

IMPORTATION GUIDE

TWO METHODS :

1. Import manually
2. Import using Training Peaks

1. **The manual method** involves importing workouts manually, one at a time, into your favourite virtual cycling platform (Zwift, Rouvy, etc.).

You download the provided workout file and import it each time. This method requires access to a computer where you can install Zwift.

2. **The Training Peaks method** allows you to synchronize training sessions without manipulation automatically. However, note that the workouts will be synchronized only on the day of training, and will be deleted after. You can import the sessions manually later to keep them on your virtual cycling platform forever. This remains a practical option to make sure you have it for the live session.

You will need to connect your Training Peaks account to your Zwift or Rouvy account, etc. This method does not require access to a computer.

Manual import for Zwift

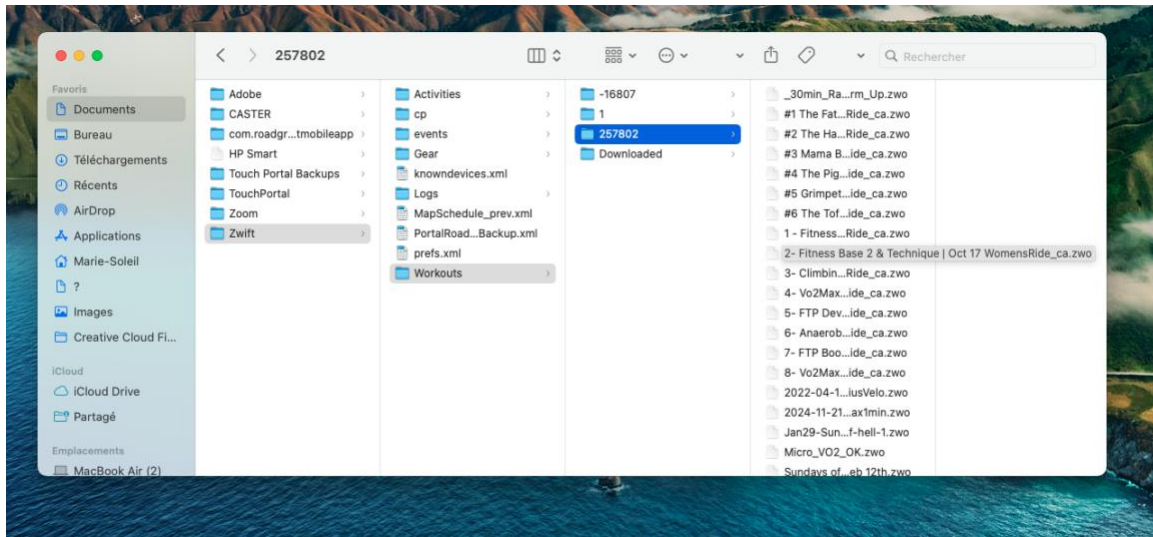
Close the Zwift app if it is open.

1- Download the provided file to a computer (save it to the desktop)

2- Open the Documents folder (in Finder on Mac, or Program Files on Windows)

3- Locate the folder named Zwift (this is a folder, not the app), then go to the Workouts folder, then you will find a folder with a series of numbers and/or characters. Drag and drop the file into this folder.

*If you find multiple folders with numbers, it means you have multiple Zwift accounts saved on your computer. You can guess which one is your account by looking at the creation date, or by trying an account and checking (trial and error).



4- Launch the Zwift app on your computer. The workouts will sync across all your devices.

The workouts will be found under the category “Custom Workouts”.

If you can't find the workout, make sure you've completed step #4 to sync the file across all your devices.

Watch these steps in the [instruction video](#)

Manual import pour ROUVY

For Rouvy, you can import files directly into the application on your computer or, on the website when you are logged in to your account.

1. Download the provided file to your computer
2. On the Rouvy website (logged in to your account), see the WORKOUT tab on the left of the screen.
3. Click on import a file

Importing Your Workout

You can import your workout as well as create one from scratch.

You can only import .mrc, .erg, and .zwo files.

To import your workout in the ROUVY App, click on the Workout tab on the left-hand menu and scroll down until you see the Add your own workout section with the button Import from file.

