

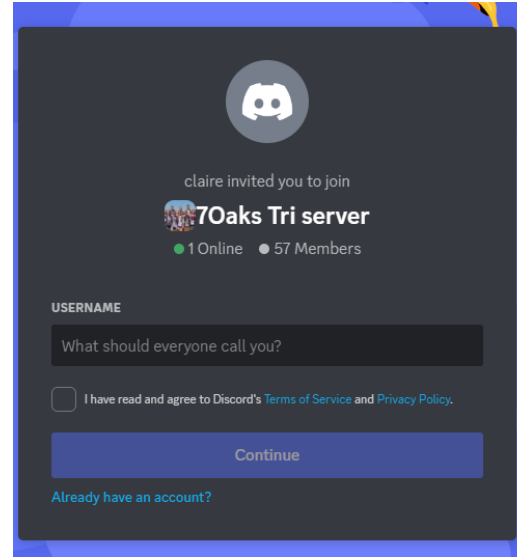
# How to set up Discord

Discord is a communications app that we use for the club Zwift sessions. Follow these instructions to download the app onto your phone. Then when we have a Zwift session you will be able to hear everyone who is also doing the same session.

**For the best experience run Discord on Android or iPhone with a Bluetooth (or wired) headphone/Mic combination.**



Download Discord app onto your device and register



Let the administrator of the club Discord channel know that you want to join.

They will send you an invite to the server. Click on this link to get to Club server (as above)

<https://discord.gg/MBPx2zj>

# How to run and use Discord during a club Zwift session

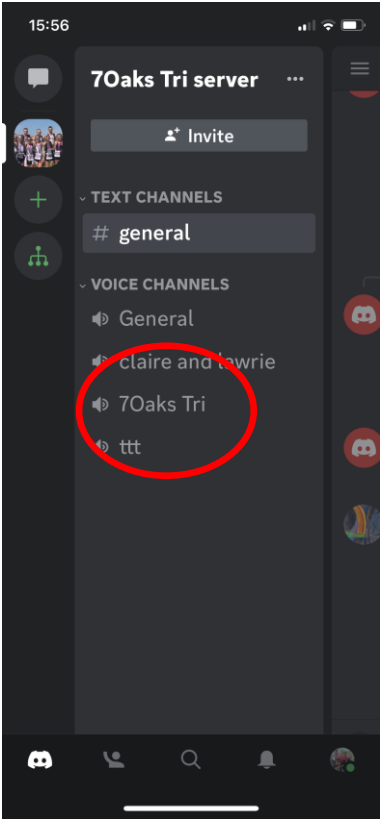
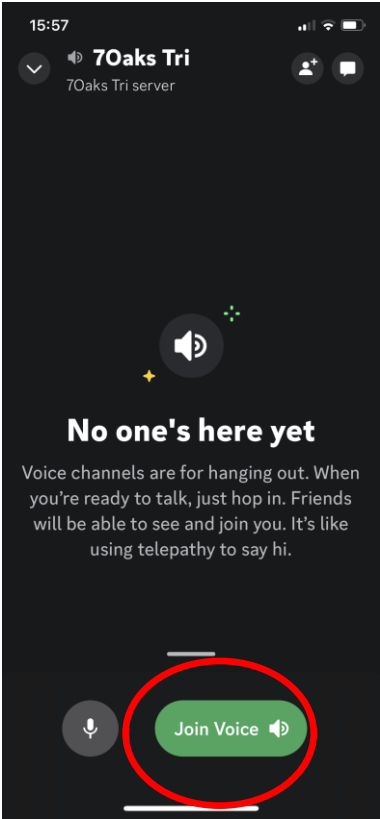
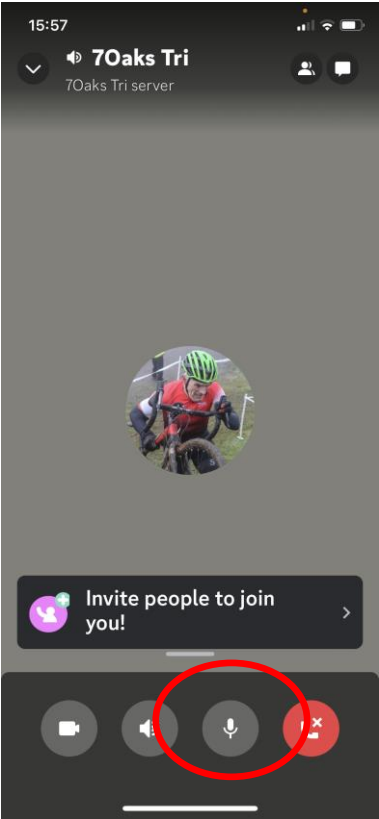


Image 1: Click on 70aks Tri which is shown by the group picture. You will see others already on the channel as their names appear under Voice channels



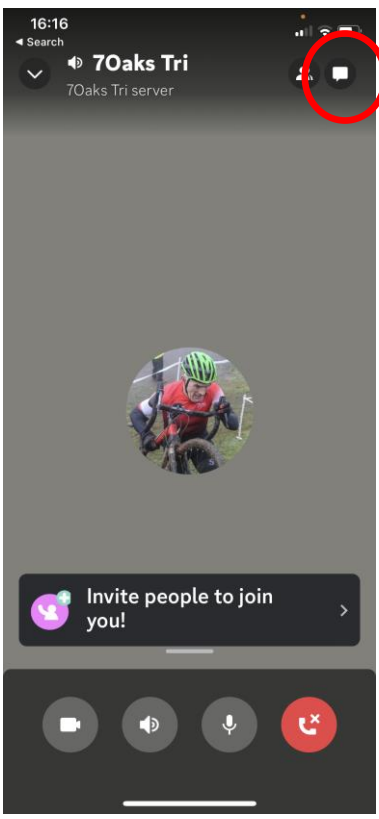
Tap Join Voice



Make sure Mic is unmuted  
Make sure you are on speaker if you are not using a headset

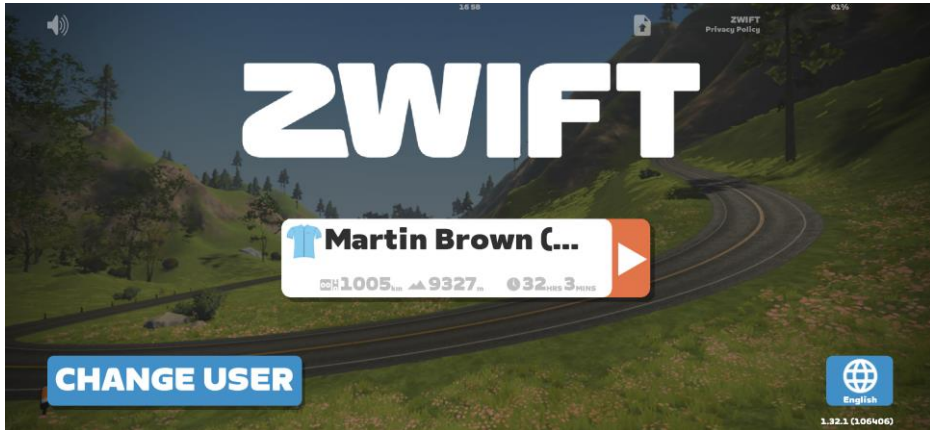


If you see this page swipe right to get to Server (image 1)



