

# **ZWIFT: GETTING STARTED**

## **What Is Zwift?**

**Zwift is a gaming app that provides serious training as well as optional community interaction.**

**Zwift is popular with pro athletes as well as people who want to gain fitness.**

**Zwift became really popular during the pandemic lockdowns.**

**Zwifting is a great way to ride solo or with friends when the weather is bad.**

## Devices that can run Zwift

### FIRST STEP? DOWNLOAD THE ZWIFT APP.

Zwift runs on the devices below.  
Search for Zwift in the App Store  
or Google Play Store or Zwift.com  
and install.



Mac or PC



Apple TV

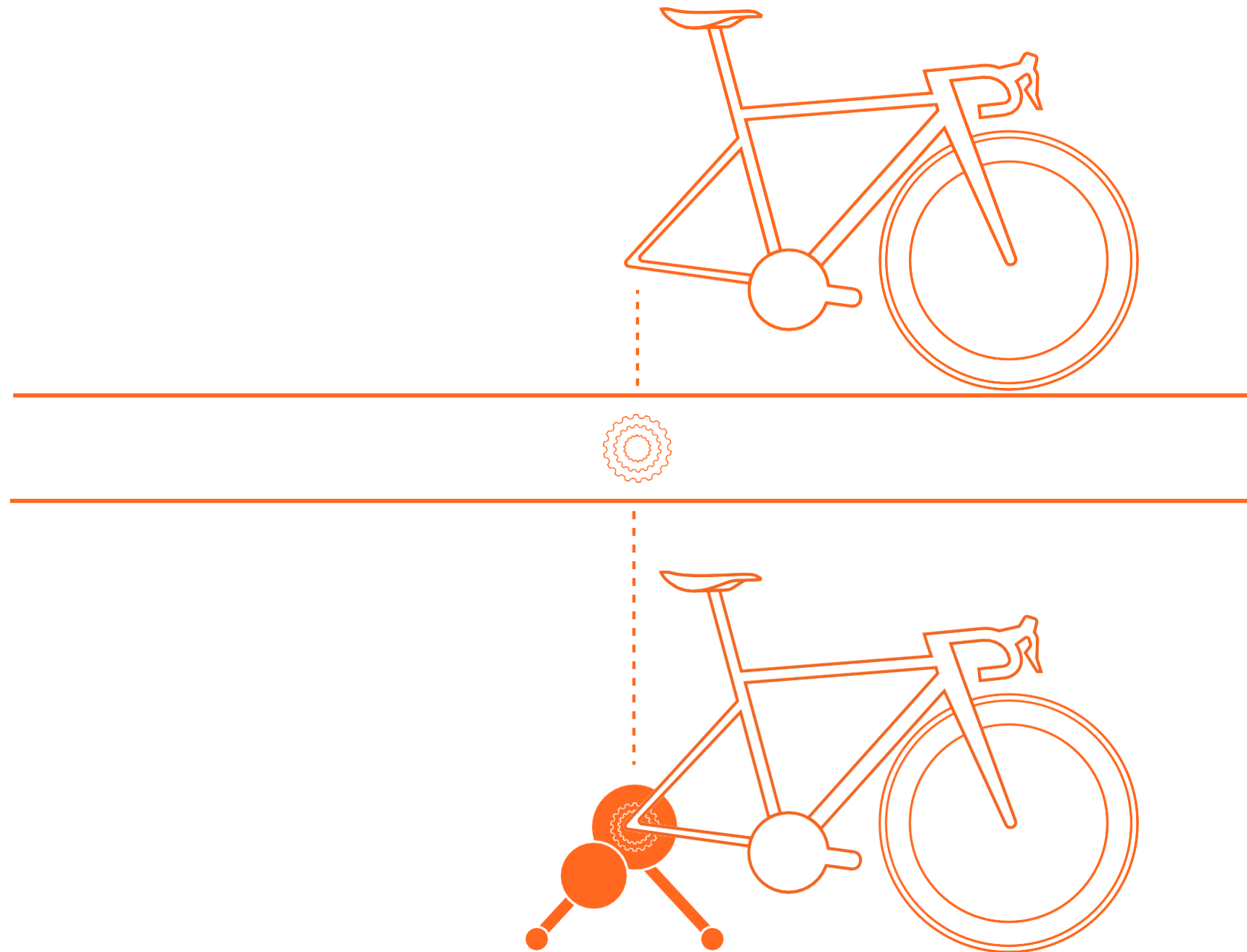


iOS devices and select  
Android devices

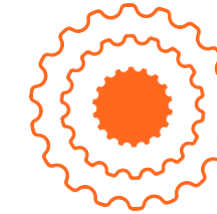
**You will need a trainer, fan, water bottle, towel, stand or table for pc, tablet or phone**



## SMART TRAINER TIPS



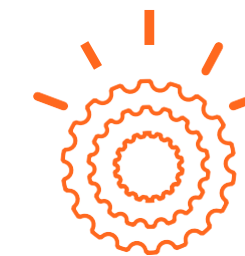
## DIRECT DRIVE



**01**  
Shift onto your smallest cog in the back before removing the rear wheel.



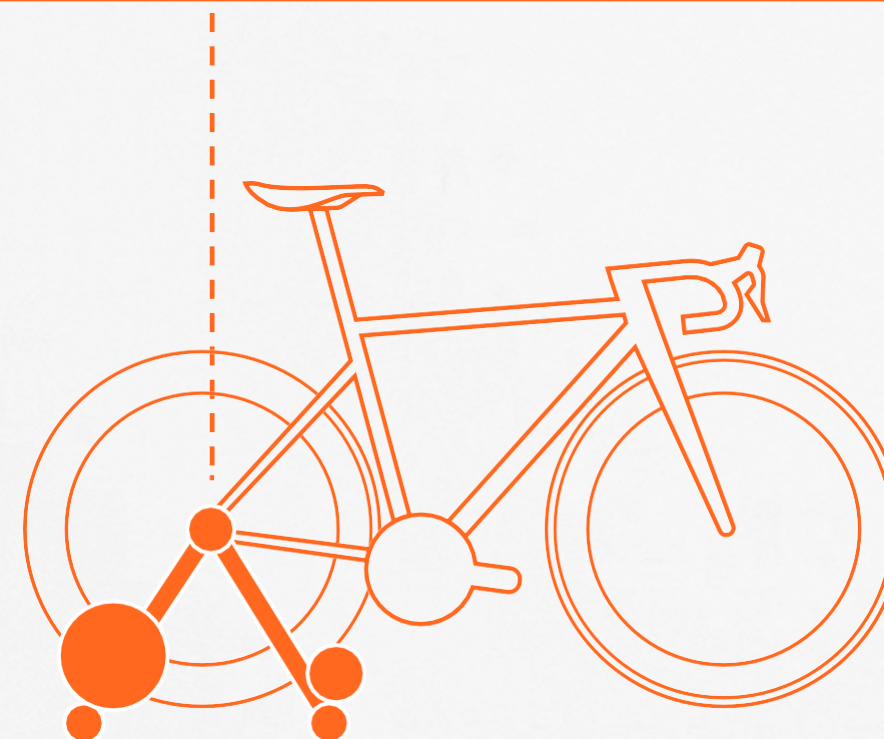
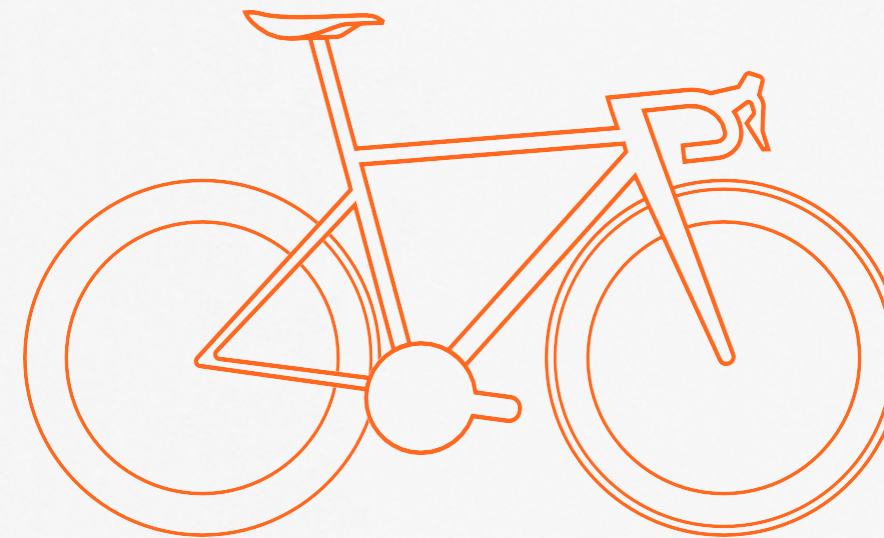
**02**  
Chains may stretch over time. Check and replace as needed to prevent wear on the cassette and chainrings. Lubricate when necessary.



