



Learning to Fish

Workshop 2

Making the Most of Your Home Training
Environment & Zwift

(mention recording)

Three Levels of Equipment



- “Dumb” trainers – no computer control



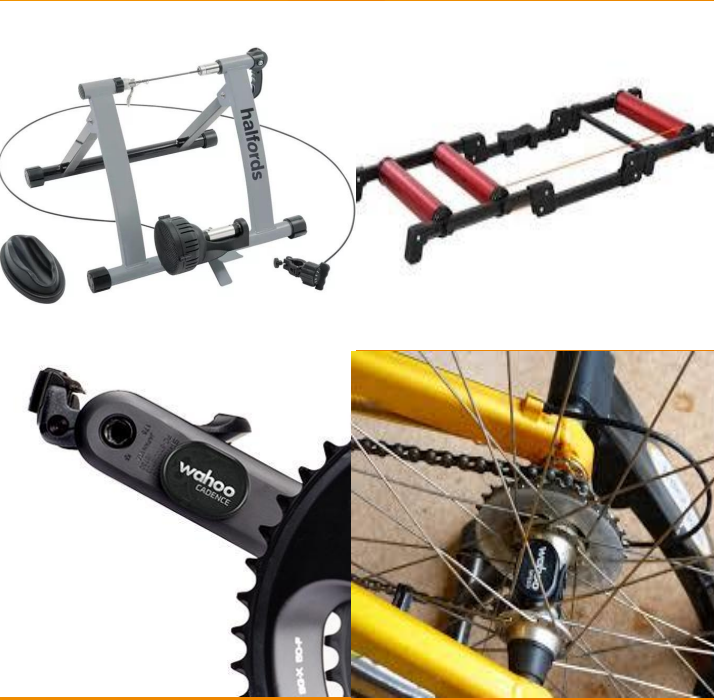
- “Smart” trainers – computer controlled power



- Smart bikes & Smart “direct drive” trainers

What do you have? – please enter in Chat box

Basic “Dumb” Equipment



Minimum Equipment: Turbo/Rollers with Cadence and Speed sensors

Pros: Turbos from £60.00, Rollers £90.00, sensors £30.00

Cons: Power estimated based on tyre speed data
Use of gears & cadence needed to hit power targets
Wears out tyre (“squaring off”)



How can you improve accuracy?

- Calibrate frequently
- Consistent tyre pressure
- Turbo-specific tyre
- Sensors that are ant+ and Bluetooth

“Smart” Turbos



Equipment: Prices from £200

Pros: Computer controls resistance for power and/or gradient
More accurate power data

Cons: Power accuracy affected by tyre pressure
“Square off” tyre

How can you improve accuracy?

- Calibrate frequently
- Consistent tyre pressure
- Turbo-specific tyre



Smart Direct Drive Trainers and Smart Exercise Bikes



Equipment: Direct drive - £490
Exercise bikes - £1,999

Pros: Computer controls resistance for power/gradient
More accurate power data (no tyre pressure effect)
Does not wear tyre
Exercise bikes quick to change for different rider

Cons: Cost

How can you improve accuracy?

- Calibrate, if required
- Warm-up for 10 minutes



Joining Zwift and Slipstreamers Meetups

- Under 16s join Zwift: Go to <https://zwift.com/kids>
- Download Zwift: <https://zwift.com/download>
- Download the Zwift Companion App: From your App Store



WHEN IT'S TIME TO JOIN SLIPSTREAMERS MEETUPS...

- Meetups start at 7:30
- Our Meetups include structured Zwift Training, so load the specified workout from the Training folder
- How late can you be and still join a session?

Can you improve this turbo environment?



Please type your suggestions into “Chat”

Can you improve your turbo training environment?



Can you improve your turbo training environment?



“Educating” Your Pace Judgement



- How do you judge your TT pace?
- How do you judge your pace in Races?

Power... Heart rate... Feel (perceived exertion)

How can you measure “feel”?



Measuring Perceived Exertion

**RESPIRATORY
RATE
COUNT**



<https://pubmed.ncbi.nlm.nih.gov/26503587/>

Set up YOUR Pace Experiment in Zwift

- Watopia “Beach Island Loop”
- Warm-up for 10 minutes
- 4 minutes at 80% FTP (count breaths in minutes 3 & 4)
- Recover for 3 minutes
- 4 minutes at 90% FTP (count in minutes 3 & 4)
- Recover for 3 minutes
- 4 minutes at TT pace (100 - 105% FTP) (count in minutes 3 & 4)
- Recover for 3 minutes
- 4 minutes at maximum pace you can hold (125%?) (count min 3)



See you in Zwift !

7:30 start with

Martin- Less than 30 minutes to burn - LAVENDER
UNICORN

Duncan- Zwift Academy 2021 - PEAK VO2
INTERVALS