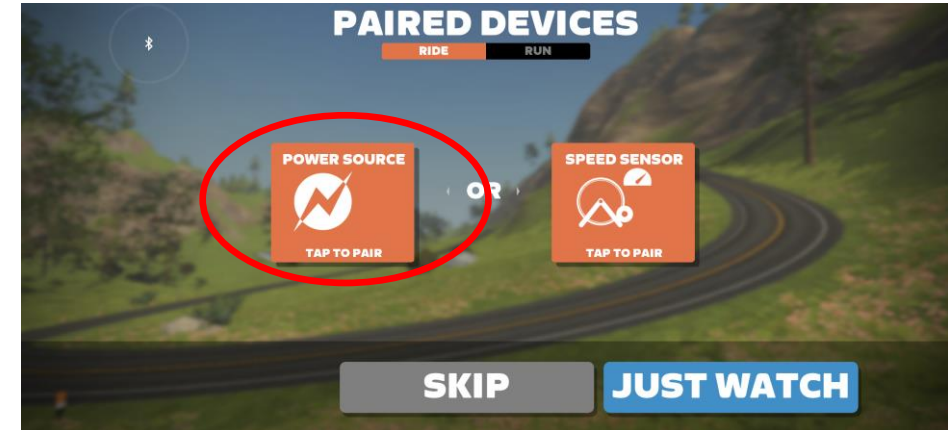
To message the group tap box circled

## How to ride in Zwift – Open Zwift on iPad, Apple TV, Mac, Windows PC



Download Zwift App and Register.

Open Zwift to this Homepage



The **first time** you log in you will see this page. If you have a smart trainer Tap to Pair.

**Second time** you log in it will automatically pair with your Smart Trainer and HR Monitor then Click Ride to see this very important screen on the next slide.

You will not see the VIP screen until you have done the first login and the short ride Zwift takes you through as an intro to the virtual world.

# Pairing your Devices



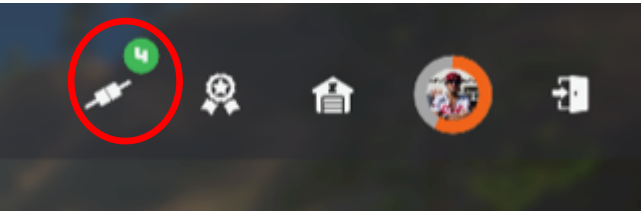
**Power Source:** Your power meter reading i.e. how much power you are producing. This can be your Turbo Trainer or your on-bike power meter (Assioma / Stages what ever you use when riding outdoors)

**Heart Rate:** Your HR chest strap or watch

**Cadence:** Turbo Trainer or Cadence Meter on bike

**Controllable:** **This one is important.** This is what ever is providing the resistance against your legs in response to hills or Erg mode intervals, i.e. the Smart Trainer.

**Speed Sensor:** The on-bike speed sensor - only required if you don't have a power source.



## Tips:

1) You can see how many devices are paired to Zwift on the Home screen (shown as four here in green). More details on Home screen below.

If there is a red exclamation mark instead of number something isn't connected. Exit Zwift and reconnect.

2) While riding click Menu and you will see number of paired devices by the Settings icon (circled)



# Zwift Home/Menu/Landing Page - Where everything is

**"Bike Rider" label** - clicking this gives you what Zwift thinks you would be interested in based on the sort of riding you do. The boxes below represent a kind of personal list of what you might be interested in. It will also show any events you have signed up for

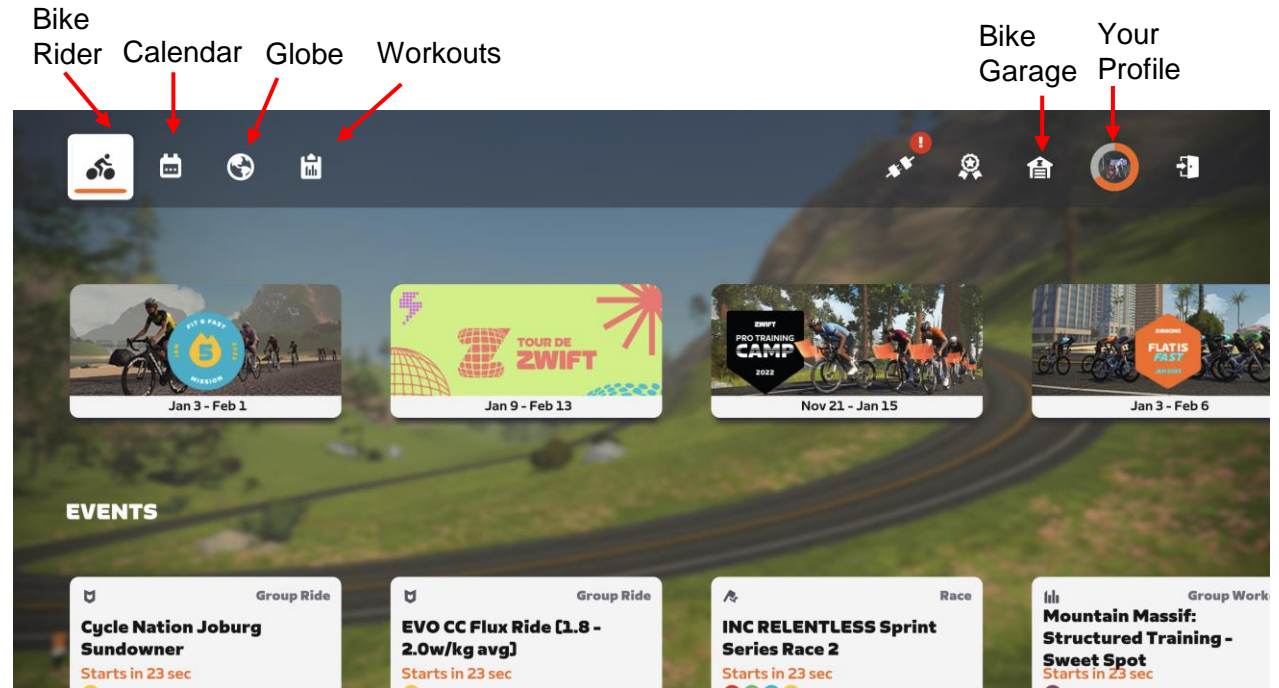
**"Calendar" label** - this lists available events happening in the next 60 minutes. For a full list of events over the next 7 days (there are hundreds) go here:  
<https://zwifthacks.com/app/events/>

**"Globe" label** - this lists all available routes to free-ride for the three worlds on Zwift's calendar (available worlds, e.g. London; NY; France etc. change day by day. Watopia is always available)