**03**  
Use a new cassette. A worn-out one may skip.



## SMART TRAINER TIPS



## WHEEL-ON



**01**  
When installing the bike, don't overtighten. See your trainer's instructions for guidance.



**02**  
Inflate both tires to their recommended PSI. Tires can lose about 5 PSI per day. Check them regularly so power stays accurate.

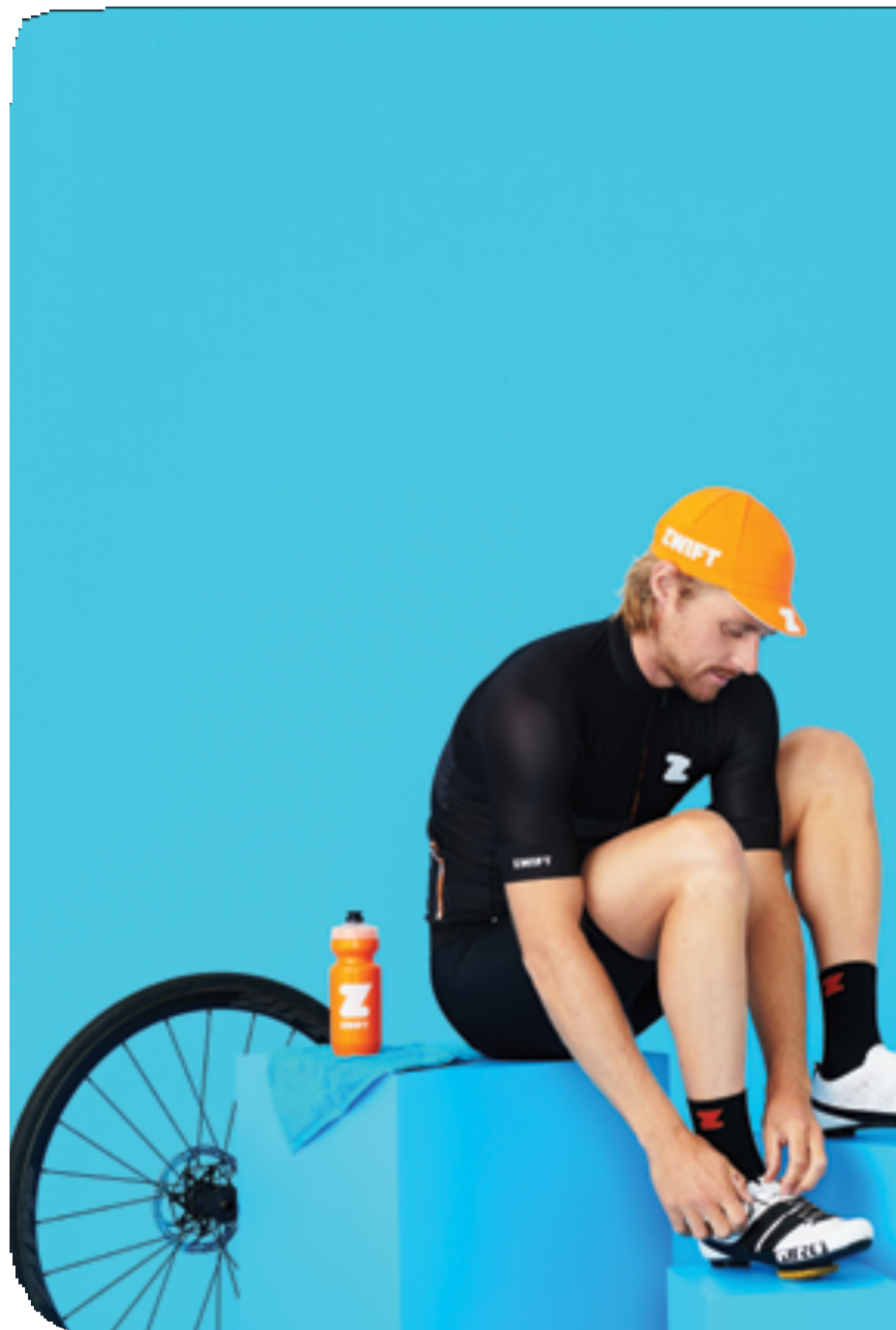


**03**  
After inflating, calibrate the trainer on Zwift.

A SMART TRAINER IS NOT REQUIRED.