LATEST OFFICIAL TRAINING PLANS

Plan Name	Difficulty	Duration	Weekly Time	Weekly Distance
KEEP IT FUN WITH ROUVY	MENTAL HEALTH EASY	6 weeks	2h / week	+2,200
PUNCHEUR'S PLAN	CLIMBING MEDIUM	4 weeks	4h / week	+4,100
CLIMBER'S PLAN	CLIMBING MEDIUM	4 weeks	5h / week	+4,250
TIME-TRIALIST'S PLAN	SPEED MEDIUM	4 weeks	4h / week	+3,000

ADD YOUR OWN WORKOUT

Import your favourite workout (.mrc, .erg and .zwo files supported) or create your own in our editor.

[IMPORT FROM FILE](#) [CREATE WORKOUT](#)

Method #2 - Importation via Training Peaks

Option 1

If you already have an account with Training Peaks (if not, go to Option 2)

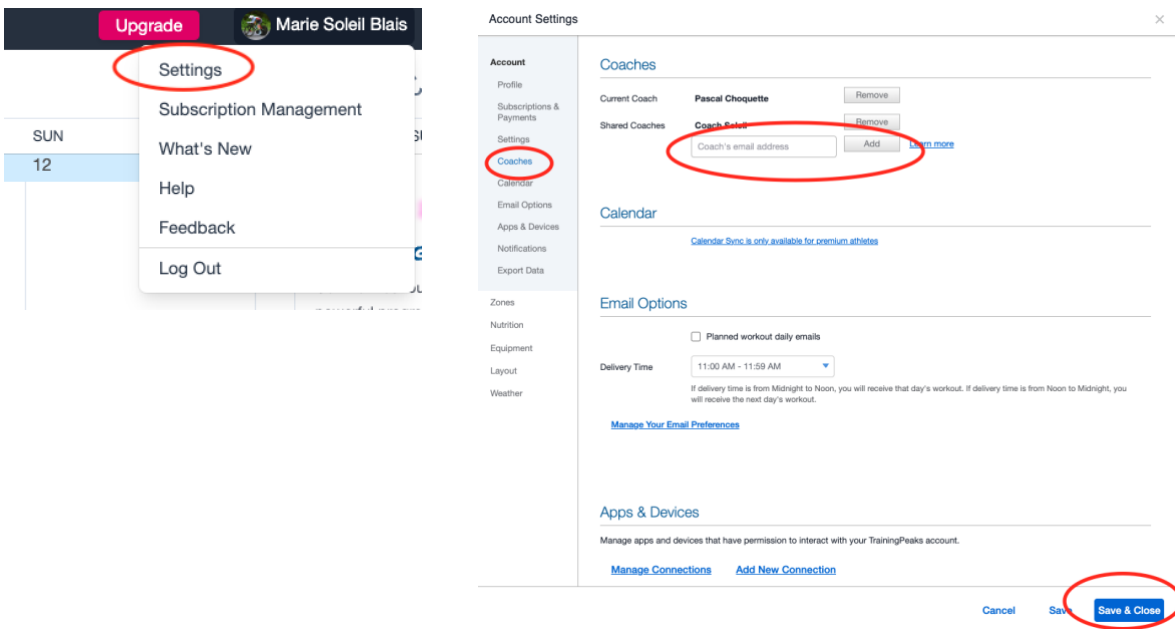
Step 1: Send me a request to associate your account with my Coach account.

1. On any computer, open the internet and go to the Training Peaks website. Log in to your account. Click on your profile and go to settings.

2. In the left menu "COACH", enter my email address: msb@womensride.ca

If you already have a coach you can add me as a "shared coach".

3. Click SAVE and CLOSE



Please note that I may take a few hours to accept your request. You will see Coach Soleil listed when it is completed on my side.

Step 2: Connect your Zwift account with your Training Peaks account

You can do this from the Zwift website (or the Rouvy website for Rouvy). See the instructions on the last page if necessary.

Option 2

If you don't have an account with Training Peaks

Step 1: Email me (or fill out [the following form](#)), and I can set you up with a free account.