**"Workouts" label** – workouts that are going to prescribe intervals based on your FTP

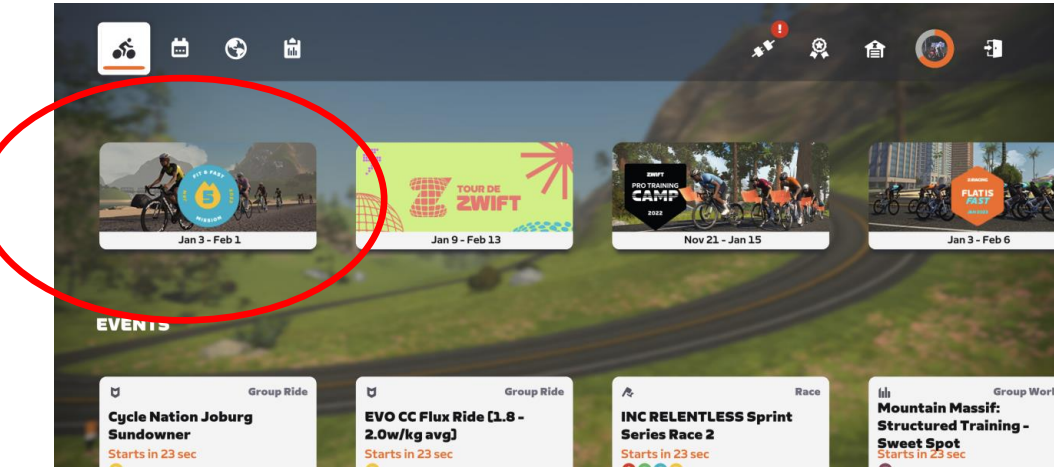
The **Rosette** is the link to your badges - i.e. routes you've completed and other in-game fun bits and pieces.

The **Door** is how you exit Zwift

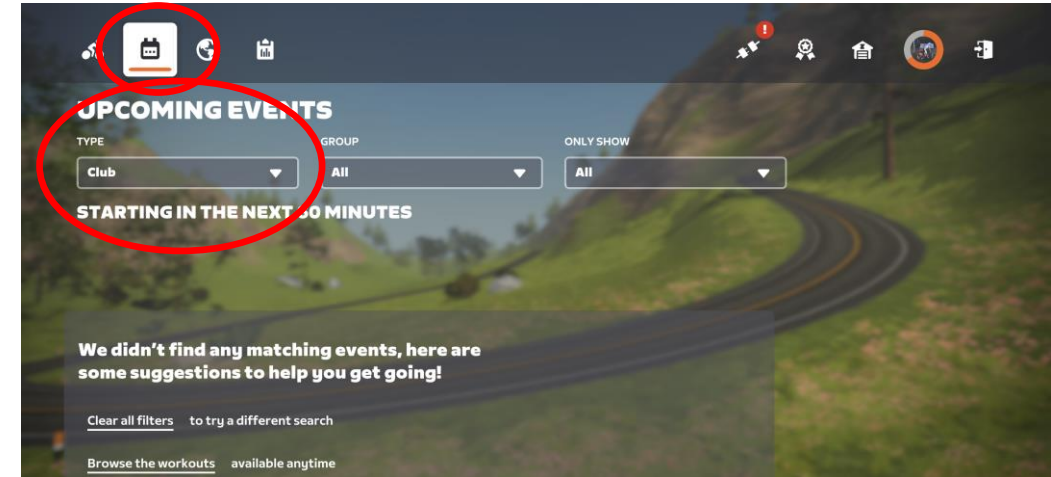




## How to find Club Events or any other event in Zwift



The events are listed on the landing page once you open Zwift.  
A club organised event (Thursday Turbo) will be shown here, usually 30 minutes before the event starts. Click on it to Join



You can also find it here. Click Calendar. Under Type click on Clubs in drop down list and the event will be there. Click on it to Join.

**VIP – Please be ready to roll 10 minutes before the start of the Meet Up or Group Ride.**

**Zwift does not allow you to join after the start time and you will be riding on your own.**

You need to be a member of the club to see a club event on Companion and on Zwift.

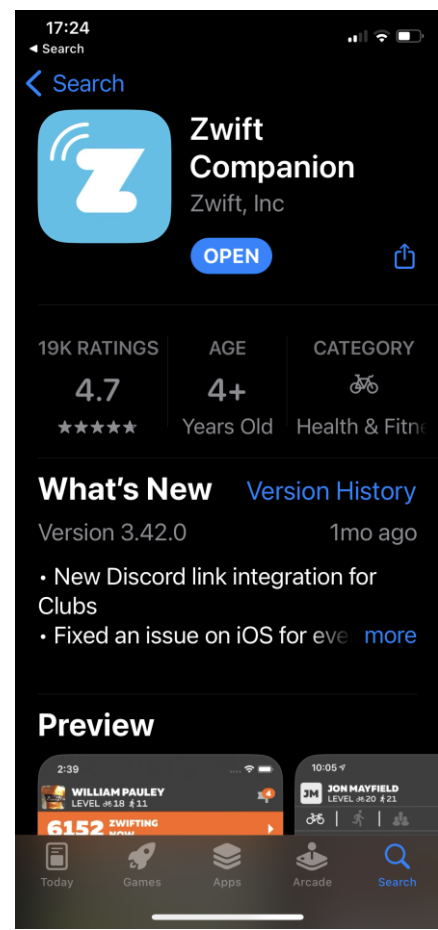
To be a member of the club send a request to someone who can add you (Simon Mann – Tom Jenkins)

To ride with the Club on Zwift you need to accept the invitation to the ride on the Companion app (see next slide).

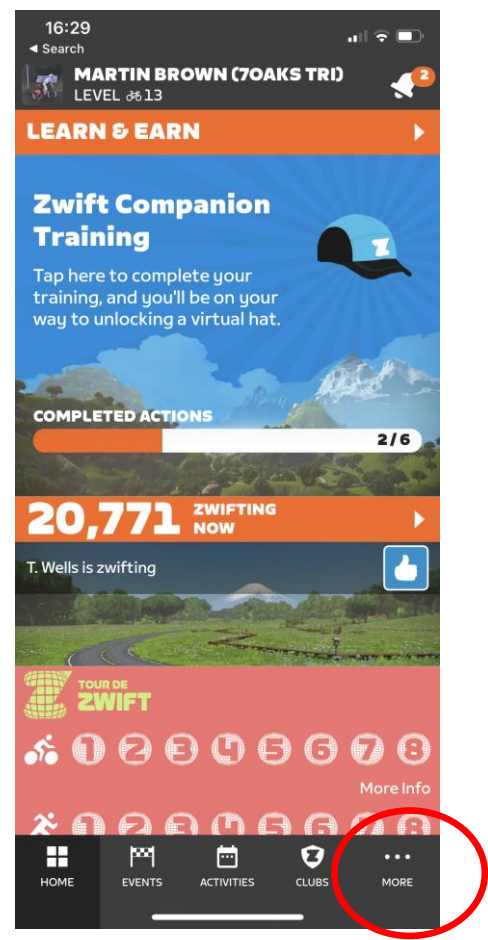
# How to follow someone in Zwift Companion – Required for Meet Ups/Thursday Turbo Sessions

For **Meet Ups** you need to be following Dave (see below, but you don't need to be in the club) and you'll get sent a specific invite to the meet up in Companion (It's a blue invite on the Companion Home screen). You click this and then select Going.