A SIMPLE BIKE TRAINER AND A BIKE EQUIPPED WITH A SPEED AND CADENCE SENSOR IS ALL THAT IS REQUIRED.

For tracking fitness, a heart rate monitor is useful.



## CONNECTING WITH WIFI

Zwift likes a strong WiFi signal. Improve signal strength by riding closer to the router, with fewer objects in between. If other riders tend to disappear, your WiFi strength might not be keeping up.

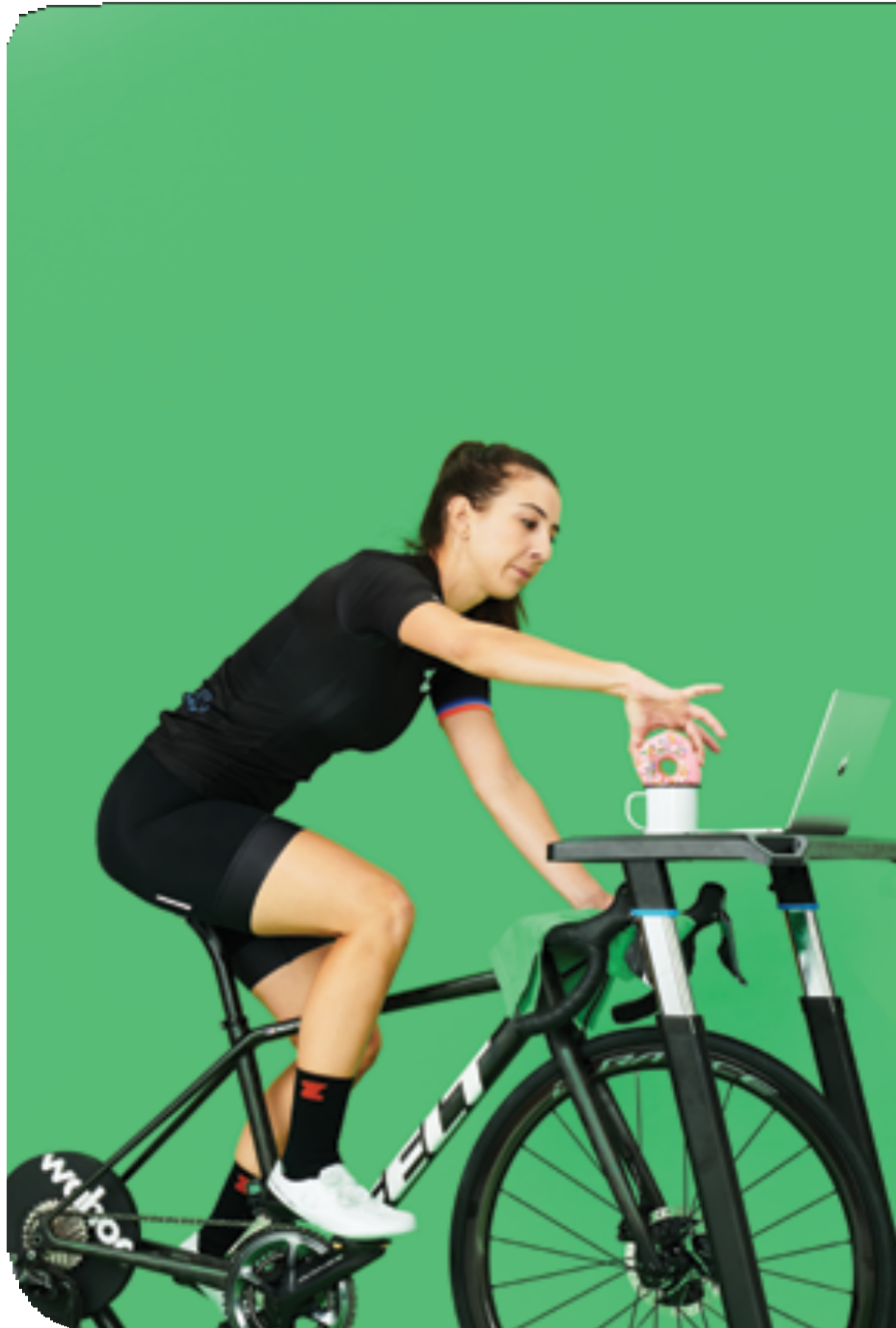
WiFi speed matters. 5 GHz is faster than 2.4 GHz

