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## Zwift user guide for beginners pdf free pdf

and require that you do an €ÅÅÅFTP Test€ÅÅÅ to set your performance baseline. Zwift has used their imagination to conjure up a futuristic city complete with sky roads zipping through the many skyscrapers of the Big Apple. This gets extremely serious as there are some professional Zwift racers now. Your racing category will be determined by your watts / kg €ÅÅÅ or your power to weight ratio. These days I ride on Zwift a lot and have had some friends ask why I do it, what you need to get started, and why they might be interested.First a note: this isn€ÅÅÅt a thorough review of Zwift €ÅÅÅ if you want to get crazy about what bikes are fastest, which wheels to use on what race, and all of that €ÅÅÅ you should go read ZwiftInsider.Hey, we€ÅÅÅre riding! The screen is a little busy, but don€ÅÅÅt panic.Let€ÅÅÅs get to it €ÅÅÅ Zwift is a video game. I tell people that Peloton is spinning (and everything else) and Zwift is cycling.John Abella has ridden about 2,200 miles in Zwift and nerds out on his data on a daily basis. King of the Mountain Jersey.TrainersIf you want a deep dive on trainers, go read DC Rainmaker €ÅÅÅ but we€ÅÅÅll cover the basics here.Smart trainer (You want this): Broadcasts speed, power, cadence (most do) over Bluetooth and Ant+ . They solve the issue of multiple riders since you can adjust the fit of the bikes quickly. Ride along the Champs-Elysees or the Lutece Express to test your strength all the way to the iconic finish line. You€ÅÅÅre going to need towels, and you probably want a mat under your bike since you€ÅÅÅre going to sweat.Running:Oh yeah €ÅÅÅ you can run in Zwift as well! You need a €ÅÅÅfoot pod€ÅÅÅ and a treadmill, but otherwise it€ÅÅÅs similar. Along with seven other routes, €ÅÅÅVen Top€ÅÅÅ captures some of the magic of the Bald Mountain in its 20.75km route. If your workout calls for 200 watts, the trainer will set the difficulty appropriately and you need to pedal against it to maintain that wattage. These maps rotate on a schedule.This map is from Zwift.These These are based on your performance idner odnauq ittut omaiccaf ol . atacipmarra id m 542 noc mk 8.31 id `À tfiwZ id osroc otseuq id enoisrev aL .naf nu id ongosib iarva ,etnemaires .eznatsid e enoizavele id iliforp isrevid noc isrevid isrocrep 05 ertlo noc retfiwz ilg art eralopop atlecs anu `À aipotaW id alosi elovetnacn! ehtaipotaV .etnemavittfeffe eracoig rep odom nu id ongosib iah ocoig li odnatneserP .itseuq id onu imraivni id orebil ititnes ,elitu olocitra otseuq otavort iah eS .inoizpo etseuq us ittircs inoub onnah amall PG e rekamniAR CD .idnarg `Àip enoizatnemila id tuptuo eritseg onossop e icitamuenp onamusnoc non .isoiznelis `Àip onos itseuQ .inroig itseuq ni onem o 003 \$ emoc `À eretop li eggel ehc erotanella nu ,etnemaires aM .esoc eut el olos iaf ,ominim ozrofs o .Àticolev anussen ,aloger anusseN .angoloB e dnomhciR ,erihskroY ,kcurbsnnf ,ardnoL ,ytiC kroY weN :emoc itis onodulcni itseuq etnemlautreA .adarts us omsilcic id isroc o ilaer `Àttic us etalledom onos etseuq id etlom :eud ied eppaM .ilibinopsid erpmes onos e aipotaW ni edarts id opit isaislauq eravort iouP .isroc eud noc ittut a elibissecca aro `À radnelaC ruoTdiroW li ottut ni itneve itlom id enif al e oizini`l atipso ehc esecnarf elatipac aL siraP .elautriv osrocrep nu ognul ocoig id ratava orol li eratsofs rep elaer odnom led icib anu `Àladerp atolip II .acinnatirb `Àttic allen arutinif id otiucric ocinoci nu noc 9102 daoR ICU ilaidnom itanoipmac i avatipso erihskroY ollen etagorrahernihskroY .acaidrac azneuqerf al rep rotinon nu id ongosib iaH .naf nu erenetto itservoD :ongosib iah iuc id arutazzertia artIa .oizini`lla