



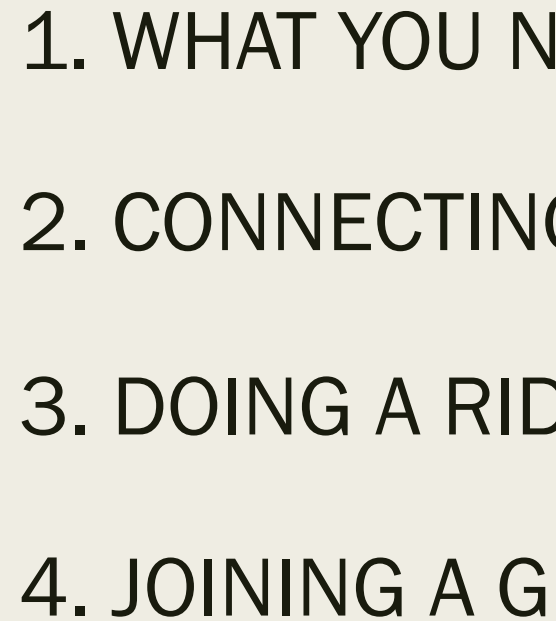
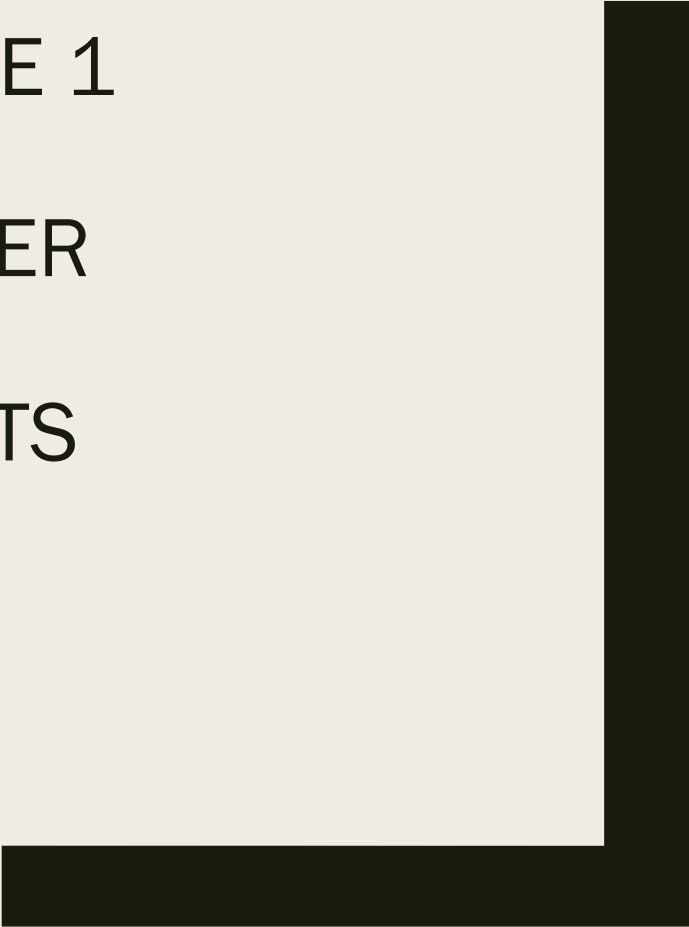
ZWIFT 101

MTCC Philly December 2023



Zwift is an amazing tool to drive consistent training year round

- Cycle anytime
- No stoplights, cars, interruptions – workouts can be harder
- Supports structured training
- Can group or solo ride
- A different workout for the legs

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1. WHAT YOU NEED BEFORE ZWIFT RIDE 1
 2. CONNECTING ZWIFT TO YOUR TRAINER
 3. DOING A RIDE – READING YOUR STATS
 4. JOINING A GROUP RIDE

What you need before Zwift Ride 1

- A Smart Trainer – Wahoo and TacX Flux are the most popular – start at around \$350/400 – Wahoo Kickr is a nice start, optimal is direct drive – many can be found on Facebook marketplace
- A bike to put on the trainer
- A training tire for the rear wheel of the bike – the trainer gets very hot and will shred regular tires – [example here](#)
- A bike riser to hold the front wheel stable – [example here](#)
- Speed/cadence sensor with ant+/Bluetooth capability – [version we use](#)
- Heart rate monitor with ant+/Bluetooth capability - [version we use](#)

What you need before Zwift Ride 1

- A Zwift subscription - \$15 a month, can put on hold or cancel anytime - www.zwift.com - setup your avatar, pick your bike and ensure in settings rides go to Strava
- Zwift Companion App on your phone - <https://www.zwift.com/companion> (setup after get Zwift account)
- A laptop or TV to run Zwift and way to connect to trainer vs. ant+ or Bluetooth
 - Basic setup requires a dongle to pickup Zwift signal - [example here](#) **OR**
 - Optimal setup - Apple TV 4K - no cords - Zwift integrated into your TV and works as App in Apple environment [Apple TV 4K](#)
- A fan (or 2!) - we use basic air circulators - high speed fans - [example here](#)
- A mat to catch sweat - you can use a yoga mat or trainer mat just ensure it's big enough - [example here](#)
- Lots and lots of water and a towel or headband!