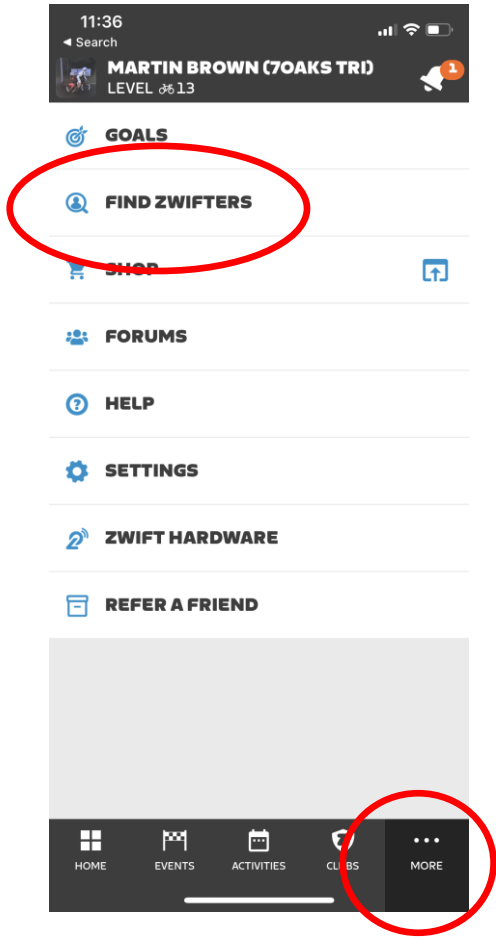
In a Meet Up we all ride together tethered by a rubber band. No one gets dropped



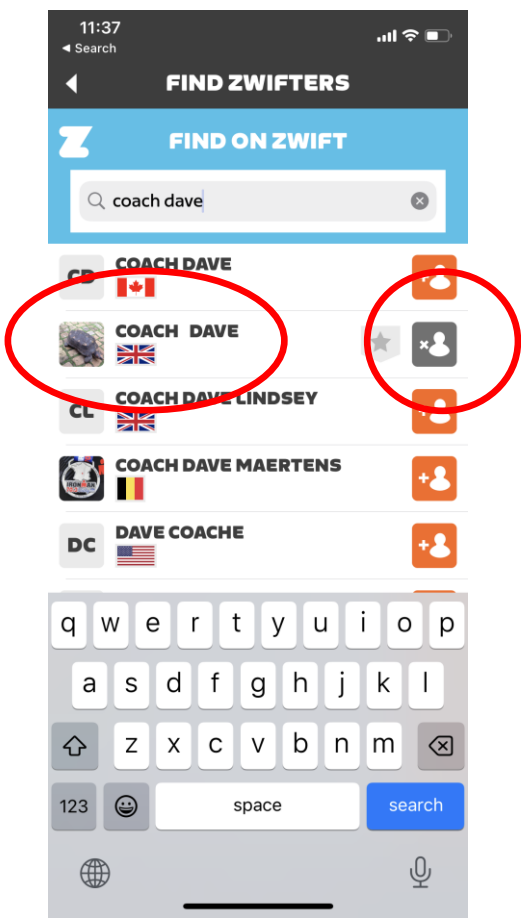
Download the Zwift Companion App



Home page for Zwift Companion when you open App



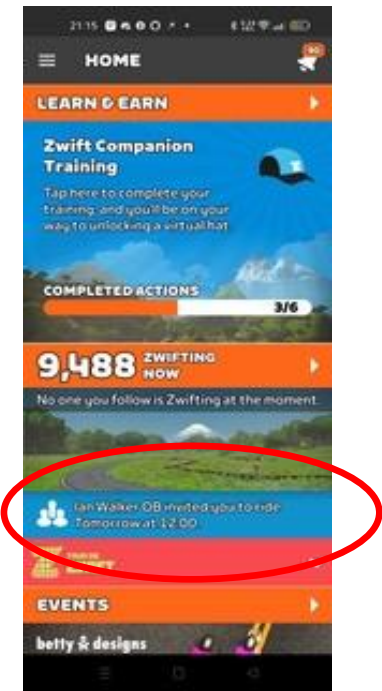
Click on More to get to this page – Find Zwifters



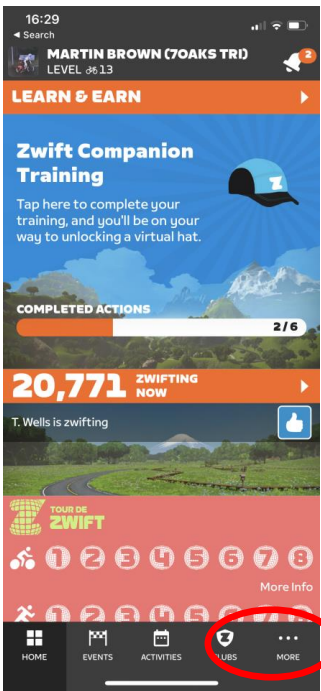
Click on orange Square and it will turn grey. There is no confirmation from the person you are following. Assume you are!

# How to accept an invitation for a Club Workout/Event in Zwift Companion

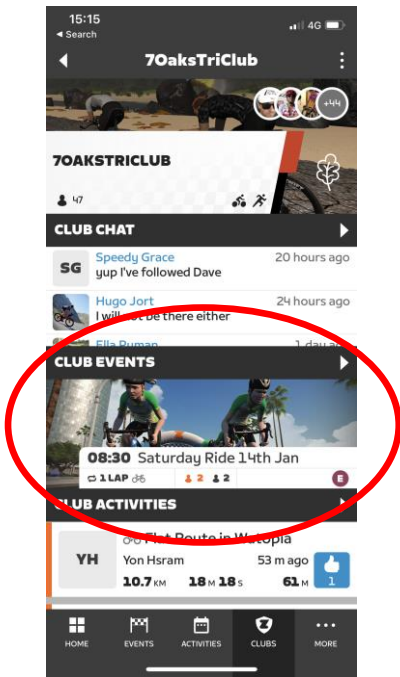
No need to follow Dave but you do need to be a member of the club. You need to find the event in Companion (see below).



