



## Winter Training Orientation

The club hosted a zoom call to get members setup for the winter. Instructions are written below but if you prefer videos, watch it [HERE](#)

### Get Started

Virtual Tuesdays started Nov 2nd and you can jump in on zoom and participate just like last year. Come with your trainer/bike setup as you like, have a towel and a fan. Ear buds recommended but not required.

### Level Up with Training Peaks

We have more for you than 1 cycling session. We have a 3 day per week program. Greg of Pace Performance has designed this program for the average triathlete. The program utilizes the latest research so you train smart using either [perceived exertion](#), [HR or power zones](#). (watch the video above for Greg to talk you through it) Tuesdays we meet over zoom to challenge in zone 2 and zone 4. Two other workouts will be available over Training Peaks to complete at your own time.

Training Peak accounts are free, Larissa demo's the set up in the video and shows you how to add Greg as a coach. See a quick tutorial [here](#) to add a coach. Greg's email is Greg@paceperformance.ca

Once Greg adds your workouts, your calendar in training peaks will populate with workouts for you.

### Level Up Again - Virtual Platforms

Now that you have Training Peaks you can sync your workouts over to your favourite virtual riding platform.

[Sync to Zwift](#)

[Sync to TrainerRoad](#)

The video above also demo's the syncing of accounts.

For those on zwift the club does set up a meetup. Joining the meetup will let you ride with your team mates on course inside of zwift. To get invited to the meetup members need to follow "Larissa Awesome" inside of zwift. This can be done inside the zwift companion app. Once you download it from your app store (Free) login with your zwift sign on then select find zwifters. Add Larissa by searching her name then clicking the plus next it on the right.

**SEE YOU TUESDAY!**

## Technical FAQ

Our winter training has kicked off. It has been great to see so many members engaged in discussions and most of all getting in their workouts. Frequently asked questions are summarized below.

### Garmin/Zwift Related Questions

**My zwift workouts are synced to Garmin Connect but don't count in my training load?** Garmin calculates training load using heart rate data. Additionally the calculation is done on the watch and not in Garmin Connect. Zwift (and TrainerRoad) workouts synced to Garmin connect will add into your training load if you collect heart rate data and sync. There can be delay in seeing this update between when the workout syncs in Garmin Connect and then syncs to your watch.

#### **Can I use my wrist based Garmin heart rate in zwift?**

Yes (maybe depending on your watch). Many Garmin watches have the ability to broadcast the wrist heart rate. In my watch (Forerunner 745), I hold the up button to get to settings. Then I scroll to Wrist Heart Rate > Scroll to Broadcast Heart Rate > Start. Once broadcasting search for devices in zwift and it will find you watch via bluetooth. Note chest based heart rate is the gold standard but wrist will meet the needs of most athletes. Note this will increase watch battery usage so be sure to turn it off when not needed.

#### **Why is my speed different in garmin vs zwift?**

Garmin measures the speed off the rotations of your wheel. Zwift estimates your speed from your power along with details like your weight, bike type, draft, terrain, etc. The numbers aren't meant to match.

### Training Peaks Questions

#### **Do I need to pay for Training Peaks?**

No, a free account is all you need.

#### **Why doesn't the training peak workout always show up in zwift?**

Zwift only displays the workout of day. If you have no training peaks workouts scheduled, then zwift will not display a workout. In the training peaks calendar you can move the workouts to your current day and then zwift will again give you the option to do that workout. Note workouts can only be moved as far forward as the current day in the free version of training peaks.

#### **Where does Greg get the watt info for my workouts in training peaks?**

He does not. Greg sets the workout as a percentage of FTP. Training peaks/Zwift use those percentages and your FTP info to break out the workout targets. Training peaks FTP is available in settings, if you need to manually change it.

Zwift auto detects your FTP through your workouts or FTP tests. If you are brand new to the platform we recommend you do one of their FTP tests first to get the most out of the workouts. (The club did one together in early November)

### **Can I upload the Training Peak workout somewhere other Zwift?**

Yes. Training Peaks can sync to most platforms and devices. Most smart trainers can upload the workout, any Garmin device, TrainerRoad, Sufferfest, apple watches and more are all possible. Training Peaks has good device/platform specific instruction on their website - <https://www.trainingpeaks.com/upload/>. Click your device/platform to get the needed instructions.

## **Zwift Questions**

### **How do I ride with team mates?**

This is done through zwift meetups. To get invited you need to do a couple steps once and then never again. On your mobile download the zwift companion app. The zwift logo is blue for this app. Once logged in use the menu to "Find Zwifters". Search for "Larissa Awesome" and click the + on the right side of the name. Larissa then will add you to meetup and zwift will auto prompt you to join it before it starts. Be sure to log on before 7PM so you don't miss it.

### **How does zwift keep everyone together in the meetup?**

The way zwift calculates speed is different in our meetups. Zwift will take the average power to weight ratio to move the group together. That said if you are one of the stronger riders or you push hard it will move you up to the front of the pack. Your power is still measured as your power. Your intensity and zones are unaffected.

### **How do I get my workout timer to sync with the zoom timer?**

The zoom timer starts 5 min early to give you a window to hit start at the right moment. Zwift meetups are auto sync'd. When you are in a meetup, you are sidelined before the official start. When sidelined you use this moment to load the zwift workout and zwift will keep the workout paused until the official start. This feature works really well and is highly recommended.

### **I was in the meetup with the group but they dropped me. Why?**

This can happen if you stop pedaling. To stay in the meetup, you need to pedal continuously (generate some power). Unfortunately there is no flexibility to jump off your bike to grab a towel or turn on a fan so do that up front.