## USING ANT+

Position the cable on the floor close to the trainer. This ensures a clear broadcast signal from trainer to device.

Can also use Bluetooth Devices





## RIDER'S CHECKLIST



Find bike



Fill up water bottle



Turn on fan



Launch Zwift



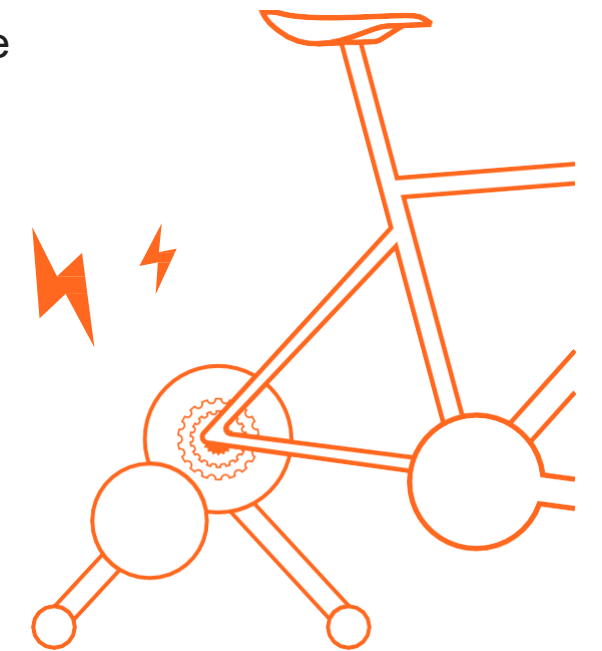
Pair Devices



Choose Free Ride, Workout, or Event



Ride On



**Use the Zwift Companion app to control the game, join events, give kudos to friends**



# KEEP THE CONVERSATION GOING

We're active on our bikes and on social. Follow Zwift news and upcoming community events.



# NEED HELP?

Get answers from the community, discuss Zwift, and give feedback on the Zwift Forums.