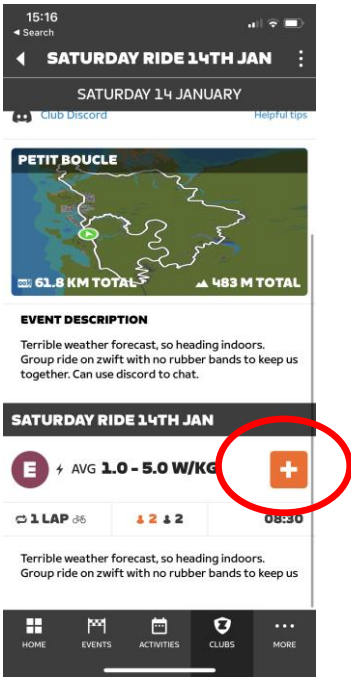
Blue invite, Click and confirm Going



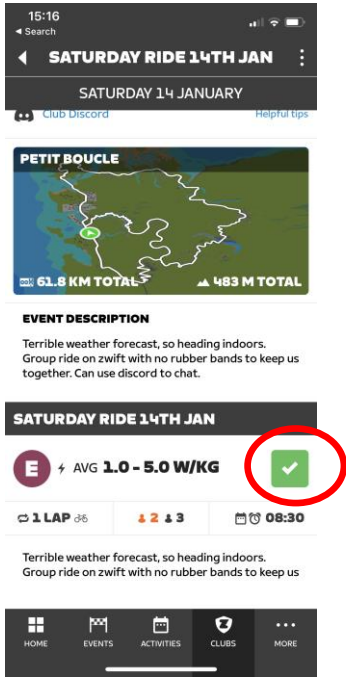
If you can't find the invite then:  
Home page for Zwift Companion when you open App.  
Tap on Clubs



You will see the new Event.  
Tap on the Event

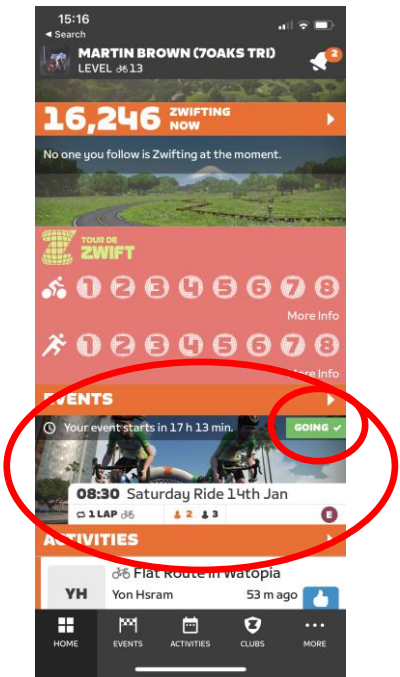


Tap the Orange Square



Changes to a tick in green box. You are now Going to the event.

If you switch on Notifications for this Zwift Companion you will get reminders for the event

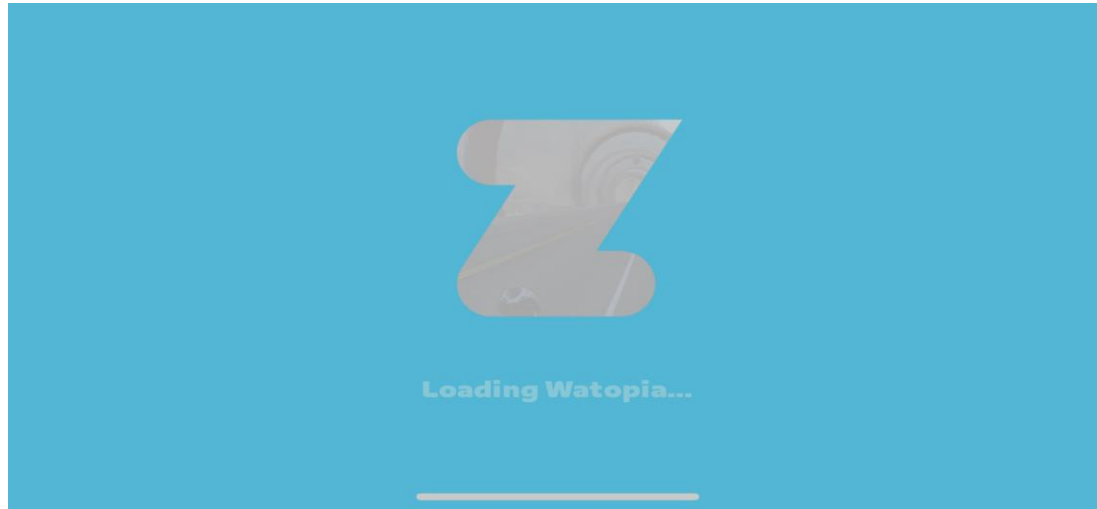


The event will now be in your home page.

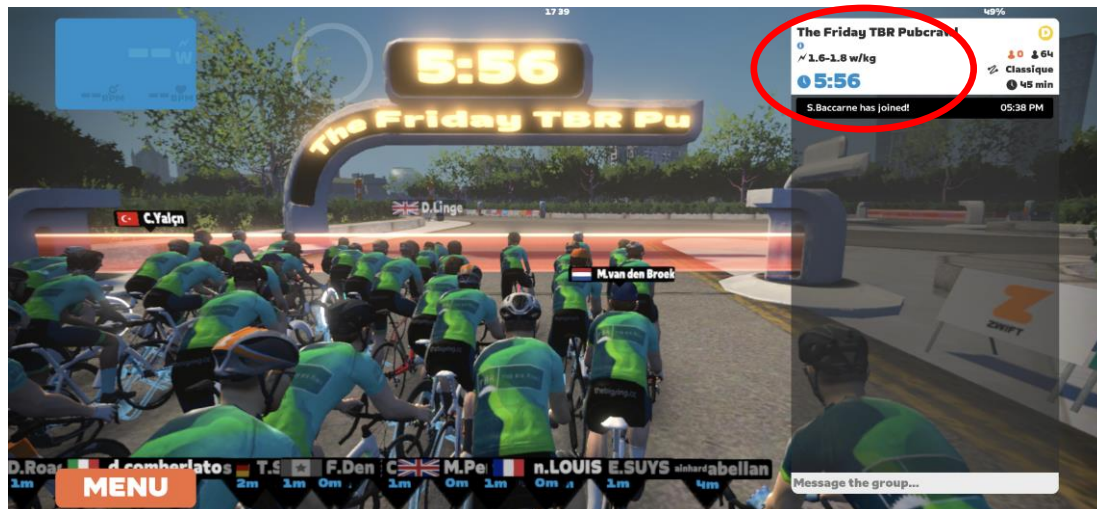
Note: To join the event on the day at the scheduled time you need to be on your bike, with Zwift on your screen of choice. See below for next steps....



## Joining a Group Ride or Event



When you have clicked Join you will see this blue screen and it will be loading whatever virtual world the event is running in



When you join the Meetup or Event you will be on a turbo and you can keep pedalling to warm up. There is a countdown clock and you need to be pedalling and ready to go when it hits 0:00.

**If you miss the start time you can not join the Meet Up**

## Types of Ride in Zwift – With Erg and Without Erg

- Workouts - (Group or individual)
- Events - Rides (Group)
- Events - Races (Group)
- Freeride (Group or individual)
- Pace Partner ride (Group)

For example one type of Thursday Turbo Session is a Meet Up (all kept together, as long as we all **start** together). The interval set will have your power targets based on your FTP and uses Erg mode).

Another type of Thursday Turbo Session is a Group ride (with say a Sprint and a KOM). It's usually laps, we don't ride as a group but there are no other Zwifters. You can ride with someone of compatible power and race the KOMs and Sprints. No Erg mode, you have to change gear to get up the hills.

