

Group riding on Zwift

In place of the planned Tuesday evening Pimbo chain gang sessions which we cannot do under lockdown, I plan to run a weekly Zwift private “Meet Up” for us to ride as a group and maybe even reproduce the “Fox & Hounds” format which was very successful through the summer months.

Initially for the first few weeks, I think we should just have a single group riding at a controlled pace for at least 30 minutes before opening things up for anyone to go for it towards the end of the session.

Meet Ups will be for a specific distance each week so there will be a clear finish line on screen for anyone to sprint for. I will also pick routes with sprints we can go for and some climbs which Zwift will time for us and rank on a leader board.

A few things have to happen for this to work: -

1. Set-up the Discord App on your phone so we can chat as we ride – see separate instructions for this which are in the documents section on Team App. I’m putting this at the top of the list as it’s the thing you really don’t want to be trying to do at the last minute on the day of the session. Once Discord is set-up it’s very easy to use.
2. You have to have a Zwift account – obviously!!
3. Have a useable sized screen set-up for your Zwifiting e.g. link to a large TV or be using a tablet (iPad) or laptop.
4. Download the Zwift Companion App for your phone from the Google store or App store. Login to the Companion App with the same login details as your main Zwift account.
5. Using the Zwift Companion App you need to “follow” me on Zwift – search for roy@holmescycling – this is important because I can only invite riders who follow me to take part in a private Meet-Up.
6. Respond to the Meet-Up requests that I will send round each week then I know numbers who are attending – there will be a separate Meet-Up request for each session, so you need to respond to each one.
7. Finally, no cheating, please make sure your FTP, height and weight settings in Zwift are accurate – if you are unsure about your FTP then speak to Roy Holmes on 07973 795539 for advice on how to set this up properly.
8. Finally, I want to emphasize the concept of a steady start for these rides – I want us to stick together as a group so newbies to Zwift can get used to gauging the level of effort needed to stick with the group and how to draft, etc. If we all just blast away at the start it will not work. As Meet Up organiser, my Avatar on screen will have a Yellow beam over me at all times so the idea is to adjust your speed to stay close to me until we have a burn up at the end.

You can find more details about how Meet Ups work by following this link: -

<https://zwift.com/news/19189-zwift-how-to-ride-with-friends>

It may take a few goes for us to get slick at this but once we do it offers all sorts of possibilities for winter training including group structured workouts and reproducing the summer Fox & Hounds format.

Let’s make this work and use the lockdown period to discover how good training on Zwift can be through the winter months.

Roy Holmes
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