

BRITISH TRIATHLON

ZWIFT RACING

FOR BEGINNERS



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If you're new to Zwift racing we'd advise the following

1. Download the Zwift Companion to your phone

- This basically allows you to use your phone as a remote control while riding

2. Entering a race

- You can enter all races from the Zwift Companion app
- Races are free to enter and you can do so right up to the last minute
- Enter by clicking on your category

3. Categories

- All races are split into categories
- These are based on your watts per kg at your Functional Threshold Power (FTP), to work this out divide your FTP by your weight
- If you don't know your FTP we would advise starting a category lower than you think. A is for the best riders, if you compete well on the bike in Super Series triathlons and record a faster bike split you should be OK here. If not go in the B class. If very new to cycling we'd suggest C class for a first go.

4. Do I need a Smart Trainer?

- No you don't, classic turbo's will work see [here](#). You may though find that you don't feature on the results, this is similar with Heart Rate Monitors in some races too.

5. Warm up

- Zwift races start very fast so you must be well warmed up!

6. Basic tactics

- Take care at the start not to go too hard, while this where groups are formed initially, going too hard at the start will blow your whole race!
- Try and get an idea of the course before the race - all the courses have a title that you can search on Zwift Insider - having a rough idea of where the climbs are can help as this is generally when attacks will come and the pace will go up
- The drafting benefit is considerable in Zwift racing so take care at and over the top of hills to not get dropped if you can!
- Like normal bunch racing trying to sit close to the front of big groups is best, as is riding a higher cadence to cover pace changes more effectively
- Some races have 'power ups' find out more about these [here](#)

There is loads more info online. GCN have some good instructional videos and Zwift Insider is a great resource



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