Workouts – Erg mode will be automatically enabled and the session will display the power you need to achieve for each interval. In other words the smart trainer will automatically make it harder or easier so you don't have to adjust the gears. You can be in any gear (best option is big ring - middle of the cassette to get the straightest chain line). The session starts and you pedal hard enough to hit the power target for the specified duration. If you can't match the power target the pedals will stop turning and Erg will disengage to let you get going again.

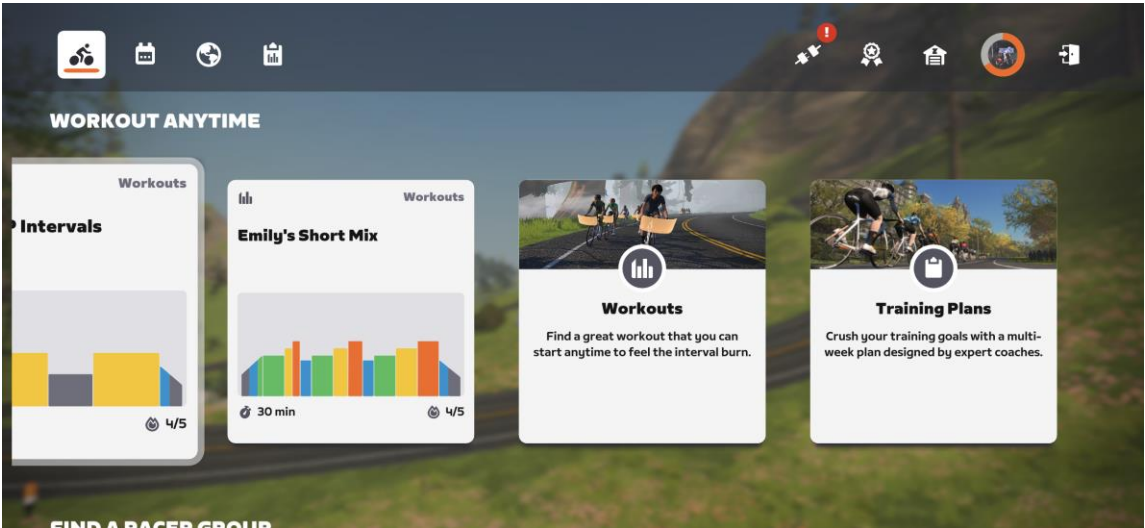
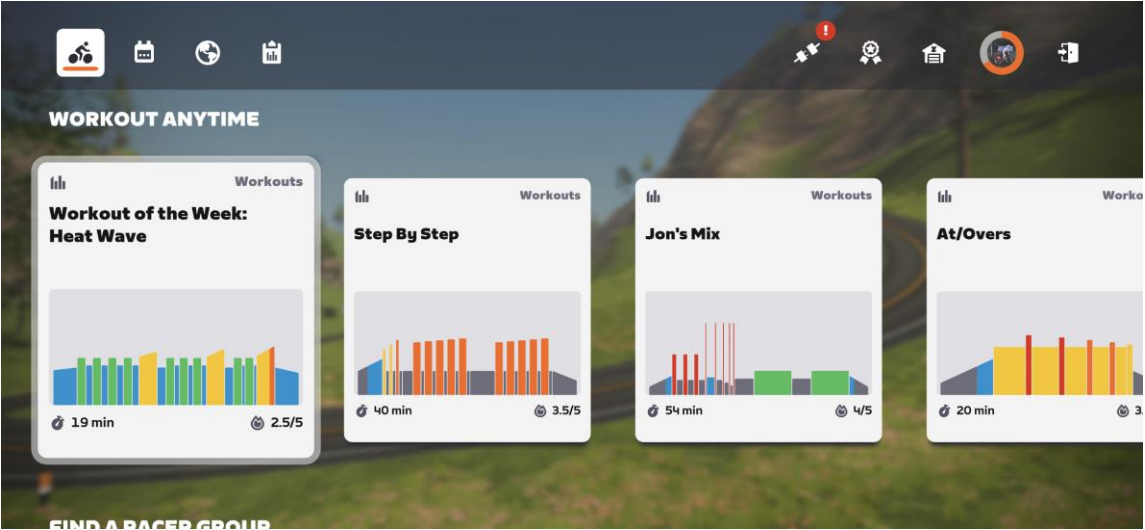
Erg mode can toggled on/off within the Workout. When in Erg mode you have the option to change the effort by +/- 25% while riding the workout.

Group Ride – These can have Erg mode, or no Erg mode.

If no Erg you have to change gear in line with the terrain. Keep your eyes on the screen to see when the hills start. The smart turbo will automatically increase the resistance in line with gradient so you will need to change gear to get up the hill. You can freewheel down the hills.

# How to find workouts, for your self or for an organised club ride (Thursday Turbo)

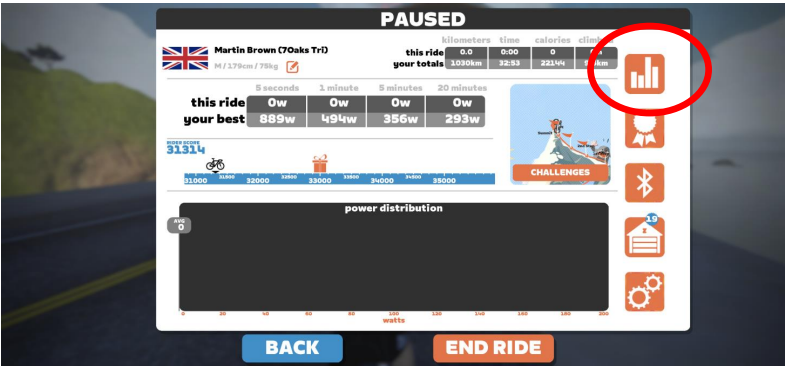
If you are looking for a workout that you want too do individually you can use this method or it is much easier to find a suitable workout here <https://whatsonzswift.com/workouts>



Click on the Bike Rider icon and scroll down past Events to Workouts. Scroll right to see all Workouts and at the end of the line - Workouts and Training Plans.