Starting your Ride

- Open Zwift Companion app first (ensure you put in settings that rides record to Strava)
- Put on your heart rate monitor
- Ensure your trainer is plugged in
- Fan(s) on/water/towel ready
- Get on bike and start spinning
- If you are using the dongle method – attach dongle, login to Zwift, if using Apple TV turn on TV and login to Zwift

It is key your computer/TV/phone feeding Zwift are all on the same Wi-Fi network



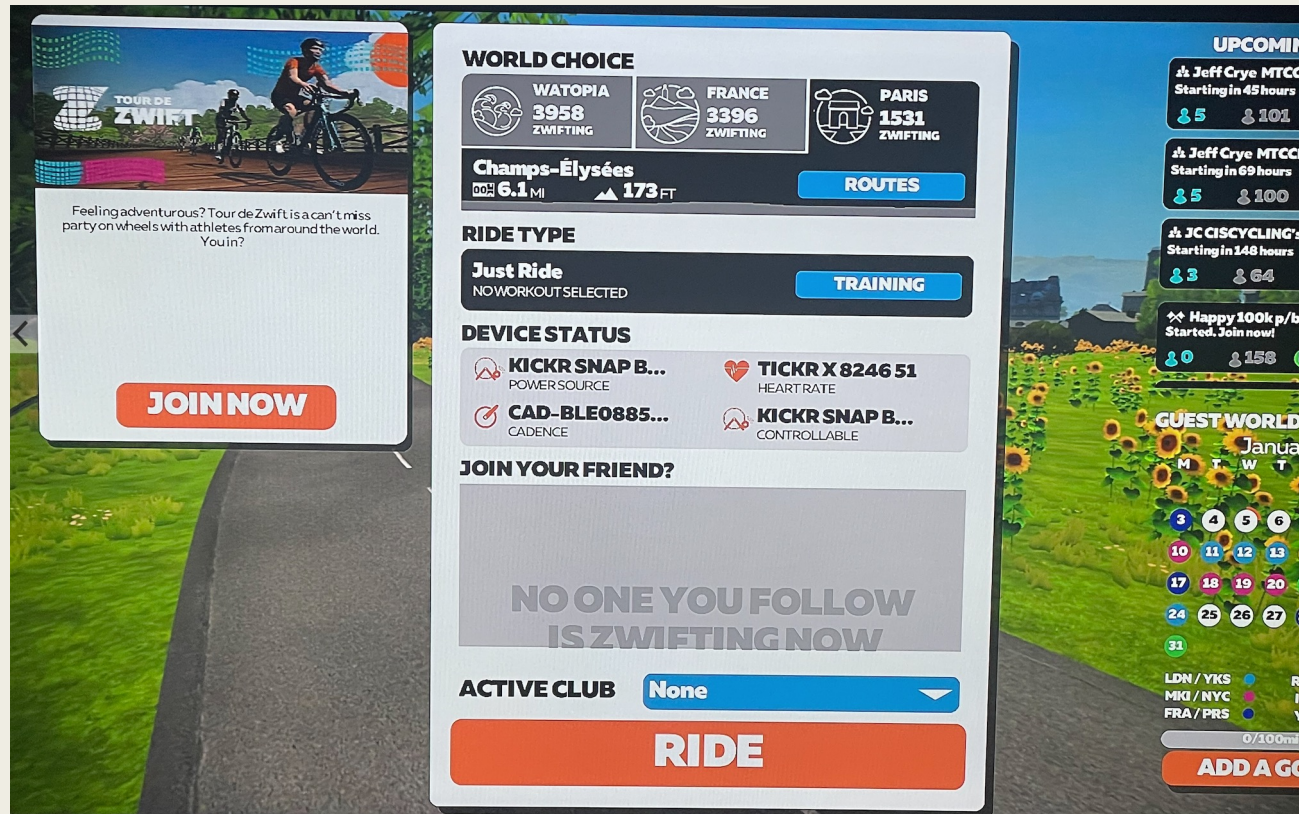
Connecting Zwift to you and the trainer

- Ensure Zwift companion is open – it's a must if you want to connect four peripherals (trainer, HR monitor, cadence sensor, speed sensor)
- Start spinning your legs
- Select orange box for Zwift companion and wait a few minutes for the Bluetooth to start “seeing” your devices
 - *If it doesn't automatically see the peripheral click on each to connect*
 - *If there are connectivity issues fixes include:*
 - plug and unplug trainer
 - reset Apple TV (pull plug out of back a few seconds, plug back in), restart Zwift
 - Ensure all sensors have working batteries
 - Ensure trainer is not too far from Apple TV or dongle
 - It helps if you have very strong internet service and your Zwift setup is near your Wi-Fi router



