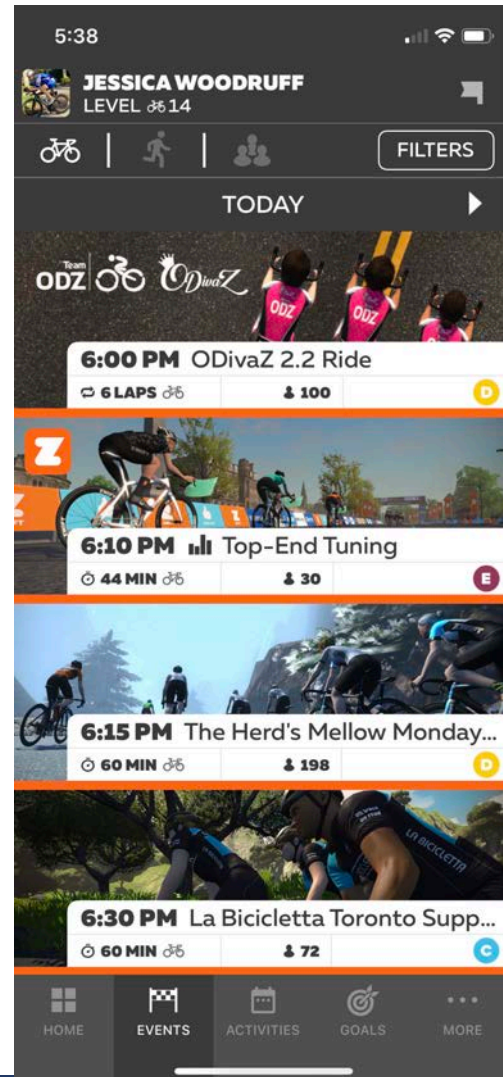
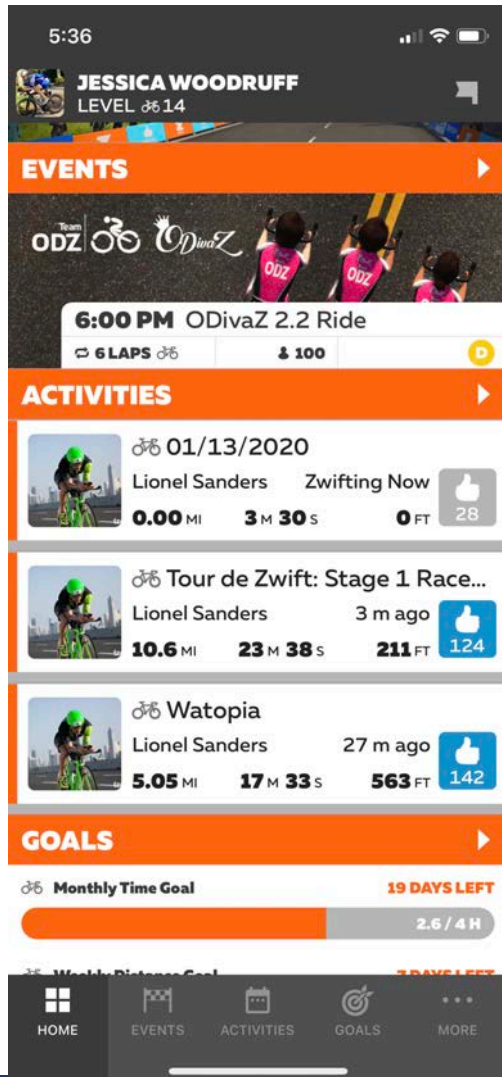
Time to Ride!



Get started with your Ride

- Create an account on Zwift.
- [Download the app](#) on your phone, computer, iPad, etc.
- Start up the App (demo)
 - Connect all the things
 - Picking the world/course
 - Flat for accumulating more miles
 - Select the workout (or not!)
 - Pick your gear

The Zwift Companion App



That's great...but will it make me faster??

- No coasting
- Lots of work in a shorter time frame
- Hills feed the beast
- Lights up the competitive spirit
- A training tool to have in the tool kit



Helpful Tips

- Test out your system before you need to get a workout done (...in a short amount of time)
 - Calibrate your trainer
- Smart trainers => make sure your firmware is updated

Helpful Links

- [TrainingPeaks and Zwift](#)
- [Supported Devices](#)
- [Setting up your Wahoo Trainer](#)
- [Shortcut keys](#)
- [Create a Meet-up](#)

Helpful Videos

- [How to use Zwift for Beginners](#)
- [How to level up faster on Zwift](#)
- [Icons on Zwift](#)
- [Zwift Group Ride Etiquette](#)

Happy Zwifthing!