Click on Workouts to get a list of all workouts with filters for duration, how hard etc

It is highly recommended to use the Zwift Ramp test (in Workouts) to determine your FTP. Zwift will then automatically set the correct power numbers for your workouts, and you will be able to race in the correct category for your W/KG



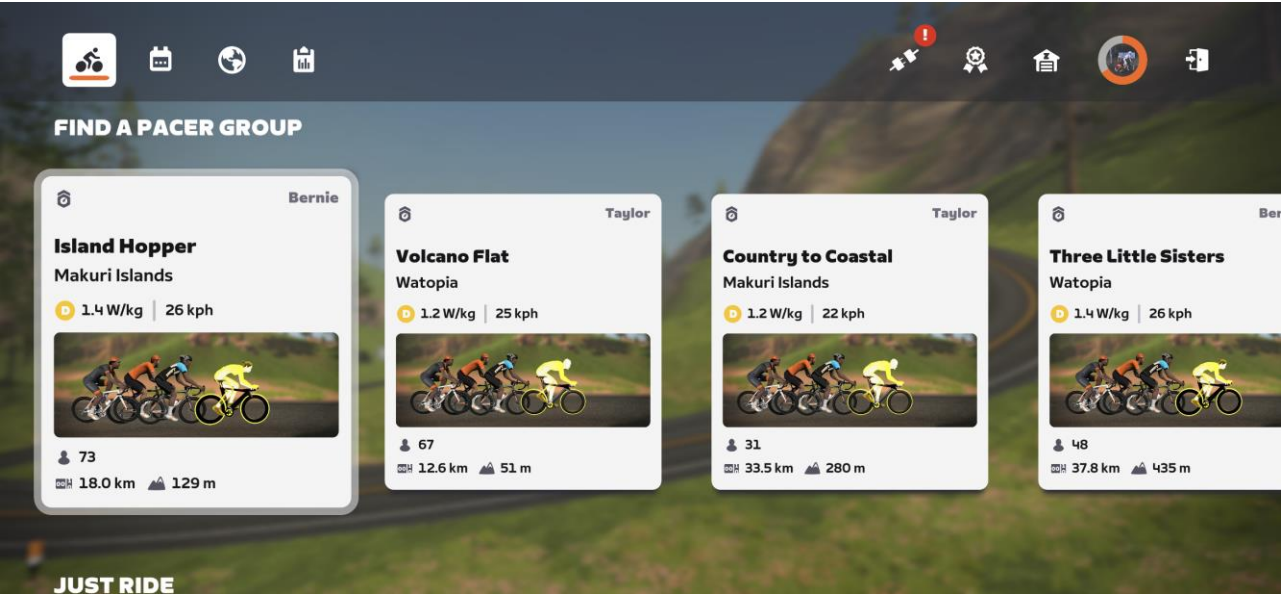
You can also find Workouts if you have joined a Meetup and need to find the relevant Workout. Click Menu then the Workouts icon circled and a list of workouts will appear. Select workout, click Ride and you'll be back at the start line for your Meetup

## Where to warm up before an event, or just have a Z2 ride

Riding with a Pace Partner (see below) works well as a pre Club Turbo session, however you could also just do a free ride on a route of your choice or a **Warm Up Workout** on your own.  
There are plenty of Warm Up workouts to choose from, or you can build your own.

While riding this pre-ride (whether its a Workout, Pace Partner ride or Free ride) you'll get a prompt on the main Zwift screen (bottom left) 10 minutes before the Event/Meet Up start time asking if you want to join. Click it and you'll be transported to the correct world and start point on a virtual turbo.

If you ignore it you'll be repeatedly prompted until 5 minutes before the ride when it will count down and take you there automatically (you can 'X' this automatic join if you want and join proactively up to about 30 seconds before start time). At the end of the event you'll be given the option to "Stay Here" (i.e. in the event world) or "Head Back" (to where you were warming up).



Click on the Bike Rider icon and scroll down past Events and Workouts to Find a Pacer Group.

Based on your Watts/KG find a suitable Pacer Group and Join.



Details on Screen During a Ride and Workout



Overview of route and VIP gradient that you are riding on

List of who you are riding against and how much power they are producing in w/kgs. You are highlighted in blue

Sprint and KOM results shown live during the ride



Workout view

Far left is the list of intervals. A gold star means you have completed the interval at prescribed power

Top centre is the dashboard with target power (270w), what you are producing (266w), how long the interval is to go (4:58). HR, Cadence time left of workout (18:00 ET)

At the bottom of the list of intervals you can see up down arrows to adjust your FTP % during the ride. Useful if your legs can't turn the pedals any more.

History of the power you have produced during the ride

Power Ups

There are 3 power ups in normal riding (more in racing) which are:

**Lorry** - Drafting Boost, lasts for 1 minute

**Feather** - makes you lighter, lasts for 30 seconds

**Aero helmet**, makes you more aero, also 30 seconds.

How do you get them

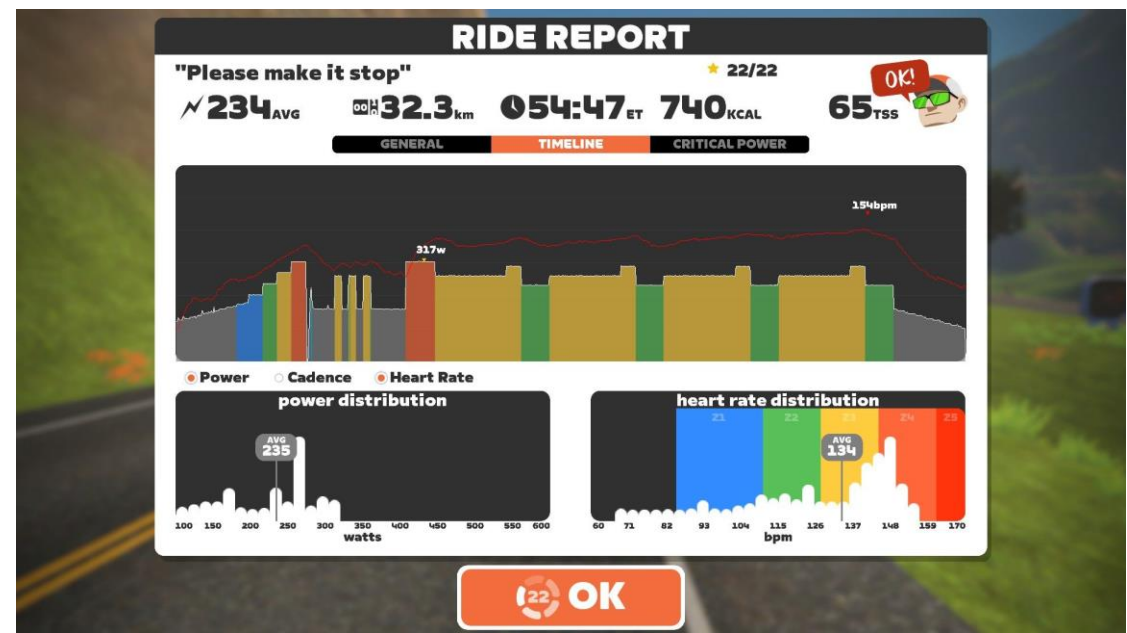
You get Power Ups when passing through barriers. You can only have one at a time so if you've not used it you won't get another one. You don't always get a Power Up, sometimes you'll get 10XP instead (you'll see 10XP flash up where you'd otherwise see the Power up).

