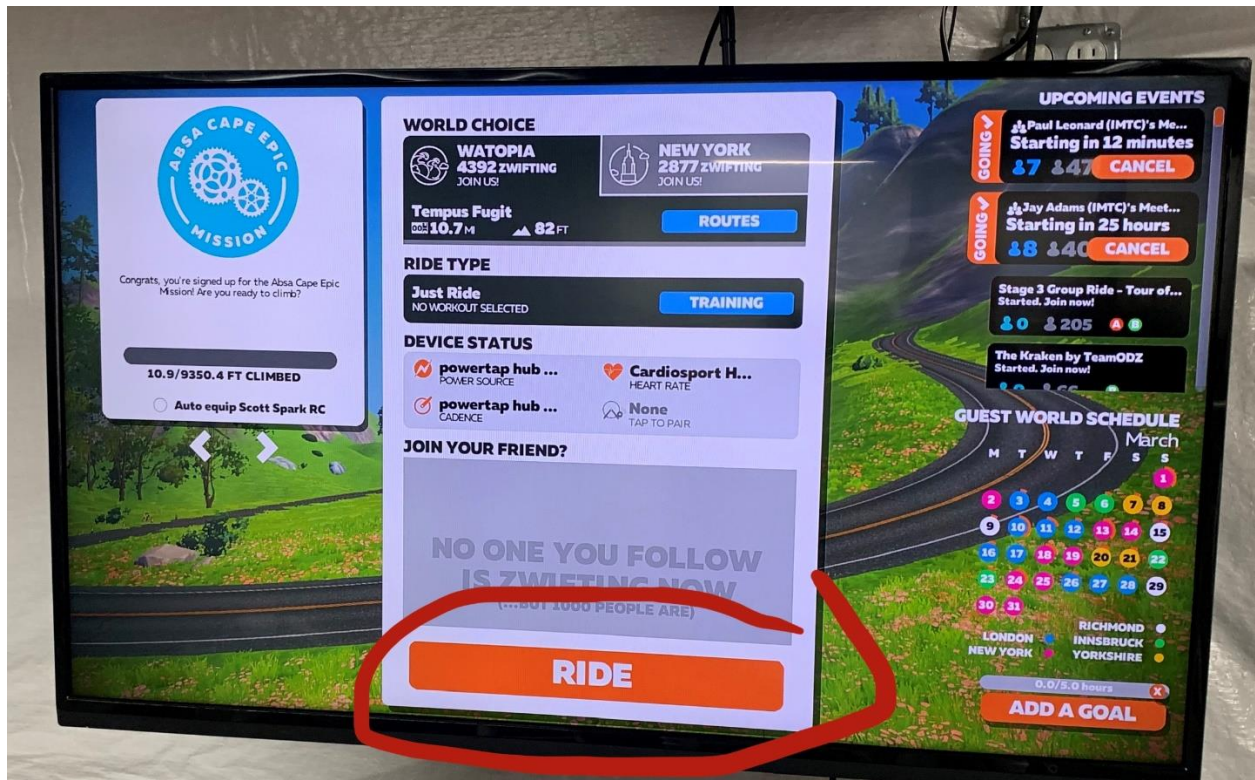