Selecting your Ride

- You can select a course, or opt to ride with Zwift friends you follow
- If you have registered for an event ahead of time on Zwift Companion you will see it here



The best part! – In your Ride

The screenshot shows a virtual cycling environment with several data overlays:

- Top Center:** A yellow box contains the text "Your speed | distance | feet climbed | time on bike". Below this, a blue bar displays: 17.4 mph, 10.9 MI, 164 FT, and 36:43 ET. Below the bar are icons for a car, a gear (29), and a distance of 4.6mi.
- Top Right:** A yellow box contains the text "Elevation/course". Below this, a map shows a 3% elevation gain.
- Left Side:** A yellow box contains the text "Power". Below this, a blue box displays "105 W". Below that, a yellow box contains the text "RPMs", and a blue box displays "92 RPM 108 BPM". Below that, a yellow box contains the text "Heart Rate", and a green box displays "Ballon Sprint Reverse 0.0% 0.20mi 30 Day PRs".
- Bottom Left:** A yellow box contains the text "Sprint stats". Below this, a table shows "BANK WHEN TIME" with "no data" below it.
- Bottom Center:** A yellow box contains the text "Riders near you". Below this, a list of riders is shown, including "F. Sievers" and "S. Vimont".
- Bottom Right:** A yellow box contains the text "Your w/kg". Below this, a list of riders is shown, including "G. Benoit", "M. Gassner", "K. Kozak", "H. Flemington", "K. Davis", "M. Rudolph", "M. Gloria Emotion Bikes", "ITCCPHILLY CIS CYCL", "F. Sievers", "S. Vimont", "B. Desens", "P. Mastalska", "E. Pappo", and "Y. Ma".

Note: always important to SAVE YOUR RIDE at the end – if not, no save, no STRAVA – it didn't happen 😊

Joining Zwift Group Rides – *highly recommend to get the most out of Zwift*

- 3 kinds of Zwift Group Rides – signup and access via Companion, sign into Zwift a few minutes prior to the group ride and the program will direct you to your group ride
- It is key to search and friend people you want to ride with/invite in Zwift Companion regularly to get the most out of this experience

Pre loaded rides via Zwift

WORLD CHOICE

WATOPIA 3958 ZWIFTERS | FRANCE 3396 ZWIFTERS | PARIS 1531 ZWIFTERS

Champs-Élysées
6.1 MI | 173 FT | ROUTES

RIDE TYPE
Just Ride | NO WORKOUT SELECTED | TRAINING

DEVICE STATUS
KICKR SNAP B... POWER SOURCE | TICKR X 8246 51 HEART RATE
CAD-BLE0885... CADENCE | KICKR SNAP B... CONTROLLABLE

JOIN YOUR FRIEND?
NO ONE YOU FOLLOW IS ZWIFTING NOW

ACTIVE CLUB None

RIDE

Zwift "promo" rides or Regular Group Rides – e.g. Major Taylor Whirlwind Wednesday, Tour de Zwift

MAJOR TAYLOR 1899 (MT1899...)

WEDNESDAY, JANUARY 19

6:30 PM Major Taylor 1899 (MT1899) Whirlwind Wednesday

60 MIN

GREATEST LONDON FLAT

Major Taylor 1899
Marshall Walter "Major" Taylor was a cycling legend.

In 1899 Major Taylor won the 1-mile and 2-mile track sprint world championships in Montreal, Canada

[See More...](#)

Rides you set or join with your clubs or friends

2:17

AMANDA WARD MTCCPHILLY CIS...
LEVEL 29

CREATE MEETUP

PENDING

Wednesday, January 19

5:00 AM London Loop
35 MIN | 5 | 10

Thursday, January 20

5:00 AM Richmond UCI Worlds
35 MIN | 5 | 10

Recommended Group Rides

- Major Taylor Whirlwind Wednesday 6:30pm and 9pm
- BMTR (Bear Mountain) club out of NYC – Sundays 8:10am
- Black Cyclists Network – out of UK (BCN) – Sundays
- Early morning rides led by the Breakfast Club – Kelly White
- Zwift Training Workouts
- Zwift Events – Tour De Zwift, etc