How do you use them

Click the icon in the Companion app (it also appears there), or hit the space bar on your keyboard. (There are many keyboard shortcuts, full list here:

<https://zwiftinsider.com/keyboard-shortcuts/>)

# At the end of the Ride



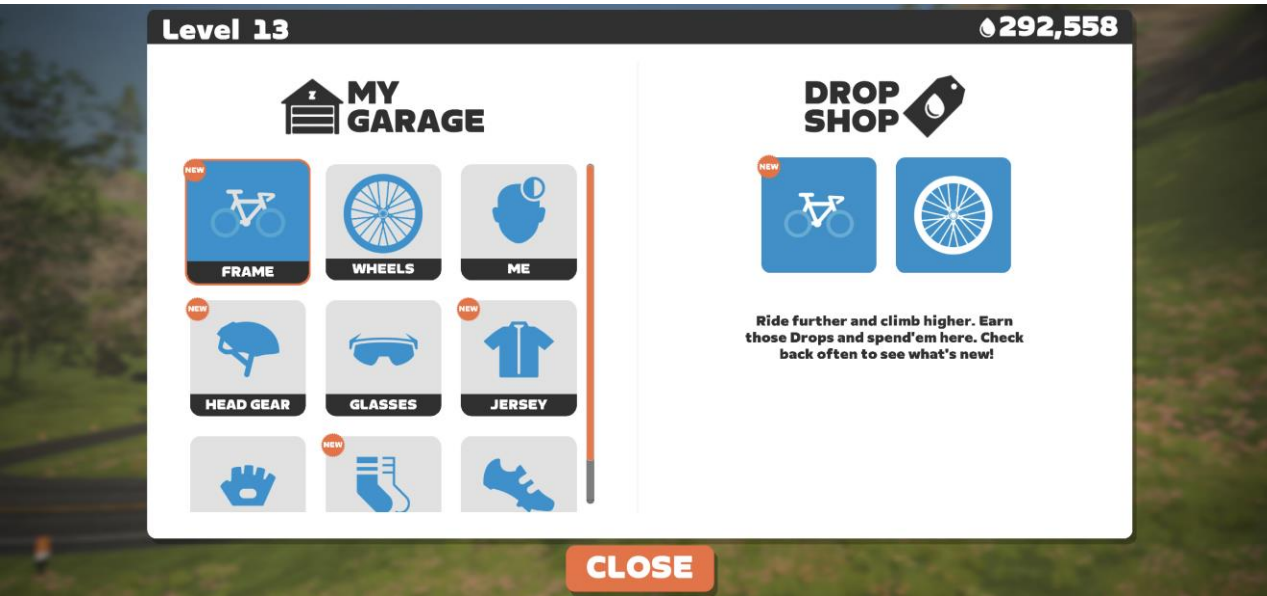
## End of Ride Report

Click on the OK button at any time.  
If you have connected Zwift to your Training Peaks and Strava accounts (Go to Zwift Profile and Settings to do this).

Zwift presents various screenshots that you can select after you have clicked OK.

Save the ride

## How to upgrade your kit



My Garage lists what you already own

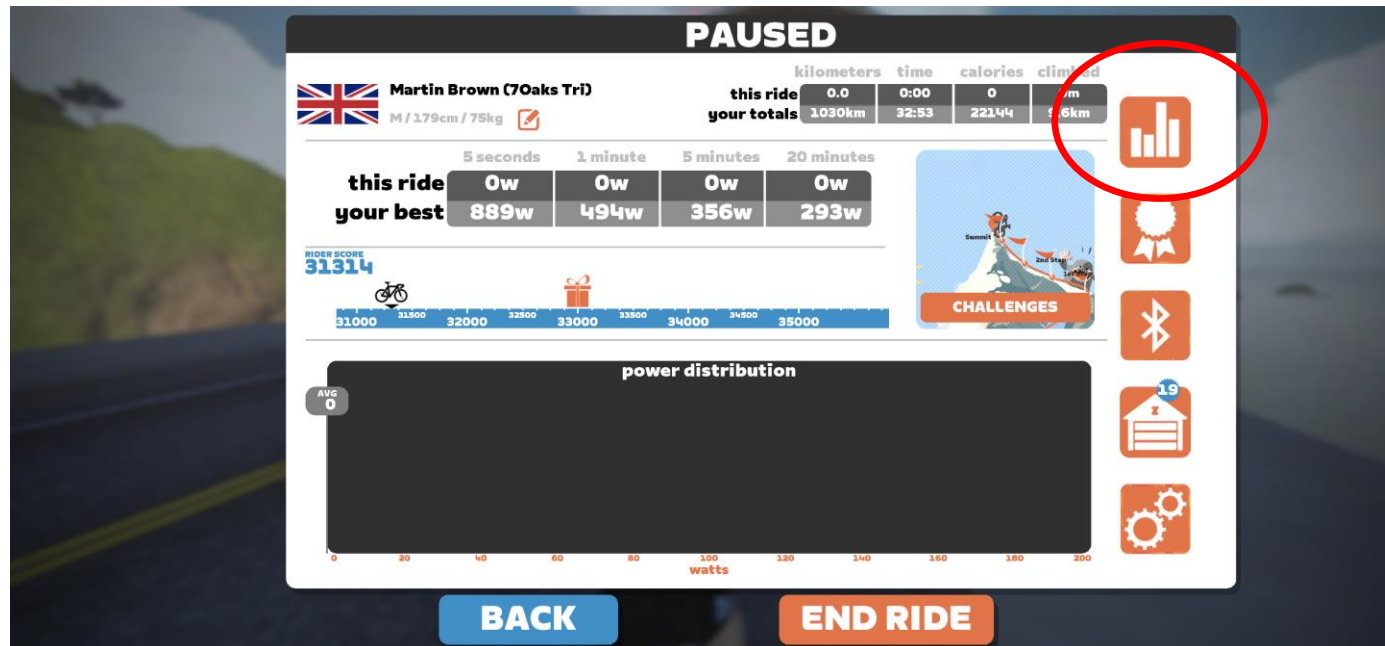
The Drop Shop lists what you can spend your drops on

As you progress through the levels in Zwift your available Drop Shop options get better. You earn drops by riding. You'll have well over 1M drops after a few months.

You progress through the levels in Zwift by earning XP (the orange bar running along the top of your screen as you ride)

## How to Join a Thursday Club Turbo Session (Meetup) and Select the Correct Workout

1. Log in and start a ride (any type of ride e.g. free ride; Pace Partner ride, Zone1 warm up workout etc. It can be in any world on any route)
2. Approximately 10 minutes before the time of the Meetup (you have to have accepted the invitation to the Meetup in Companion otherwise you will not get this next step), you will get a large conspicuous prompt on the screen (bottom left hand corner) asking if you'd like to join the Meetup.
3. You can ignore this or click it, but if you ignore it you will keep getting the prompt until you accept it.
4. Once accepted you will be transported to the course associated with the Meetup, onto a virtual turbo.
5. Go find the Workout by pressing E on a keyboard, or Menu (bottom of screen) then click on the bar graph icon (circled below). The Workout will be in a drop down list. Scroll until you find it.
6. Then spin your legs on the stationary turbo until the Meetup starts. Make sure you are on the club Discord channel to get any last minute instructions and the objectives of the Workout.





## Other useful stuff to know

**If you are late!** By default a group workout does not allow late join, though this can be changed (by David when he sets it up) to allow late join up to 30 minutes late. Confusingly, an event that is not a workout allows late join by default, up to 30 minutes late.

**It's vital in either case that the rider has clicked “Going” before the start** (and not right on the deadline either).