

Winter Zwift / Zoom Tri Lakes Cycling meetup – Wednesday's 18:30 – 19:30

Preseason Phase

We are starting preseason workouts during Winter Zwift / Zoom Tri Lakes Cycling Spins. Sessions are about 1 hour long and suitable for members using Zwift platform and for those without it.

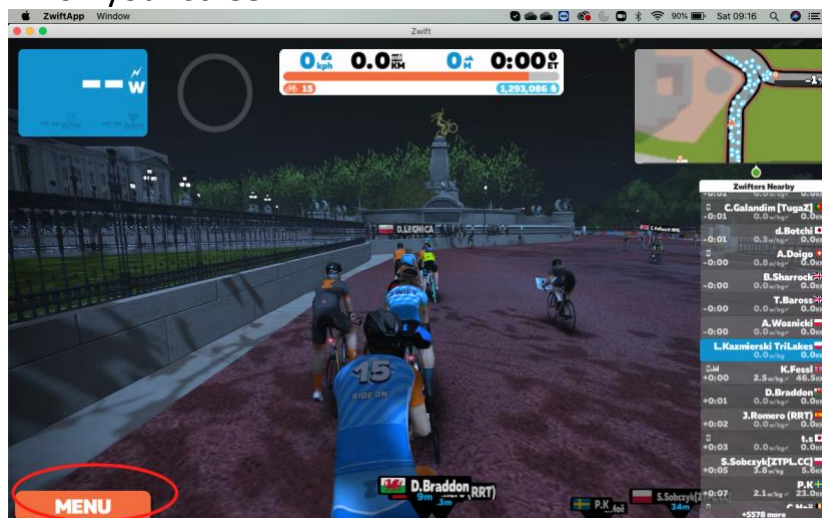
Members without Zwift access:

- Detailed session to be posted every week (the same workout as for people working via Zwift)
- Have your bike ready on turbo and join ZOOM meeting.
- Follow session and enjoy!!!

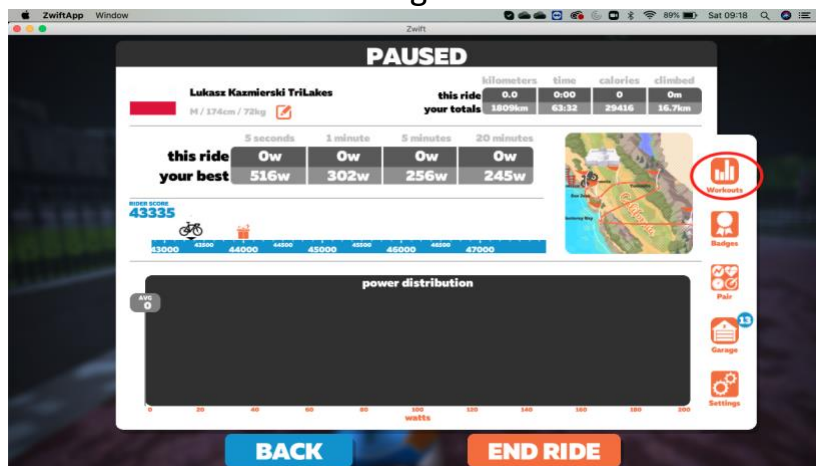
Members with Zwift access:

- follow Lukasz Kazmierski TriLakes on Zwift to receive invitation to workouts
- login in and join meetup every Wednesday evening before 18:30.
- before we start session you must pick correct workout from the list (**or just join meetup in TT week's**). Every week we will work on different set.

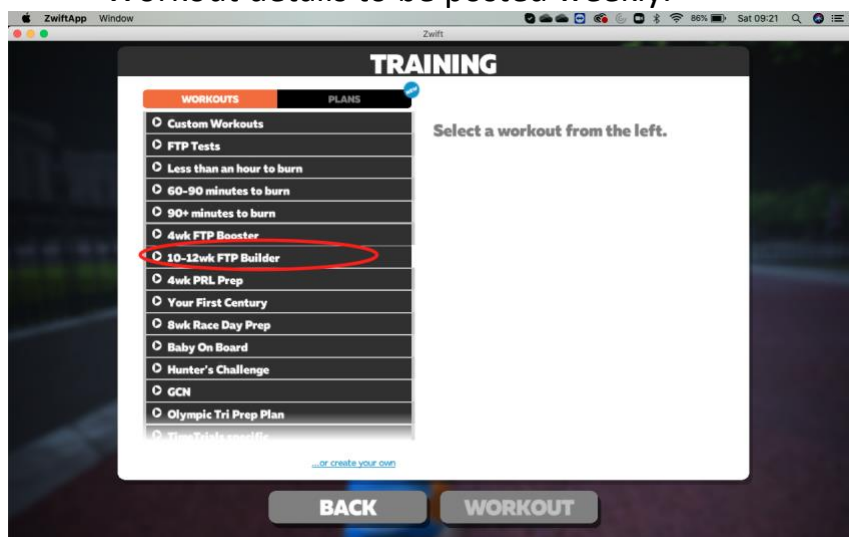
1. While you in meetup waiting for start, click menu in bottom left corner on your screen