[forums.zwift.com](https://forums.zwift.com) [support@zwift.com](mailto:support@zwift.com)



**DRAFTING**  
Riding alongside others reduces drag and increases speed

# FTP

**FTP**  
Functional threshold power, a metric used in training

# KEYBOARD SHORTCUTS

**SPACE**

**USE POWERUP**  
Get the edge with a temporary boost

**E** **VIEW WORKOUTS**  
Bring up the workout and training plan screen

**G** **SHOW WATT/HR GRAPH**  
Toggle the on screen graph

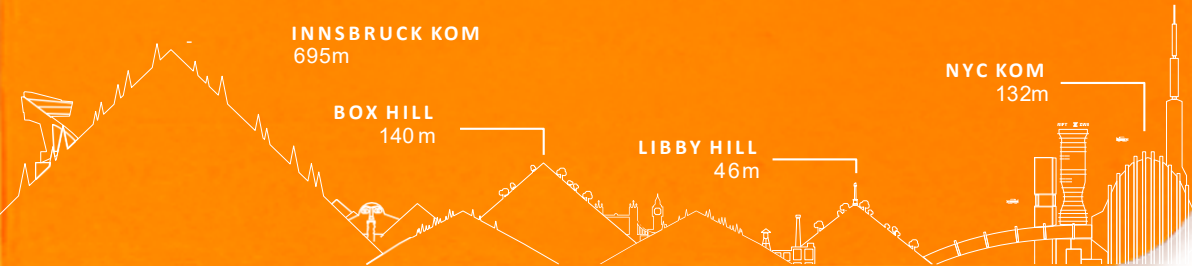
**T** **CUSTOMIZE AVATAR**  
Style your look and get new items

