

# Joining a Roger's Session

NOTE: There are three access points you need to visit:

- The ZWIFT.com web site
- The ZWIFT game app
- The ZWIFT Companion app

Requirements:

1. ZWIFT account and app
2. ZWIFT COMPANION app (available only on phones, iPad, or other tablet devices)
3. A trainer or other Bluetooth device that can pair with ZWIFT

Put the workouts into your ZWIFT app (using your desktop, laptop or other device)

1. You will get an e-mail with Rogers Sessions workouts attached
2. Download the workout files from your e-mail (from [youngstraining@gmail.com](mailto:youngstraining@gmail.com))
3. Put the workout files on your desktop for easy access
4. Go to your hard drive on your device
  - a. Go to your Documents/ZWIFT/Workouts folder
  - b. Drag the workout files (you've placed on your desktop) into the above folder

Confirm the workouts are in your ZWIFT Custom workout library

1. Open the ZWIFT app
2. After you've paired your trainer, you should be sent to the ride page
3. Look for workouts at the top of the ride page
4. Click on workouts then "custom workouts"
5. Check the workouts to confirm Youngs Training workouts are there
  - a. Scroll down to see all of the workouts

NOTE: You can ride any of Youngs workouts at any time on any ZWIFT course.

Getting an invitation to a Rogers Session "meetup"

1. Go to the ZWIFT Companion and follow [youngs training](#)
2. If your account is current; you will receive an invitation to join the meetup
3. Look on ZWIFT Companion EVENTS (at the bottom of your Companion home page)
4. You should see the youngs training event
5. Confirm you are attending

NOTE: Whether you confirm or not you will see the meetup when you start the ZWIFT app and arrive at the ride page

Joining the meetup

1. Start the ZWIFT app (10 minutes prior to the start of the meetup)
2. When you get to the ride page click on the meetup box
3. ZWIFT will load the ride course and display your avatar on the side of the road. As you pedal your avatar should pedal also.
4. Look on the lower right to see what workout we'll be doing
5. Click on the lower left of the screen to bring up the Menu icon
6. Click on the Menu icon then the top right of the screen you'll see Workouts
7. Click on Workouts and select from the custom library the workout we will do
8. Click on BACK on the bottom of the screen and you'll be sent back onto the side of the road
9. The workout table should be displayed on the top left of the screen.
10. The Countdown to the start is in the top middle of the screen,
11. At the start your avatar will ride onto the road and the meetup will start

NOTE (starting sooner than 10 minutes): If you start sooner than 10 minutes; your avatar will begin riding on the road but you'll see a message at the bottom of the screen alerting you to join the meetup. When you click on that notice after start minus 10 minutes; you'll be taken back to the side of the road waiting for the meetup to begin.

NOTE (starting late): If you start too late and the meetup has begun; your avatar will get a boost to catch up with the group. Putting in a workout file at that time will not serve you. Just keep up with the group and follow what they're doing.

Riding the Session (meetup)



1. As you ride and view the screen
  - a. The red arrow shows the current recommended power
  - b. The green arrow shows the remaining time for each set
  - c. The yellow arrow shows where in the workout you are
  - d. Note the archway; that is where a "change" in your recommended effort begins
  - e. The yellow circle shows the number of gold stars you've achieved for the session
    - i. Each gold star means you've complied perfectly with the workout power recommendation for each set
2. When the ride is over save the session

Coaching: If you would like for me to review your workouts; join or follow Youngs Training on Connect Garmin or Strava. Go to ZWIFT.com, then to your profile, then to connections and connect with Garmin or Strava (or both). If I am connected or following you; I'll see your workout pages and will note that I've looked at them (and left messages when appropriate).

Here's a short video showing the above process:

<https://www.youtube.com/watch?v=dwkyCBrJzYg>