I will provide you with the login information you will need to connect to your favourite virtual cycling platform.

You do not need to download anything.

Step 2: Connect your Zwift (or Rouvy, etc.) account with your Training Peaks account

You will need the login information I provide.

You can connect your Training Peaks account from the Zwift website (or the Rouvy website for Rouvy).

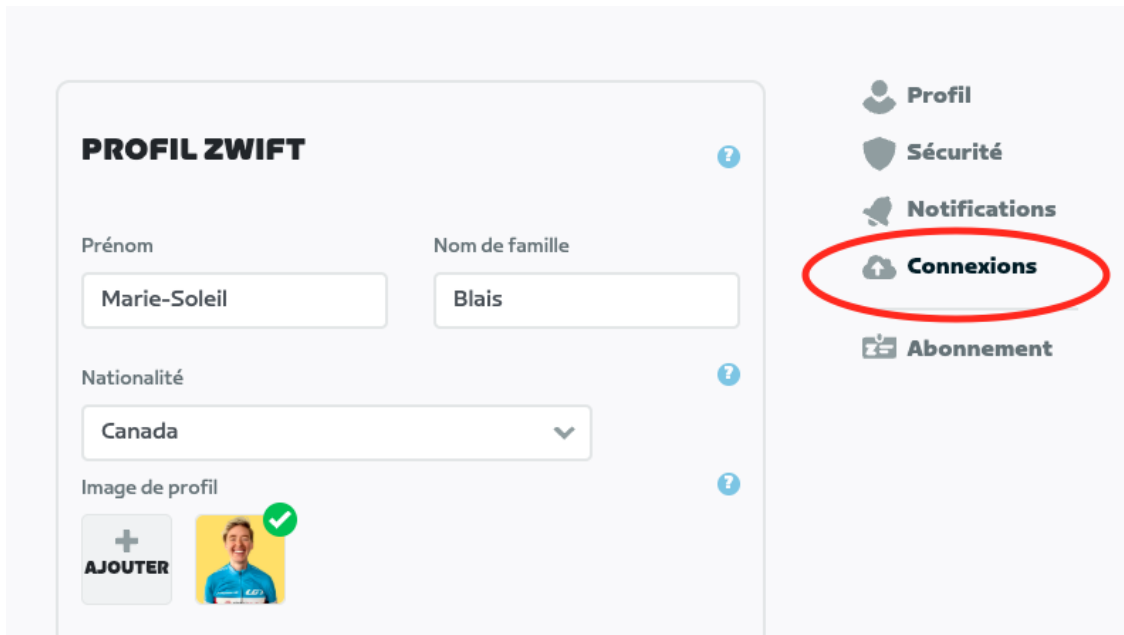
See the instructions on the last page if needed.

Connecter votre compte Zwift à Training Peaks

1. Go to [Zwift.com](https://www.zwift.com) website and log in to your Zwift account



2. From your profile page, go to “Connections” in the right menu.



3. In the list of applications, find Training Peaks and click Connect

Enter your login information for Training Peaks.

If I created an account for you, I will provide you with your login information (you can change it at any time)

The screenshot displays a vertical list of three application connection cards. Each card contains a logo, a description, and a link. The first card is for Strava, the second for Adidas Runtastic, and the third for TrainingPeaks. The 'Déconnexion' link for TrainingPeaks is circled in red.

STRAVA
Connectez votre compte Strava, publiez-y des activités et retrouvez vos amis de Strava dans Zwift.
[Déconnexion](#)

adidas
RUNNING
Connectez votre compte Adidas Runtastic et publiez-y des activités.
[Se connecter](#)

TRAININGPEAKS
Connectez votre compte TrainingPeaks et publiez-y des activités.
[Déconnexion](#)

mapmyrun **mapmyride**
Connectez votre compte MapMyFitness et publiez-y des activités.
[Se connecter](#)

*For other platforms (Rouvy etc), proceed in the same way. Go to the platform you would like to connect (example Rouvy, Garmin Connect, etc). Go to settings, then add Training Peaks to your connected applications.