

# ZWIFT GETTING STARTED GUIDE

R3 11.15.18

# FRONT COVER

Size: 4x6

Cover: PMS 165c

Inside Pages: 28



# INSIDE COVER + 1

## POWERUPS



### LIGHTWEIGHT

Drop a few virtual pounds and climb much faster



### AERO BOOST

Get more aerodynamic and fly faster on the flats



### DRAFT BOOST

Increase the draft effect and ride with far less effort

## ON SCREEN



### WATTS

How Zwift measures your power output



### CADENCE

Revolutions of the crankset per minute



### HEART RATE

Wear a monitor and measure your beats per minute



### RIDE ON

A magical blue thumbs up sent between Zwifters

## W/KG

Your power-to-weight ratio and performance indicator

## WELCOME TO ZWIFT. LET'S GET YOU UP AND RIDING.

You got your trainer all set up and you're ready to go. Here are some tips before starting the journey. And we'll cover a few Zwift basics.



**2-3**

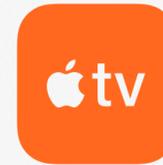


## FIRST STEP? DOWNLOAD THE ZWIFT APP.

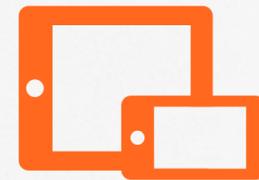
Zwift runs on the devices below.  
Search for Zwift in the App Store or  
Google Play Store and install.



Mac and PC



Apple TV



iOS devices and select  
Android devices



## NEW TO ZWIFT?

Download the app  
and create an account.

## ALREADY HAVE AN ACCOUNT?

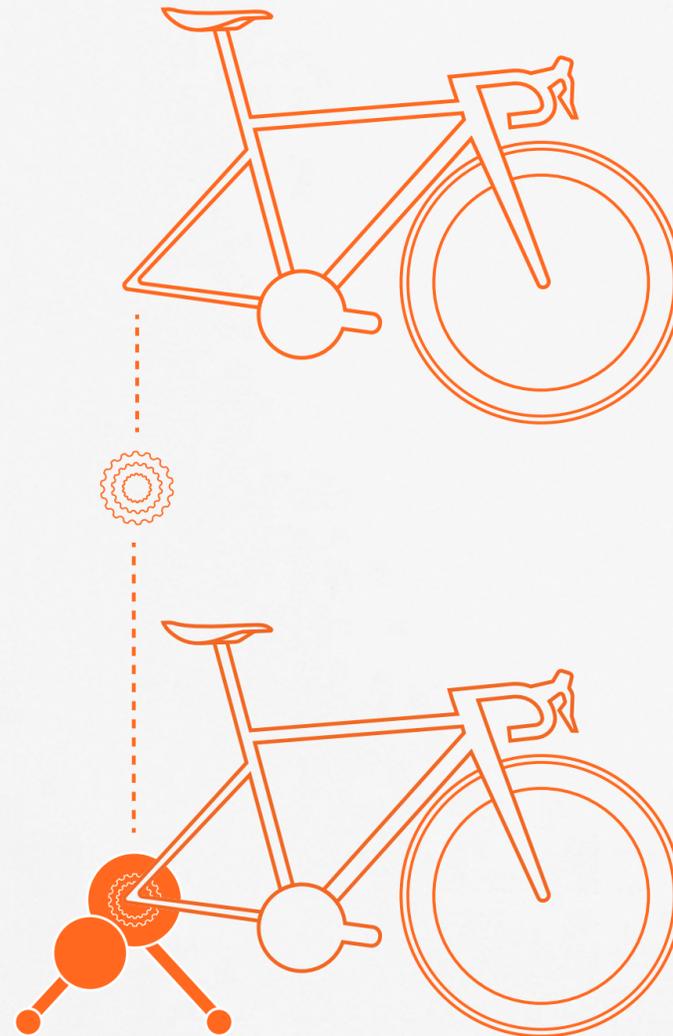
Use your same login and  
password for the Zwift app.

