WEDNESDAY SESSIONS

Indoor Turbo Training Quick Start Guide

A simple, stress-free guide for club members using ROUVY, Zwift or TrainingPeaks.

What has changed?

The club is not currently renewing its TrainingPeaks account for delivering these sessions. We will keep this under review and welcome member feedback.

Good news

If you joined the series in previous years, the workouts may already be saved in your training platform. This guide shows you where to find them.

Choose your route

ROUVY	ZWIFT	TRAININGPEAKS
Find the weekly workout	Use saved Custom workouts	Move last year's workout

Before you start

Quick setup checklist

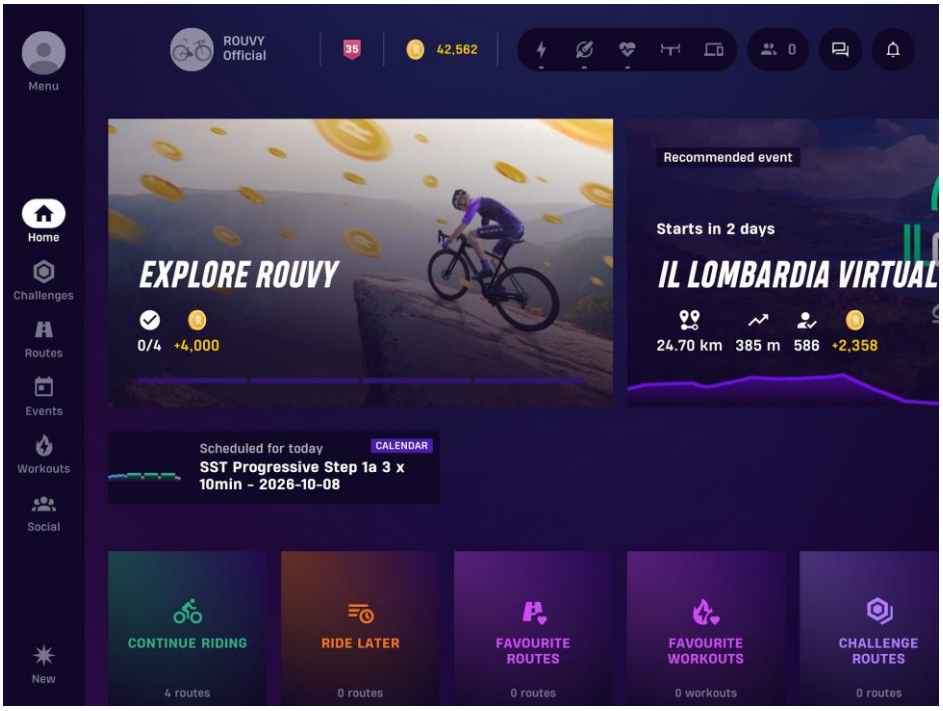
✓ Turbo trainer and bike ready ✓ Device charged ✓ Platform connected ✓ Water and towel nearby
✓ Workout name from the club message

Allow a few minutes before the club session to open your platform, connect your trainer or sensors, and locate the workout. If the workout does not appear immediately, close and reopen the app before trying the options below.