isrevircsi otuvod orebberva ehc otnoc isredner rep olos idraf `Àip onavort il e orol a otibus onovircsi is non enosrep etlom am joroval otlom elouv ic am -` ekiB norf `È ~à €Å al `À elanif asnepmocir al( onuccsaic rep asnepmocir `À ailaT`lled azzehgnul al edirainroflac id azzehgnul aL edirtsereve etnom lus erilas :llautta odifs ert elled anu a itivircsi - izini odnauq :segnellahC.onacluv leuq erassevartta rep otinif omaibbA Level 1 in running Zwift. Other apps: you can (and probably should) hook up your Zwift account to send your races to Strava. You'll need a heart rate monitor for your race results am ,elibacitarp enoizarugifnoc anu eresse `Àup otseuq ,enoizatnemila id erotarusim nu iah eS .eraf ,daorreniart o erereffus iouy etnemlibaborp ,`scinahceM emaG" onem noc otulossa otnemartsedda nu iouy eS ,atrop ol et tfiwZ idniug ,xuotneV tnoM ossets olla eravirra ioup non fecnarF .onu enidnerp ,ocimonoce olnenetnam id ongosib iah es idniug ,`rewopz" oiggetnup nu itrad ad erawtfos len eneb aznatsabba italledom onos isse id inucla oloS .ivitagen e inoub itnup ittut onnah am ,olocitra otseuq rep oport onos onuccsaic id `Àtisselpmoc eL .atla aicsaf id otsoituip oediv adehcs anu id ongosib iah ,caM o CP us eracoig id enoiznetni iah eS .essarg icib onisrep o idirbi ,ekib niatnuom noc ottaf onnah ol non enosrep el ehc acifingis non `Àic .otterid evird o no-atour :ilits 2 ni ilibinopsid onos irotanella ilg ittuT ."lilhpu" av ocoig len ratava out li ertnem ataladep li eliciffid `Àip eredner rep aznetsiser al eraibmac id `Àticapac al aH .mk 61 a mk 5 ad onnav ehc inoizpo ert noc ovisicni am everb osrocrep nu `À dnomhciR ,5102 daoR ICU ilaidnom itanoipmaC i rep otangiseDdnomhciR .iouy ©Àhcnif eraclavac e appam anu ereilgecs e tfiwZ ni erartne ioup etaclavac id ipiT .otis out li oroda ,asuac im noN .isotsoc repus ehcna onoS .reniarT tramS us "GRE `ÀtladoM" otamaih asoclauq eratsopmi ioup inella it ehc atlov anu ehc ehcna atoN .ssentif id ollevil out li reP "enoZ" artsed allen ittut ies ,elibairav otlom eretop id `Àitnauq anu odnetteme onnats enosrep el es ehcna ©Àhcrep emeisni `Àrinu is oppurg li e oppurg nu noc itranella ioup ehc ippas am ,iuq rep oilgatted oport `À otseuQ .VTelppA onisrep o diordnA ,enohPi / daPi ,caM / CP us eracoig iouP .tfiwZ ud eplA elcanniP li e onacluv led atalacs al ,moK acipe`l ,evitangepmi etilas ert iarevort ,aipotaW id onreini`lla ,atlelcicib aut allus iladerp i erarig erareneg ioup ehc ttaw id .Àitnauq al erid a elav - eretop lus asab is tfiwZ ni ottuT `anoiznuf emoc .etnecniyva `Àig arbmeh ehc os :issets ioy etatnetnoC .etnetrevid `À oppurg ednarg nu ni adapts to automatic at the in-game to make things more difficult.Zwift maintains a list of well-known-good coaches, starting from this list`À a good idea, especially if your objective `À is to use a dumb setup trainer. Àwill follow preset training and pedal. There are competing schools of thought, get a bitter hike out of craigslist so `À A put wear on your bike `À @ `ÀAnico`À @ `ÀA or use your beautiful bike so that itÀ `ÀA An imaginary world with a variety of roads, mountains, deserts, sea villages, underwater tunnels, volcanoes, jungles, etc. If you want to dip your finger, sign up for ZwiftPower as soon as you start zwifling. A `À + `ÀApower meter`À`À` something that some serious enthusiasts and athletes may already have on their bikes, but `À is not exactly common (or cheapÀ). Combing your watts with your weight (ÀÀt lie! This`À`À` called Àe ÀAweight doping`ÀÀ) the game can` determine how fast your avatar should go.If you have a power meter on your bike `À` you can run any Àe À` `À` ÀÀ Even the slowest among us can get lucky from time to time. ÀÀ how to go for a ride outside the house, only with better weather