**6-7**

## PUTTING THE PIECES TOGETHER



## TRAINER TIPS



## DIRECT DRIVE



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

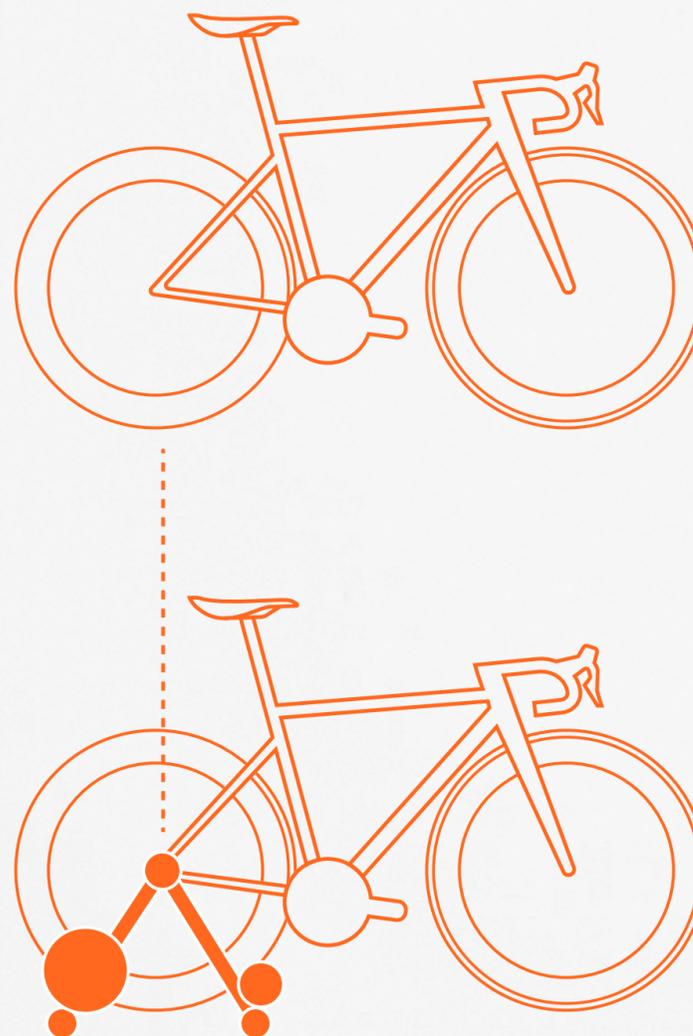


**02** Chains may stretch over time. Check and replace as needed to prevent wear on the cassette and chainrings. Lubricate when necessary.



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

## 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.

## EXTRAS

### FAN

Keep your cool

### WATER

Don't ride without it

### MAT

Protect that floor

### ZWIFT COMPANION

Join events, chat while you ride, get live stats and a rich workout display

### HEART RATE MONITOR

Track how hard your heart is working for more training accuracy



### USING ANT+

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

### 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.

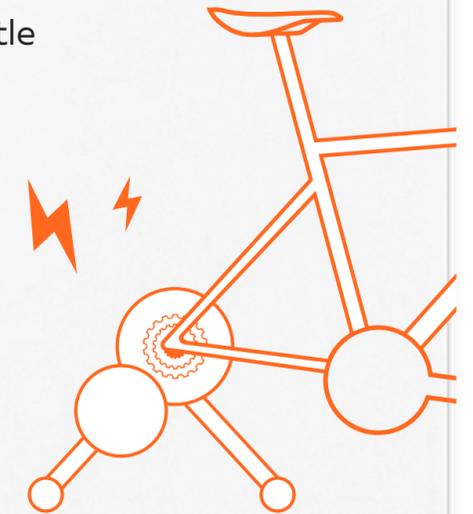
## FUEL YOUR RIDE

All that pedaling produces real watts and burns energy. Remember to replenish to stay sharp and avoid fatigue. For longer events, throw some nutrition in your back pocket.



## RIDER'S CHECKLIST

- Find bike
- Fill up water bottle
- Turn on fan
- Launch Zwift
- Pair Devices
- Choose Free Ride, Workout, or Event
- Ride On



