Zwift User Guide

Requirements

One of the below

- A Stationary Indoor Trainer AND a speed sensor OR power meter/power pedals on your bike.
- Rollers AND a speed sensor OR power meter/power pedals on your bike.
- A Smart Trainer.

Set up

How to set up a Zwift Account and download the App

1. Head to www.Zwift.com
2. Click "Create Account". Enter your details and submit.
3. Click "Download" and select the appropriate device.
4. Select "Run" and wait for the app to download.
5. Your first 25km are free if you are a new user after which there is a monthly subscription fee.
6. Download the Zwift Companion App from the Apple or Android Store for free to find and join events and interact with your followers. This app can be downloaded to phones or tablets.

Opening and setting up Zwift

1. Head to the Zwift App and log in to your account.
2. Click "Lets Go" to start Zwifting.
3. Pair your devices with Zwift. A power meter, smart turbo or speed sensor is needed to use Zwift. If using a speed sensor, you will be given virtual watts to propel you around the roads. To add a device, click the box on the screen that matches the device you are trying to add and wake the device up by moving the pedals, it should then appear on the screen. Click the device name to add.
4. ***NOTE* if using a speed sensor for power you cannot enter official Zwift events. You can still use most functions and join the Cycling Ireland group rides.**

Setting your FTP (Functional Threshold Power)

1. Launch the Zwift App and log in to your account.
2. Click "Lets Go" to start Zwifting.
3. Under "Ride Type" select "Training".
4. A list of workouts will appear, choose "FTP Tests" and select any of the three tests. The "Ramp Test" would be the easiest test for beginners to Zwift and turbo training.
5. At the end of the test your FTP will flash up on the screen.

6. You can change your FTP by opening "Training" again and typing your new FTP into the box in lower right-hand corner.
7. ***NOTE* this is only applicable to users with a power meter and not a speed sensor. You do not need to set your FTP if you don't wish to, however it's useful if you intend to do Zwift workouts.**

Connecting with friends

1. Open the Zwift Companion App.
2. Select "More" on the bottom of the screen.
3. Select "Find Zwifters".
4. Search your friends by name.
5. Click the "+" button beside their name to become a follower.
6. Some follower requests must be approved before you can follow them due to the individual's privacy settings.
7. If they follow you back, you can arrange a meet up with them.

Joining a scheduled meet up/race

1. Join the Cycling Ireland Virtual Community Group on Facebook to check what rides are available to join and find one that suits you. Add your Zwift name to the form in the description, the first 50 requests will be added to the meet up/race. You will then need to log into the Zwift Companion App and accept the meet up request. If you don't accept the request, you won't be able to join the meet up.
2. Log into the Zwift App and connect your devices. Make sure to allow plenty of time before the start time. If you're late the group will have left without you!
3. Click any world/route and start warming up ahead of the meet up. When there are a few minutes to go you will get a pop up on your screen asking you to join the meet up. Click join and you will be taken to the meet up. You can continue to warm up and when the meet up starts you will be able to roll out as a group.
4. Once the ride starts, message your group, draft off others and enjoy the ride!

Messaging friends or a group

- On a laptop or PC, simply hit "M" on your keyboard to bring up the message box. Your messages will appear beside your name on your screen for anyone near by to see.
- If you're running the Zwift App from your phone, tap the screen to bring up the action bar and tap the chat symbol. Type your message into the message box that appears, and this message will show beside your name on your screen for anyone near by to see.
- The Zwift Companion App is the easiest way to send messages to groups during rides. To send a public message using the Zwift Companion mobile app, once you are running Zwift and the app has connected, tap "Messages" at the bottom of your device screen. There, you can see a log of messages that have been sent by nearby Zwifters and type one of your own.
- The Zwift Companion App is the only way to send messages to an individual rider. Find and tap their name in the list of nearby Zwifters in the app, or search

for their name if you can't find them. You will see the option to send that person a message if they are currently active in Zwift.
- When you receive a private message, the chat bubble in-game will have an orange background. Also, a tab will open within the Companion "Messages" screen showing a message history with that person.

For more information and to discover a full range of features head to;
https://support.zwift.com/

If you are having issues relating to a Cycling Ireland group ride contact us at;

Email: zwift@cyclingireland.ie