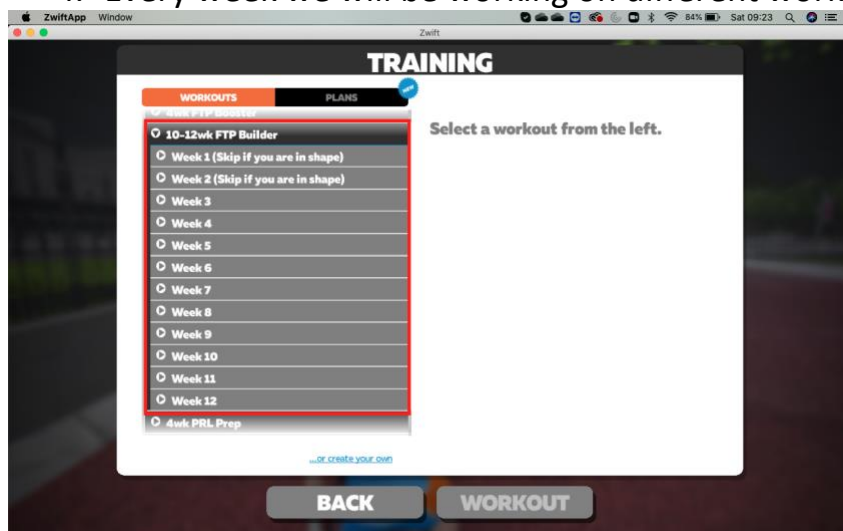
2. Click on Workouts on right hand side



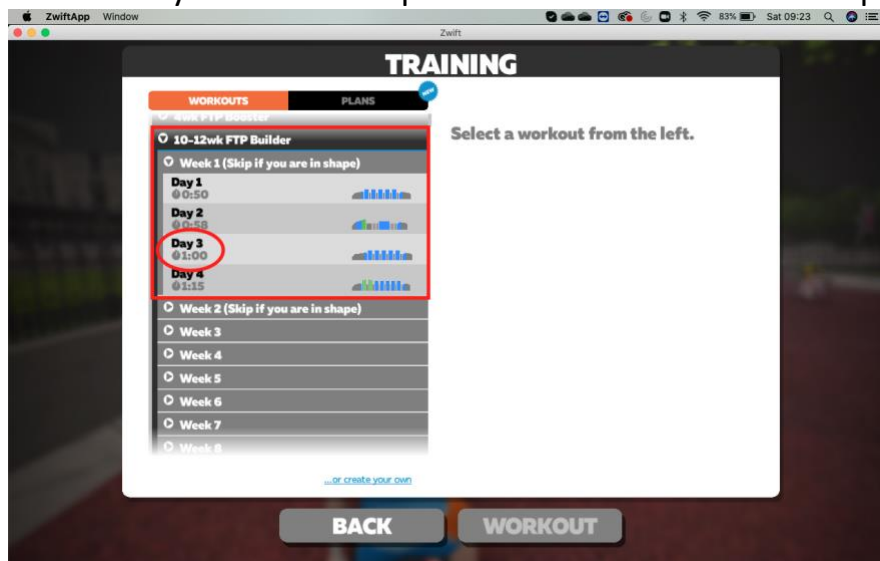
3. Select correct workout folder, for example: "10-12 wk FTP Builder".
Workout details to be posted weekly.



4. Every week we will be working on different workout.



5. Every week we will post details which workout to pick.



6. We are all working on the same workout!!!!

We will accommodate “Tri Lakes challenge” (TT bike week) to be included in the set.

All pictures in this instruction are only used for example purpose.

Please contact Lukasz 086 33 55 347 if you have any questions.