**16-17**



The High Line  
**NEW YORK**

**18-19**

**TRAIN TOGETHER,  
GAIN TOGETHER**

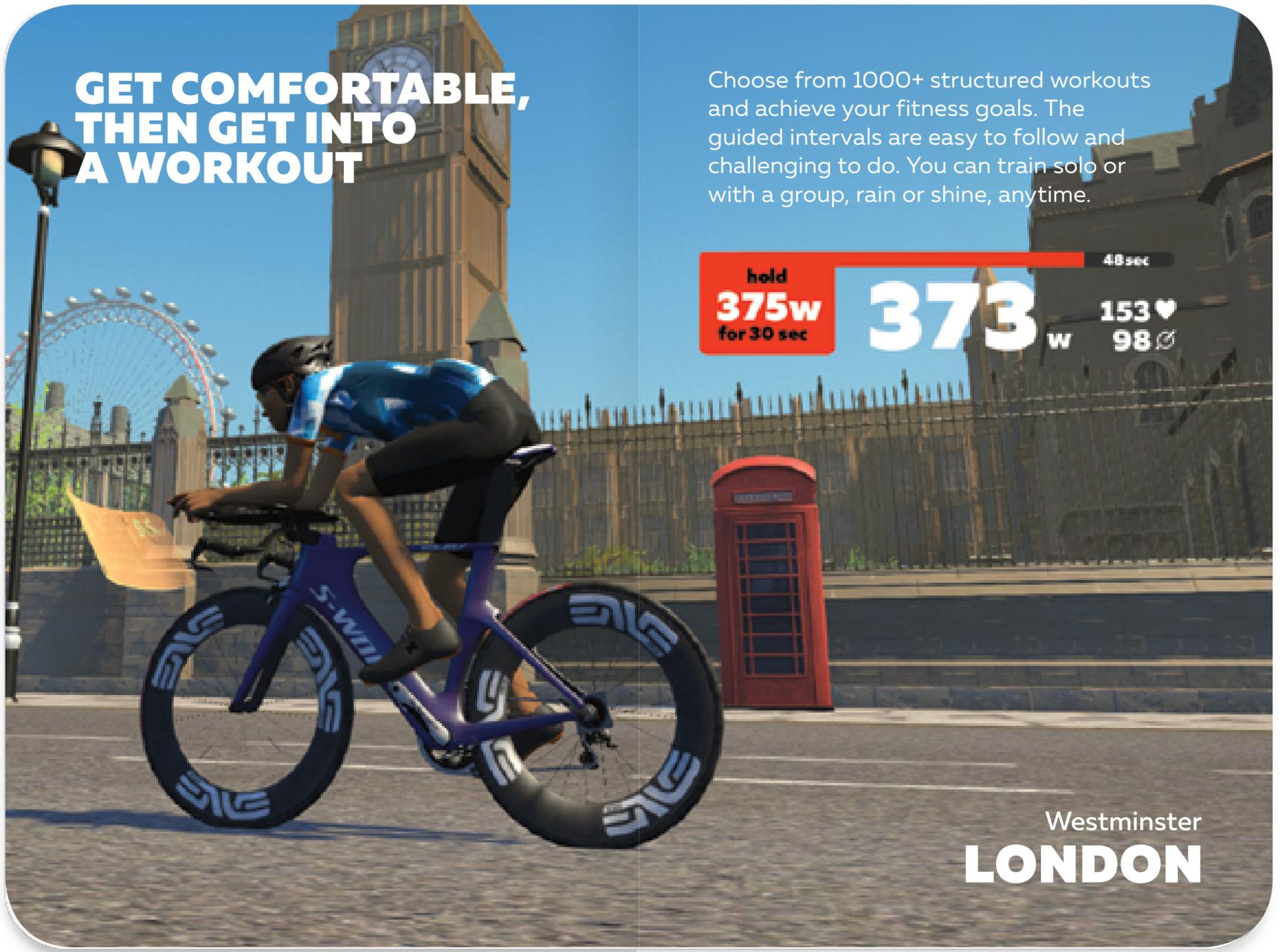
Our community calendar has daily events to keep you motivated and happy in the saddle. Follow the leader on a group ride, race the world, or create a private Meetup with your buddies.

See them all at [zwift.com/events](https://www.zwift.com/events)

Old Town

**INNSBRUCK**

# 20-21



## GET COMFORTABLE, THEN GET INTO A WORKOUT

Choose from 1000+ structured workouts and achieve your fitness goals. The guided intervals are easy to follow and challenging to do. You can train solo or with a group, rain or shine, anytime.

hold 48 sec  
**375w** for 30 sec  
**373** W  
153♥  
98

Westminster  
**LONDON**

## THE MORE YOU RIDE, THE MORE YOU UNLOCK

Want to score some fresh jerseys?  
Ride themed events or complete  
challenges and watch your collection  
grow. Level up to unlock new bikes and  
fresh wheels, and open new routes.