and landscape.Rides Group: You can meet with your friends or participate in a prearranged group trip. This type of trainer has some drawbacks: Àsurer`À` your rear tire, can` slip if ÀÀyou are emitting a ton of watts, `À`À` piA` noisy, and typically can `À @ `À ÀÀt replicate very steep tilts the way you can` a direct drive pu`À`.A direct-drive trainer has a cassette (set of ,eraf ,eraf asoc acid iv ehc erotturtsi nu iam eterva non`À`À`Àe`À`Àrep isrevid otlom onos`À` .eroiretsop atour aznes adiug is e icib artsof al rep itairporppa onos ehc osse id us otatnom jiroiretsop ehclauQ !ebmag el etacitnemid `À À :ehc ©Às ad aV .asac airporp alled trofmoc lad lliH htieL e lliH xoB emoc s`Àe`ÀAnodnol id iralopop `Àip etilas elled enucla ediRhodnoL .ererrocc ioup ,~ÀS :eraG.otnemanella ortsov lad itinifed aznetop id illevil i erenetnam a `Àretimil is e osroc led onerret li `Àrerongi erotanella`l `Àe`À` ÀAgre`À`Àe`À`À odom ni adiug is odnauQ .itinifederp itnemanella id otatimil !etnemavitalert ocelele nu ad ereilgecs elibissop `À itnemanella!eliciffid `Àras qk/w +3 emoc noc asoc isaislauq ehc illoepasnoc eresseE .ihcoiguediv i rep ihcevv oport`ÀAetasnep e itterroc etnemacinocet `Àip eresse etelov es `À`Àe`À omsilcicAid erotalumis nu O HTA Àe`Àete ,rettiiwT .jesuohretawW( notoleP ,rewoPtfiwZ ,avartS ,tfiwZ us oietavort .icib aut allus aznedac e `Àticolev id rosnes eratnom onemla ived :ocoig la etnematerid `À alrap `À `À`Àe`À reniart bmuD`À`Àe`À .itolip `Àip id enopsid is es artia`lla icib anu ad erassap ad iliciffid `Àip onos e isotsoc `Àip ehcna onos`À`À .ocoig nu `À tfiwZ ,oizini`lla otted oh emoc?oires `Àip eratnevid oilgov es E.reweivoelV id ongosib eteva ,itad lus irouf dren etnemarev etelov eS.lios ad tfiwZ noc etaraf non otnauq id avartS osrevartta iroilgim ehcitem e otnemaiccart nu etterreto`À`Àiov am ,etnemacilbbup ilibisiv eresse onoved `À`À`Àinna 001 art kroY weN ebberas emoc itseihc iam eteis iVKroY weN .aznetop al erarusim rep odom nu e icib anu ereva ived eraizini rep ehc acifingis otseuQ .ioy art etilas el rep onu etnematreec `À de ongup nu eduihccar ehc kcurbsnnf id acairtsua `Àttic allen daoR ICU odnoM led itanoipmaC ia otagel osrocrep ortla nUkcurbsnnf !enidutitla id m0062 noc mk371 `À ovitangepmi `Àip osrocrep li :oiga oriporp a oport itrettem `À `À .ireilavac 008`Àe`À003 etlov a onaibba itseuq ehc orar `À non `À aimednap al etnaruD .onna`tseuq osse ni onodacca ehc elres esroc etlom e alles ni `À itsinoisseforp onos ic ,etnetrevid `À .enoizarugifnoc aim al noc ednarg alla anoiznuf e K4 VTelppA nu osU .cce ,elareneg adiug `À acifissalc anussen `ÀÀc non ,icima iout ia ertlo `Àreggarocni it ago I took a Peloton and wrote the Absolute Guide ÀAs of Peloton which saw almost 400,000 visitors now. The majority of group racing is evaluated by how much effort cyclists expect to put out - measured in watts/kg. Depending on your configuration, you may need a Bluetooth or Ant+ Dongle for your PC. Youll be able to use any kind of real bike on your coach, but in general most people use a road bike. Some of them can increase/reduce the bike angle while you go up and already' for the hills, and all can simulate hills, measure power and everything. A wheel on the coach means you hold the rear wheel on the bike and turn against a small metal drum attached to a flywheel. These are fairly accurate representations ... with some freedom artistic. Start with some "D" class races just to get an idea. Try to get one of those. Smart Bikes The new wave of high-end "Bike" that are dedicated to this type of virtual cycling are on the market now. I didn't do much, but I did some runs and `À` better than fixing a wall. Who wears short films? short?



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