

Zwift Meetup & Workout Guide

**Note that the workout must have been imported beforehand, either manually or through Training Peaks synchronization. Check out the importation guide if you need help.*

How to do a workout inside the Meetup

Very important to do the steps in order!

Step 1: Join the Meetup.

As the Meetup approach, it should be the first option when you launch Zwift. You can only enter the Meetup 15 minutes in advance. It will say “Marie-Soleil’s Meetup...”.

Step 2: Once you have joined the Meetup (how do you know if you are in the meetup? You will be on a stationary bike on the side of the road with a countdown on the right indicating the remaining time until the start)

So once you're in the meetup, now you're going to **add the workout**.

To do this: Click on **MENU**, then right **WORKOUT**, then go to the **CUSTOM WORKOUT** section, and **select today's session**. Then click **BACK**.

Note. Where is the MENU button? It's the orange button. You may have to wiggle your mouse to make it appear.

Note. If you are using Training Peaks to synchronize the workouts, the workout will be in a folder named “Training Peaks”.

Note. Can't find the Meetup? Using the Companion app (blue icon on your phone), go to the EVENT tab at the bottom of the screen. Then, at the top of the screen, you will find 3 tabs: cycling, running, and group symbol. Go to group tab to find your Meetup invitations.

Watch these steps in the [instructions video from 2:00](#)

To be IN SYNCH with the group and with the LIVE session

If your avatar is behind or you're getting out of synch - here are **three common causes** and solutions to fix it.

1. You must be **already pedalling when the countdown reaches 0:00**. (so that your avatar takes off with everyone else without any delay)
2. **Bluetooth connection interrupted**. Your base may disconnect if you stop pedalling for too long. For example, if you set everything up and return 15 minutes later.

As we approach the start, don't forget to check that your base is still connected to Zwift. Go to the menu (Orange button) to manually redo the pairing if necessary.

3. **Slow internet**. In the event that you experience any lag with the Youtube broadcast, you can easily fix that by skipping an interval to "time" yourself with me on Youtube. (*Also useful if you arrive late or need to take a break along the way).

If you get out of synch, you will want to hit the SKIP button right when I start the next interval.

How to skip an interval [L] [SEP]

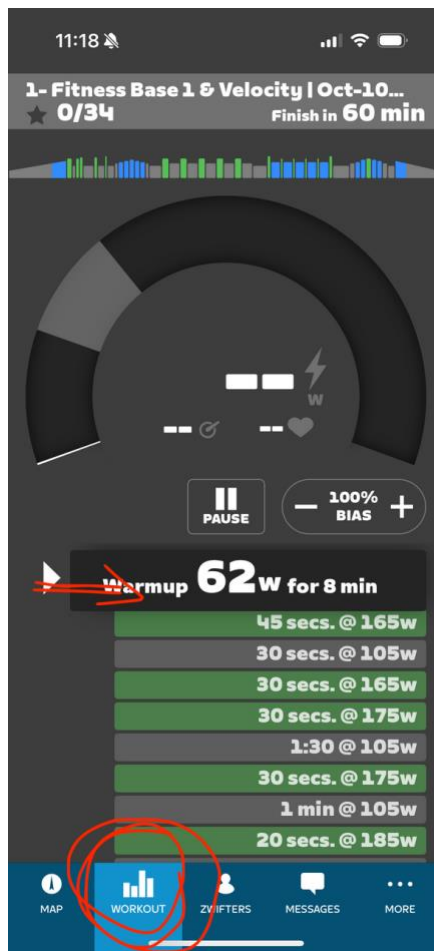
Directly on Zwift from a computer or mobile/tablet device, find the button with the arrow. (Just tap the screen or wiggle the mouse for the options to appear)

With a computer keyboard, the TAB key also works to skip a step.



You can also perform this with your phone using the Companion app (blue icon).

Go to the Workout tab. To skip an interval, swipe right on the current interval.



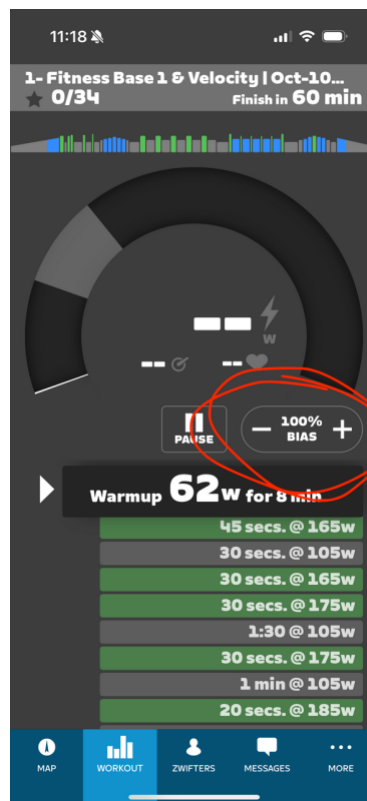
To adjust the intensity on the go

Use the + /—buttons to adjust the intensity of the workout as you progress.

Note. This will not affect your recorded FTP value, it will only adjust your FTP value for that session, 1% at a time. Press twice for a 2% increase, etc.



On the Companion app on your phone, the +/- buttons are here



To enable/disable ERG mode

ERG (ergo) mode is the function that allows you to control the resistance automatically on your smart base. The resistance will adjust so you don't have to change gears to be precisely the right intensity.

ERG mode is sometimes practical, but it can also be restrictive. Sometimes, you may want the freedom to go above or below just for an interval or a section of the workout.

The ERG button allows you to activate and deactivate this function, allowing you to switch between the two modes easily during a workout.



On the Companion app, the ERG button should be in the red circle (but I don't have a smart base, so it doesn't show up for me)