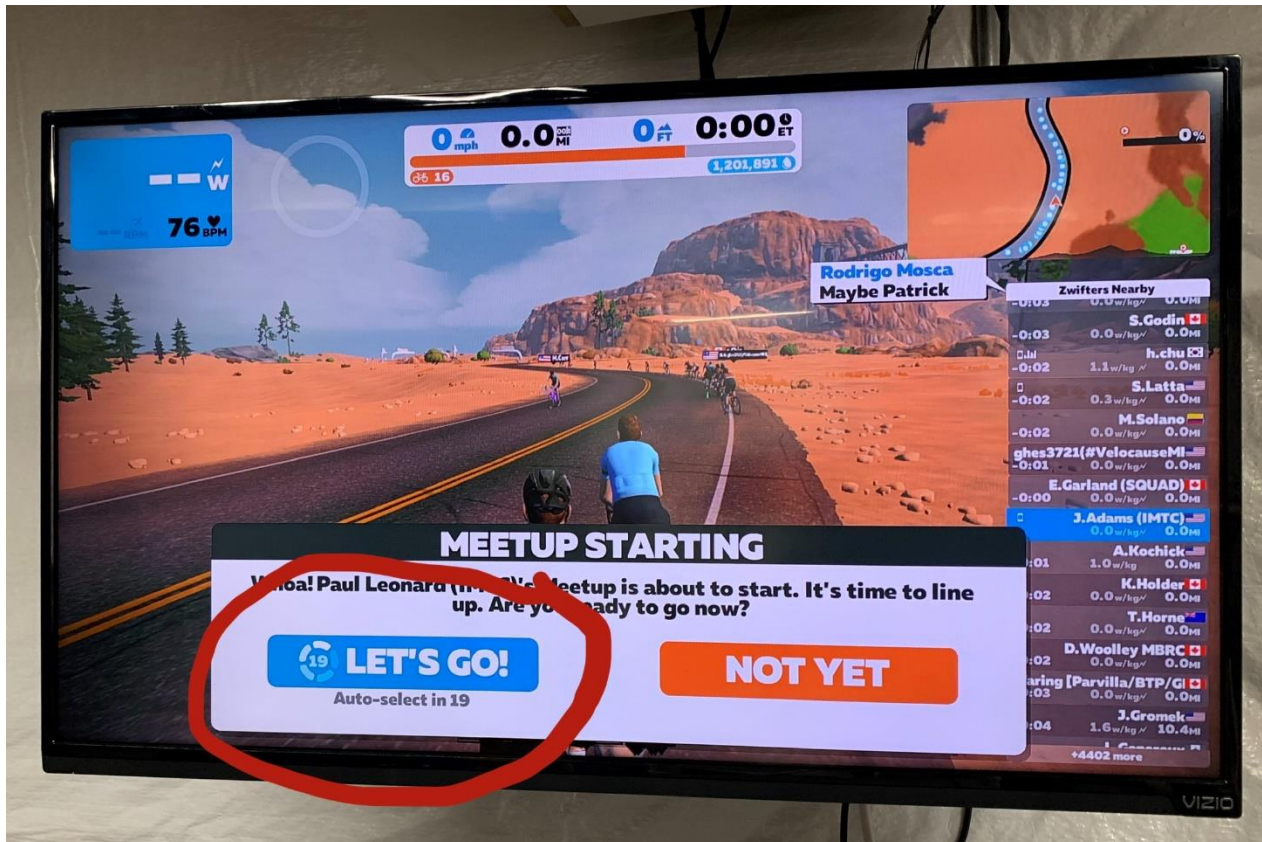