**M** **CHAT**  
Send a message to nearby Zwifters

**U-TURN**  
Pull a 180° and go in the opposite direction

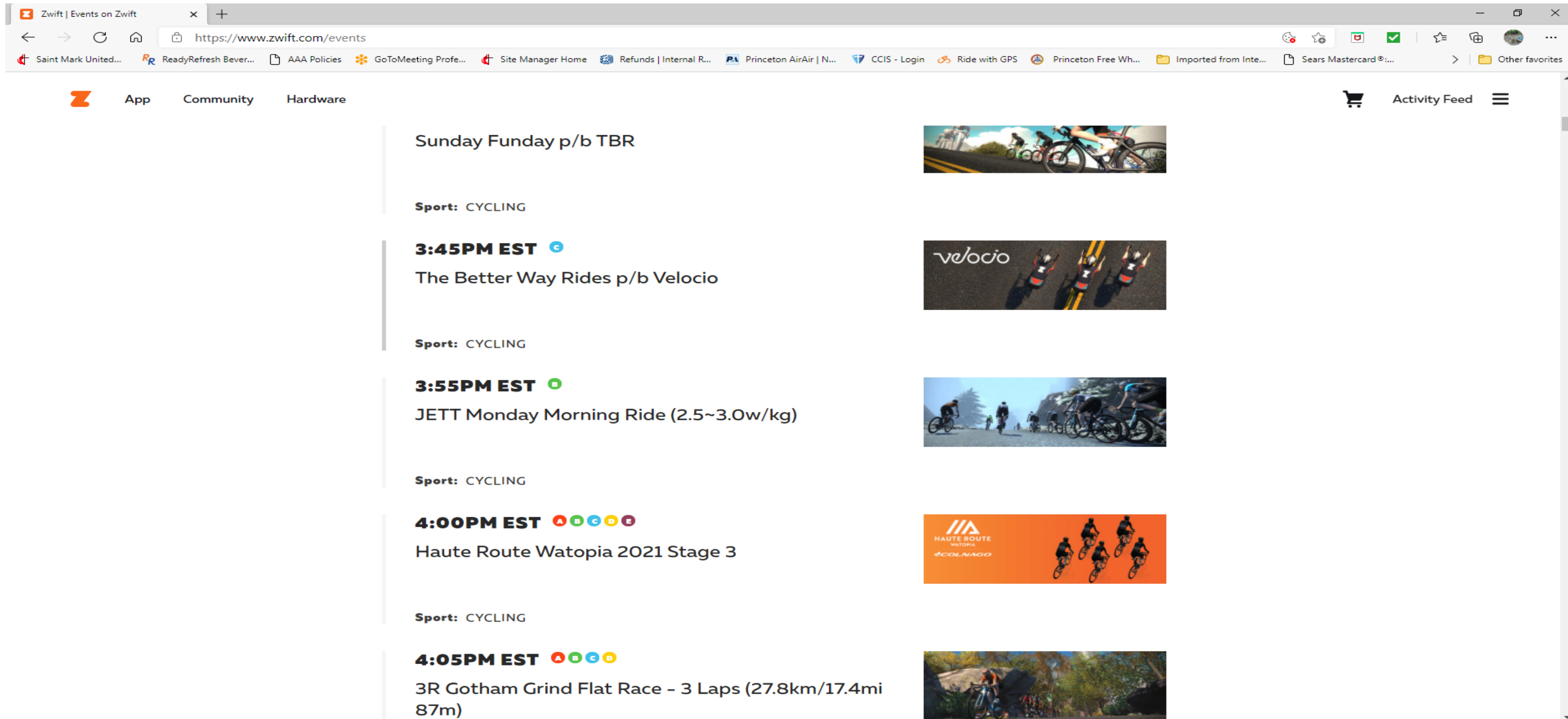
**PG UP** **ADJUST WORKOUT**

**PG DN** **INTENSITY**  
Kick your ride up or down as needed





## ZWIFT IS FUN! Join a variety of events:





Join PFW Group Rides: Everyone rides together regardless of riding ability, group chat on Zoom





ZWIFT offers more than 1000 customized workouts and dozens of training plans

Foundation

Finish in 8:09

★ 8min warmup

★ 6min @ 90w

★ 1min @ 65w

★ 6min @ 90w

★ 1min @ 65w

★ 2min @ 90w

★ 2min @ 90w

★ 2min @ 90w

★ 1min @ 65w

★ 3 x 1min @ 90w

★ 1min @ 90w

★ 1min @ 65w

★ 6min @ 90w

★ 1min @ 65w

6 min @ 90w

5min cool down

▲100%▼ ★ 13/15

16<sub>mph</sub> 14.1<sub>MI</sub> 118<sub>FT</sub> 45:51<sub>ET</sub>

33 ON 6,138,484

ride at 90w for 6 min at 100rpm

3:09

98<sub>w</sub> 128♥ 96

▲ SPIN FASTER!

2%

T.Hubbard1312

N.Damiani

T.Zap

RCC

2m

42m

Zwifters Nearby

-0:04	0.0w/kg	25.0MI
-0:04	2.9w/kg	5.1MI
	A.Brush	
-0:03	2.4w/kg	13.9MI
	J.Gibeault (YOW)	
-0:03	2.5w/kg	3.4MI
	T.Schloegel	
-0:03	2.1w/kg	3.3MI
	C.Rausch (Vision)	
-0:02	2.4w/kg	3.4MI
	D.G	
-0:00	2.4w/kg	17.3MI
	S.Moser (PFW)	
	1.9w/kg	14.1MI
	T.Hubbard1312	
+0:00	1.8w/kg	24.4MI
	N.Damiani	
+0:00	2.1w/kg	3.3MI
	T.Zapata	
+0:05	3.0w/kg	3.3MI
	J.Cohen	
+0:08	2.4w/kg	3.3MI
	I.Bolliger	
+0:09	1.5w/kg	24.8MI
	S.AeroO	
+0:10	1.7w/kg	14.1MI
	E.O'Connor	
	+3805 more	



## ZWIFT WORLDS:

Large number of routes to choose from

- **France**
- **Paris**
- **Watopia**
- **Richmond**
- **London**

- **Innsbruck**
- **New York**
- **Yorkshire**

RIDE ON!

