

Dummies Guide to ZWIFT

Welcome to our Dummies Guide to Zwifing so there is no excuse to not give this innovative platform a go. It is a great way of getting a quick intensive work out if you are short of time and a way to meeting like-minded new friends from across NZ and the globe.

Plus, you can join our Wednesday night series of races and workouts to meet more of our Tri community.

WHAT YOU NEED

- A device to run Zwift e.g. iPad, laptop, PC
- A Zwift account (https://www.zwift.com/create_account)
- A bike
- One of the following
 - Classic trainer AND a speed sensor (\$150-\$350)
 - Smart trainer (\$600-\$2000)
 - Power meter AND Classic trainer
- You also will need an [ANT+ USB dongle](#) if you are using a computer and connecting devices to Zwift that transmit an ANT+ wireless signal, or if your computer does not have Bluetooth.

STEPS

1. Set-up Zwift subscription

Go to https://www.zwift.com/create_account and follow instructions to set-up account

- If you are under 16 your account is free
- If you are over 16 then you get the first 25km of riding free then you are charged approx. \$14.99USD/mth

Once you have answered the required questions, you'll be taken to your new profile at my.zwift.com. If you're ready, you can click the "Download" button, open the file and follow the instructions to install Zwift.

If you want to use Zwift on your device i.e. iPad, tablet then go to you Appstore, search for Zwift, and get that app.

2. Set-up Zwift companion app

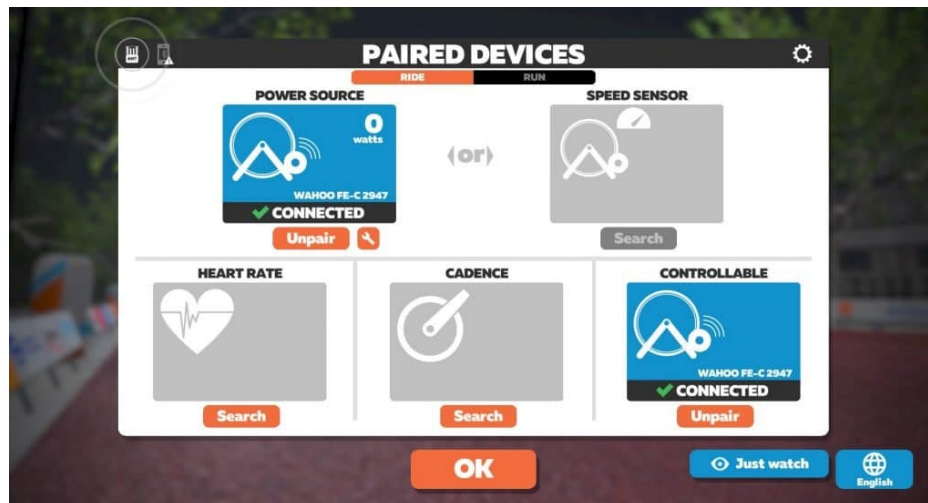
The Zwift companion app is your social part of Zwift, this app enables you to enter events, take part in group rides, workouts, meetups and text chat to other riders while riding.



3. Connect your trainer

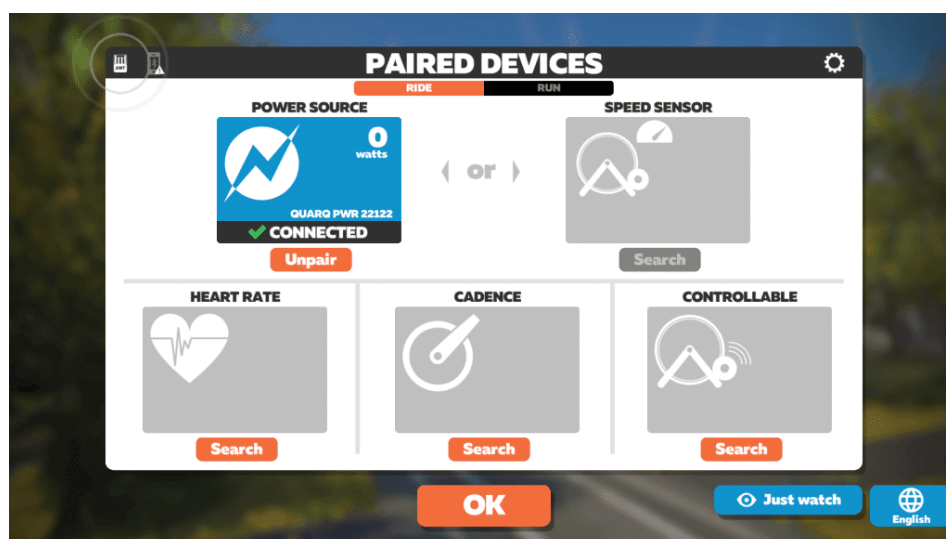
Smart trainer:

1. Make sure your trainer is powered on
2. Open Zwift on your device and log in
3. Choose your trainer as both the “Power Source” and “Controllable” Trainer from the Pairing Screen:
(Go to Section 4. Riding on Zwift)



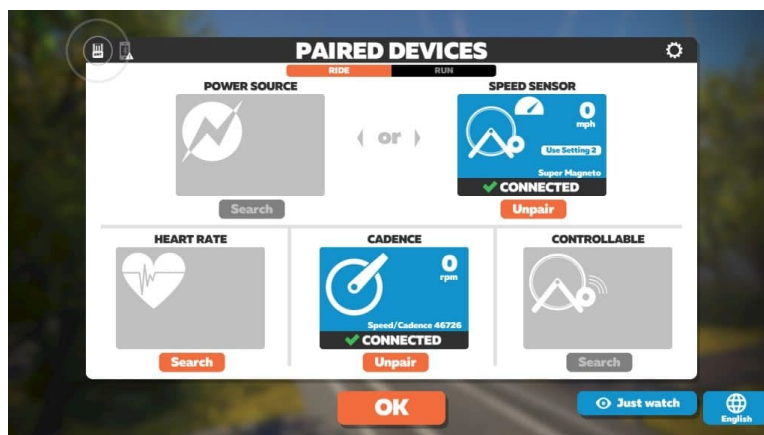
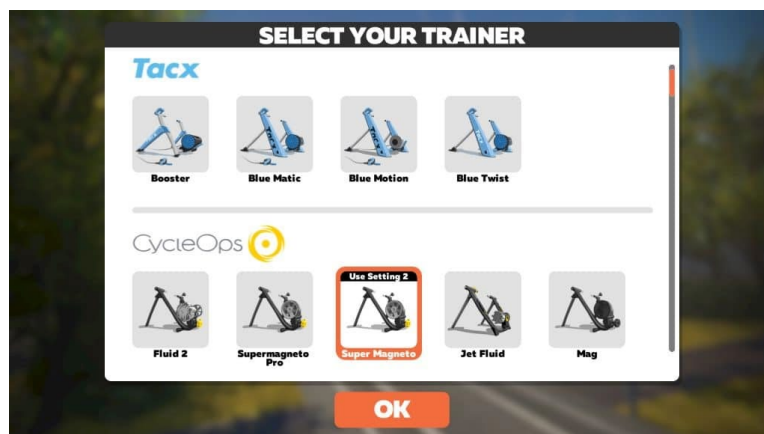
Power meter:

1. Make sure your power meter has fresh batteries.
2. Open up Zwift on your device and log in.
3. At the pairing screen, click “Search” under “Power Source.” If your power meter doesn’t appear, try turning the cranks a few times.
4. Select your power meter, then hit “OK.”
5. Do not pair a speed sensor while using a power meter, even when you’re on a classic trainer. Once you pair one of these, the other option will be disabled.
(Go to Section 4. Riding on Zwift)



Classic trainer with speed sensor:

1. Make sure your speed sensor is installed and has fresh batteries.
 2. Inflate your rear tire as you would on the road, then tighten the tension on the rear wheel according to the instructions for your trainer.
 3. Open up Zwift on your device and log in.
 4. At the pairing screen, click “Search” under “Speed Sensor.” If your sensor doesn’t appear, try pedalling a few times to get the wheel spinning.
 5. Select your correct tire size and your sensor, then hit “OK.”
 6. Scroll through the list of classic trainers and select your brand and model (if your trainer is not listed just select the ‘not listed’ trainer option)
- (Go to Section 4. Riding on Zwift)**



4. Riding on Zwift

Once you click 'OK' after the pairing screens above you will see the ride screen below:

The screenshot shows the Zwift ride interface. On the left, a 'L'ÉTAPE DU TOUR MISSION' card displays progress for a 6414.0/14970 ft challenge. The main screen features a 'WORLD CHOICE' section with 'WATOPIA' and 'LONDON' options, a 'Greater London Flat' route, and a 'RIDE TYPE' selector set to 'Just Ride'. Below this is the 'DEVICE STATUS' for a 'WAHOO FE-C...' device. A 'JOIN ANOTHER ZWIFTER?' section lists users like Matt Thoman, Patrick Wells, Tony Pritchard, and Baxter Brady. A large orange 'RIDE' button is at the bottom. On the right, a 'G EVENTS' sidebar shows upcoming races like 'TBR Team Interval Racing' and 'BRT Criterion Racing League'. A 'SCHEDULE July' calendar is also visible.