Enabling a Workout in Zwift for a Group Meetup Event (as shown through the Apple TV interface – mobile devices or PC's may vary):

1) Start your ride the way you normally do (by selecting 'Ride') with plenty of time before the start of your Meetup Event:

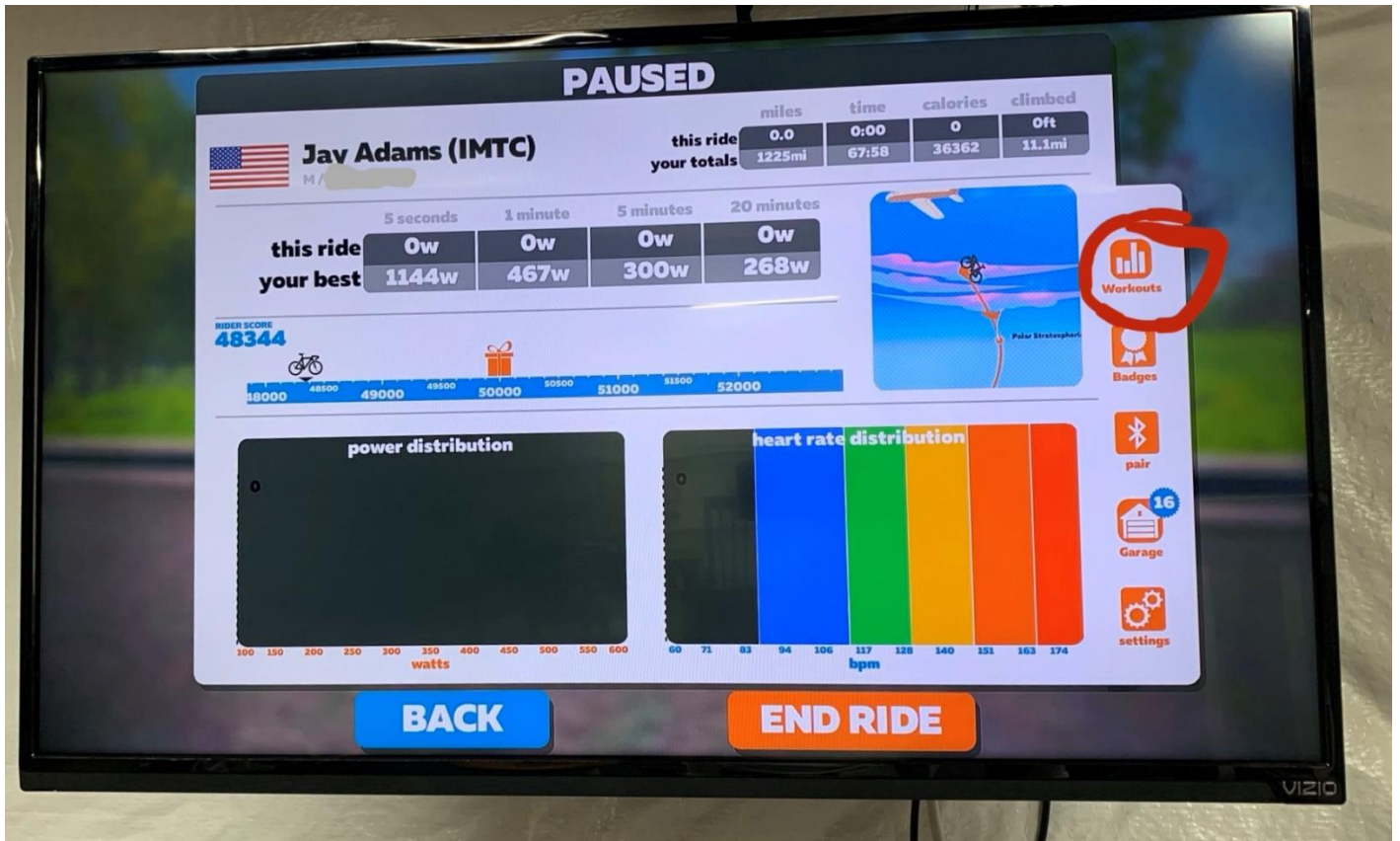


2) About 5 minutes before the start of your Meetup, you will see a prompt on your screen asking you to join the Meetup, click on it:

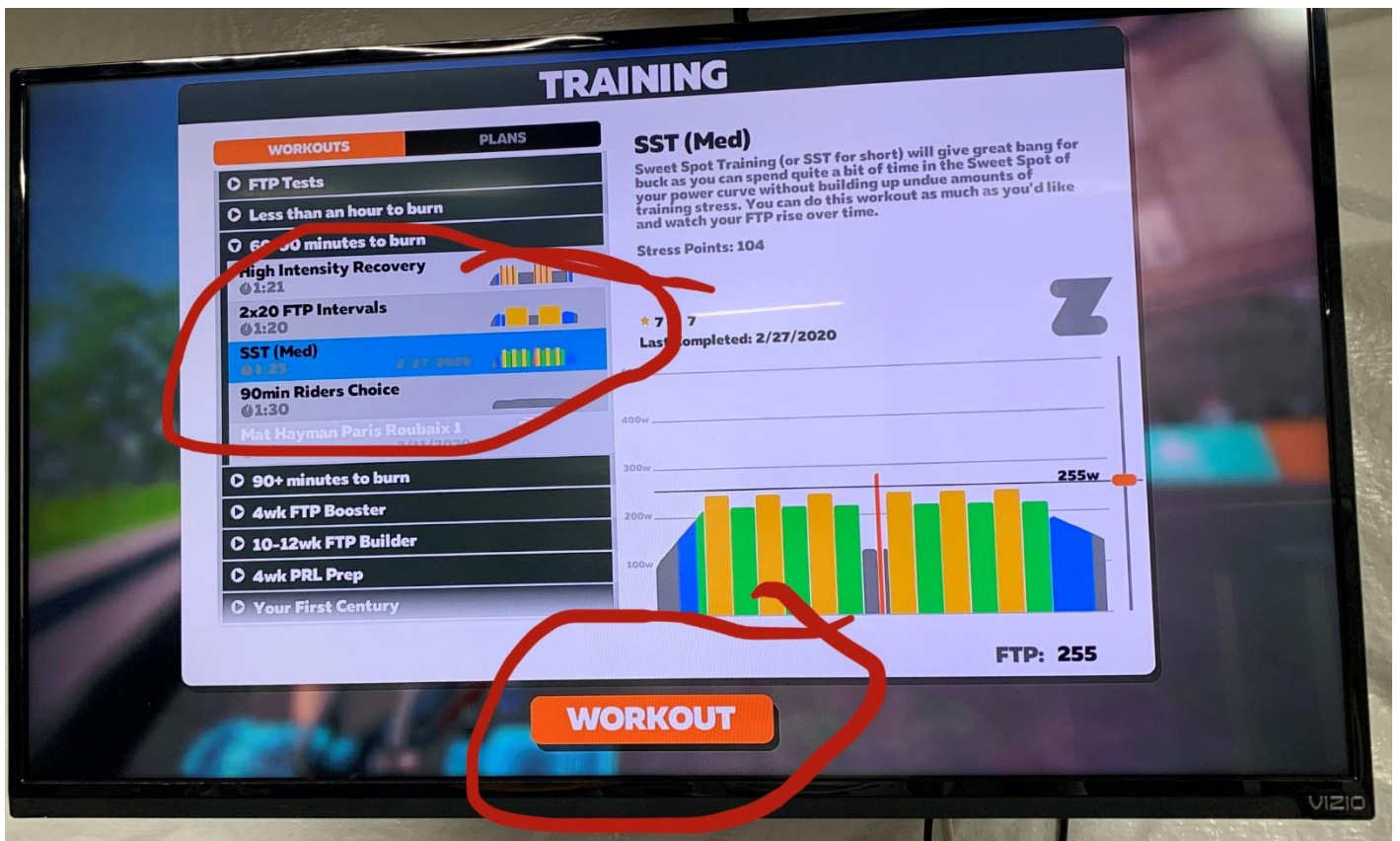




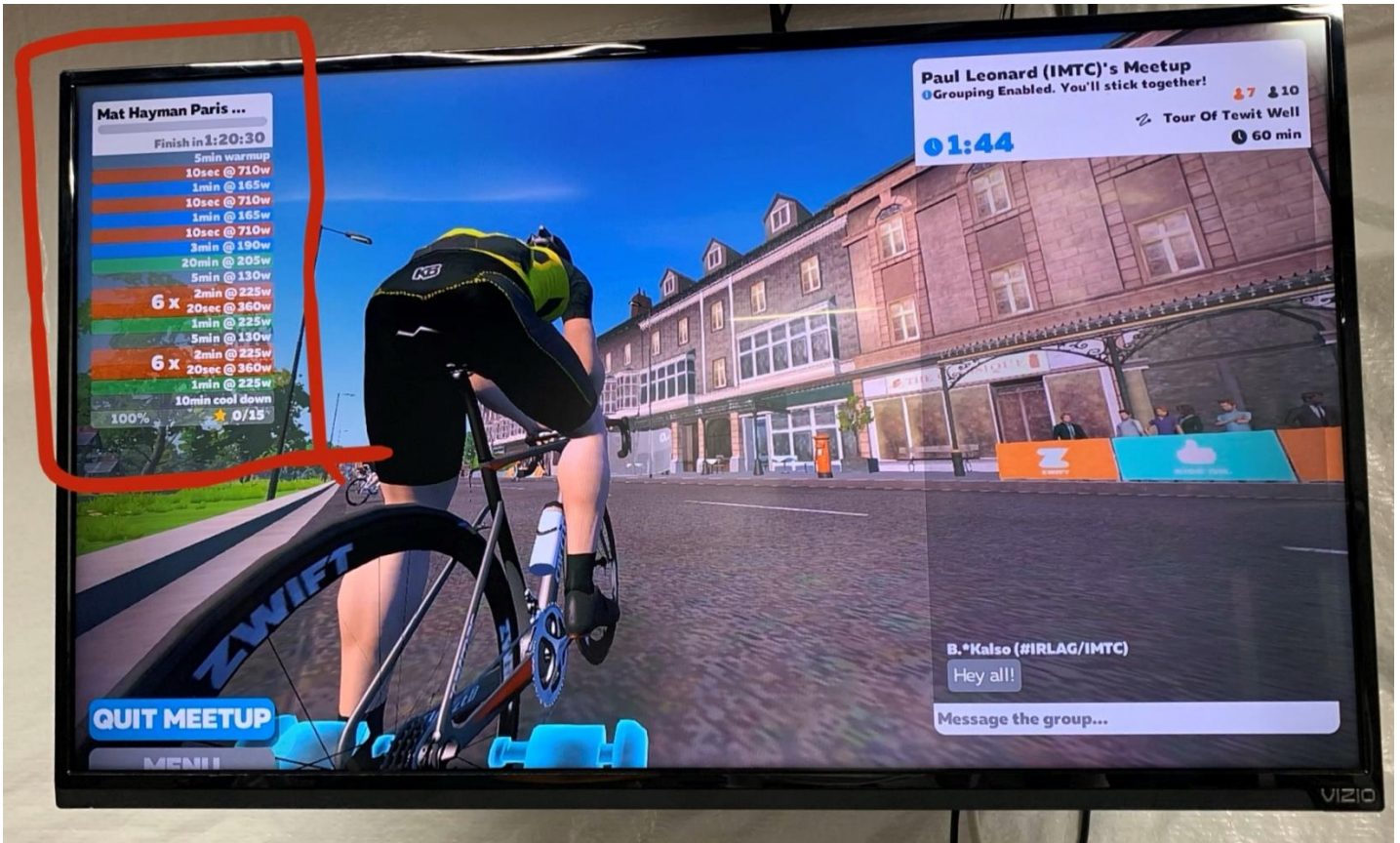
3) When you're in the starting screen for the Meetup and waiting for the event to start, click on Menu (or hit ESC on PC, or the back button on AppleTV) to bring up the Menu screen, then click on 'Workouts' on the right side as shown below:



4) When you're in the 'Workouts' screen on the left select the desired workout as selected by the ride leader and noted in Facebook or Zwift companion app (in this case SST (Med) for Sweet Spot Training). Then click on Workout to load it:

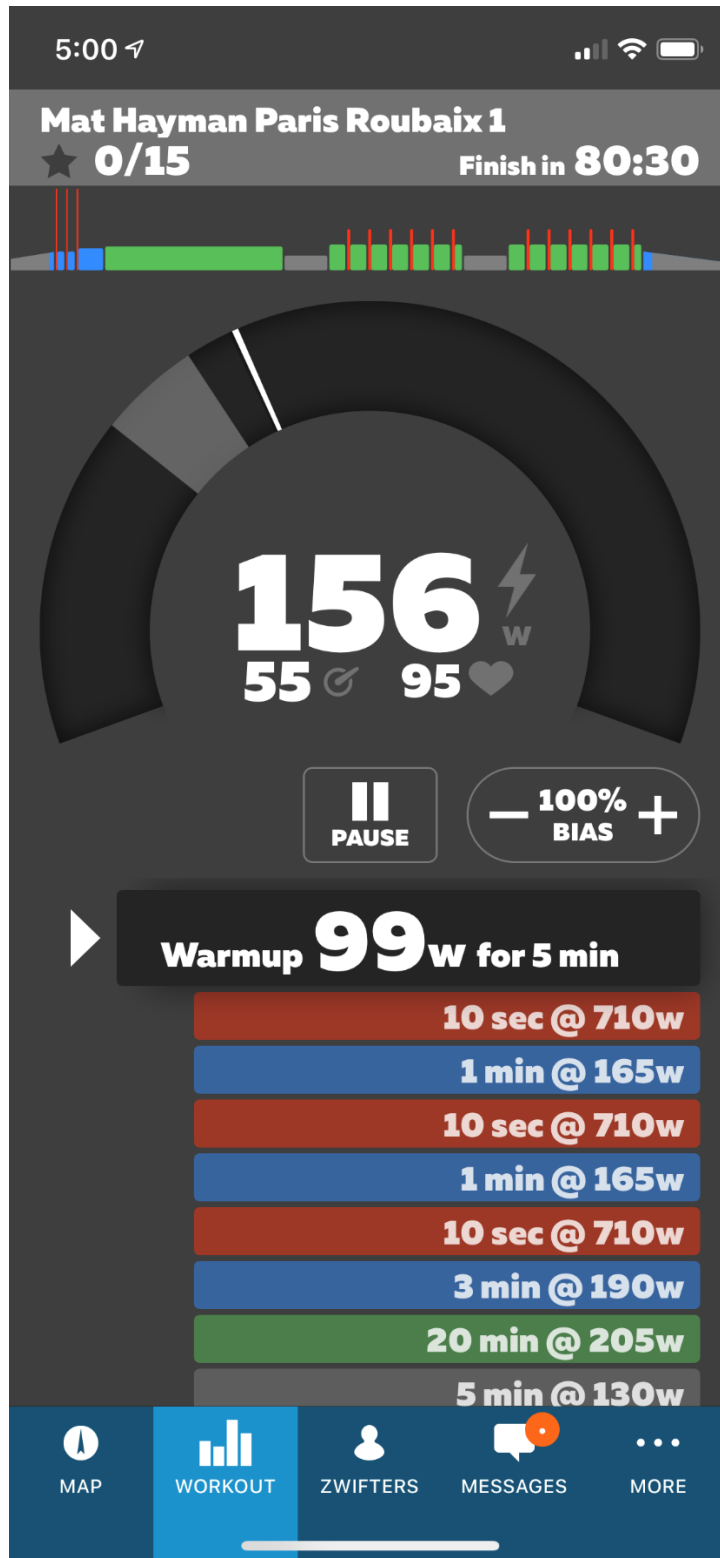


5) When you return to the Meetup you will see that the Workout time and profile is shown in the upper left corner for each section, with total duration shown at the top (in this example I have selected a different Workout – Mat Hayman Paris-Roubaix). Note that your time and Workout doesn't start until the Meetup time begins:



6) You'll also note that the Companion App interface will change to show you your Workout profile, so when you're looking down cursing the existence of such a torture device your metrics will be right in front of your face.

NOTE: IF THE WORKOUT IS TOO EASY OR TOO HARD FOR YOU, YOU CAN ADJUST THE 'BIAS' FIELD SHOW BELOW IN THE COMPANION APP ON THE FLY. IT DEFAULTS TO 100%, BUT GOING TO 90% WILL MAKE STAYING IN THE TARGET WATTAGE RANGES EASIER, AND 110% HARDER.





7) As the ride continues you will see on the left the overall profile of the Workout (where you'll be awarded a Gold Star for each segment you complete successfully (success being that you kept the wattage in the correct range which varies near +/-10 of the target. The Target wattage and segment time is shown top center of the screen.



8) Enjoy the ride with your Meetup teammates. If you have the 'rubberband' enabled you will stay together, and your intervals should match up with each other during the ride.

PS – Before you begin using this tool, do make sure your FTP in your user profile is set appropriately for the Zwift application. By default, Zwift should suggest an FTP to you and will update it regularly. If the ride seems crazy hard or easy, do an FTP test Workout on your own to set your appropriate power threshold.