# 24-25

## RIDE ON.

This blue thumb's up works serious magic. Give props to other Zwifters with a Ride On. And be generous.



Use the Zwift Companion app to send one from your handlebars.



Tap the Ride On button next to someone's name in-game.

Alpe du Zwift

# WATOPIA

## RAISE YOUR GAME WITH ZWIFT COMPANION



Available for free on the iOS App Store and Google Play Store



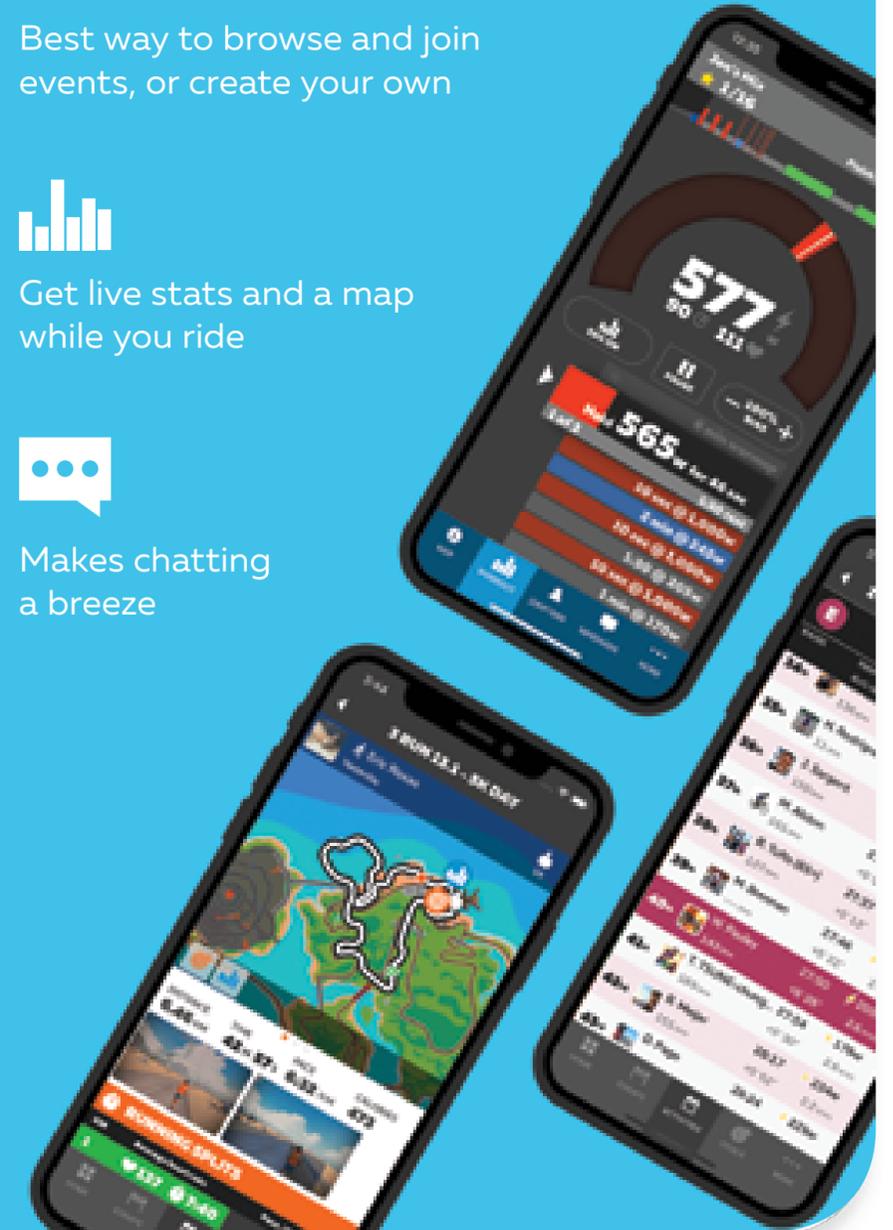
Best way to browse and join events, or create your own



Get live stats and a map while you ride



Makes chatting a breeze



# 28+ OUTSIDE COVER

## KEEP THE CONVERSATION GOING

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



## NEED HELP?

Get answers from the community, discuss Zwift, and give feedback on the Zwift Forums. Or contact us at Support if you have any issues. We're here to help.

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

Printed in China



### 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 INTENSITY

Kick your ride up or down as needed

PG DN



# BACK COVER