Callouts provide the following instructions:

- Any current Zwift challenges listed here, click to enter or see your progress
- You'll have 3 World options, pick which one takes your fancy, and hit 'Routes' button to pick a specific route
- Click 'TRAINING' button to pick a workout to do
- Click someone's name here and ride with them ('friend' them in companion app to see them at start of list)
- Click 'RIDE' button to begin ride.

5. Companion App – VITAL to get the most out of Zwift

As per Step 2 you will have set up companion app on your phone. Below are the two modes of companion app:

Mode 1 – online – open the companion app on your phone while you are riding and it will become like a remote control, allowing you to message people, see your power dashboard, see your ride map etc. (make sure Zwift device i.e. computer is on the same wifi network as your phone). You cannot use companion app if you are using Zwift on another iOS device i.e. iPad.

Mode 2 – offline

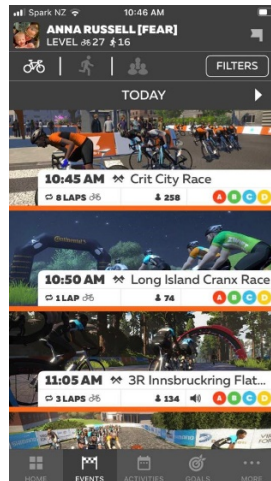
The screenshot shows the Zwift companion app interface on a smartphone. At the top, it displays the user's name 'ANNA RUSSELL [FEAR]' and level 'LEVEL 27 \$16'. A large orange banner shows '9,054 ZWIFTING NOW'. Below this, it lists friends currently zwifiting: 'I. Kraal, L. Epelbaum [FEAR] and L. Wood are zwifiting'. The 'TOUR OF WATOPIA' section shows the date 'March 9 - April 2'. The 'EVENTS' section features a 'Meetup starts in 1 h 18 min.' and a specific event: '12:00 PM Volcano Circuit CCW' with '60 MIN' duration and '2 of 2' participants. The 'ACTIVITIES' section shows a recent activity: 'IK 03/26/2020' by 'Indy Kraal' with '0.04 KM' and '18 M 37 S' duration. The bottom navigation bar includes 'HOME', 'EVENTS', 'ACTIVITIES', 'GOALS', and 'MORE'.

Callouts provide the following instructions:

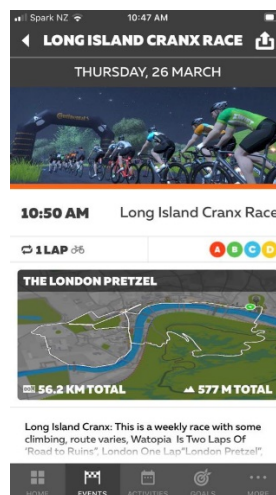
- Give 'Ride Ons' to all your friends currently zwifiting
- Any events you have coming up (see Events below for how to enter an event)
- Activities you and your friends have recently completed
- Click this button to see all upcoming events and also create your own meetup

EVENTS

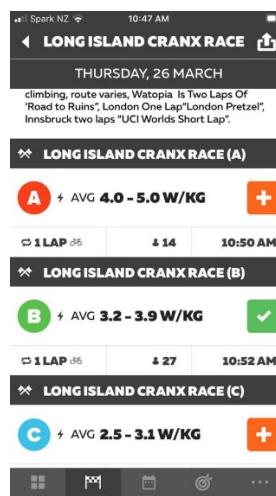
Once you hit the Events tab you will see all the upcoming events on Zwift (group workouts, group rides, races):



Click on an event to see that event information:



Scroll down to enter the right category (A is fastest, D is slowest):



Then just start riding in Zwift at least 5mins before the event starts and you will see a notification pop up to join event.

ENJOY!!!