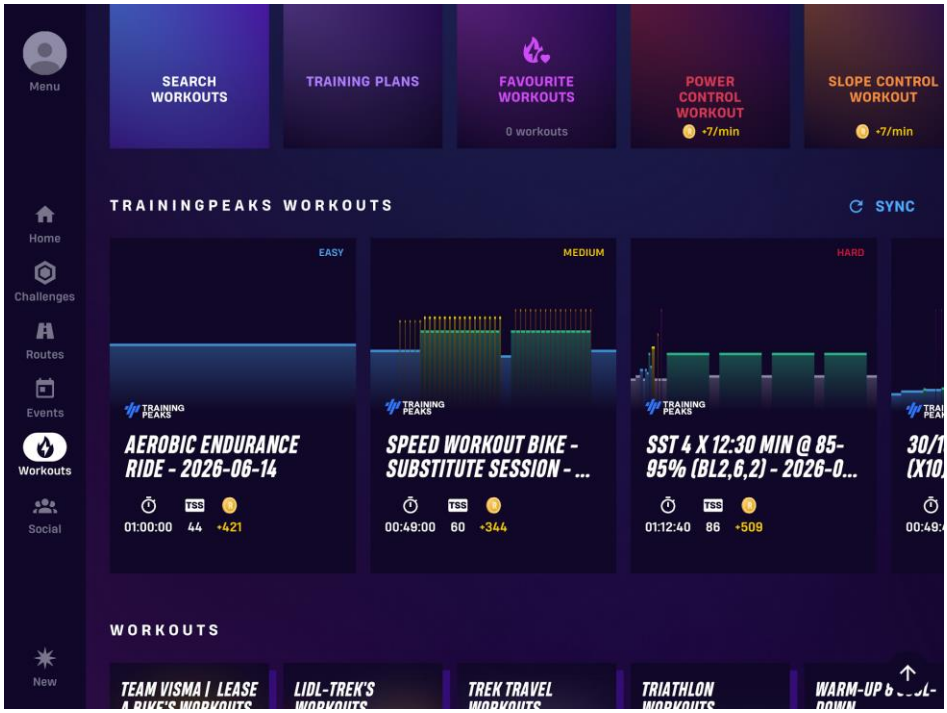
Option 1: ROUVY

Use this route when the club shares the name of the weekly workout and it appears in the TrainingPeaks Workouts section within ROUVY.

1	**Open ROUVY** Load ROUVY on your phone, tablet or computer.
2	**Go to Workouts** Select Workouts from the menu.



3	**Find TrainingPeaks Workouts** Scroll down until you see the TrainingPeaks Workouts section.



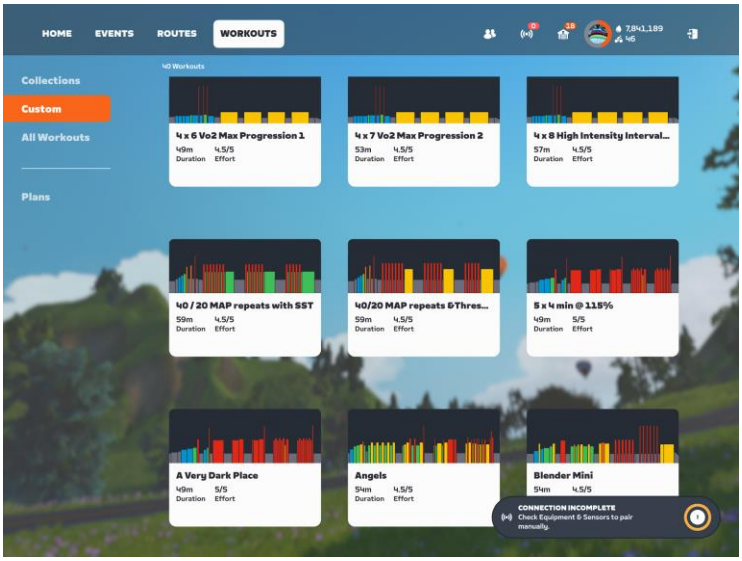
ROUVY: scroll to the TrainingPeaks Workouts section and select the named session.

4	**Select the weekly workout** Choose the “workout of the week” named in the club message. Open it and you are ready to ride.

Option 2: Zwift

If you downloaded these sessions previously, they should be available in your saved Custom workouts.

1	**Open Zwift** Start Zwift and connect your trainer or sensors as normal.
2	**Select Workouts** Choose Workouts at the top of the screen.
3	**Choose Custom** Select Custom from the menu on the left.



Zwift: previously downloaded sessions appear under Workouts > Custom.

4	**Pick your session** Your previously downloaded workouts will appear here. Select the workout named in the club message, then start training.

Can't see the workout?

Check that you are using the same Zwift profile that originally held the custom workout. If it is still missing, use the session details shared by the club or ask in the club group before the session.

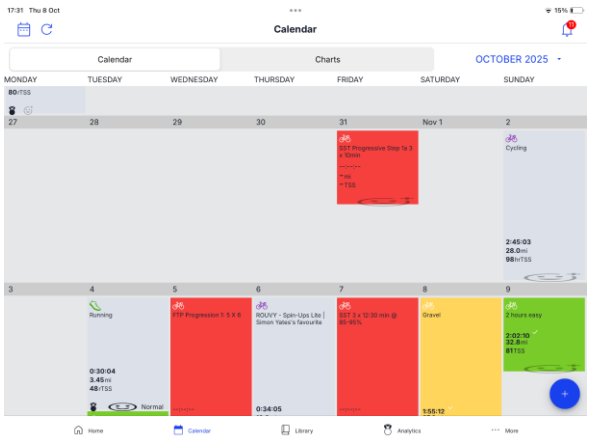
Option 3: Reuse a TrainingPeaks workout

Use this option if you still have access to last year's TrainingPeaks calendar. You can locate the previous workout and move it to the date you want to repeat it.

1

Open the calendar

In TrainingPeaks, open Calendar and look at roughly the same week from last year.

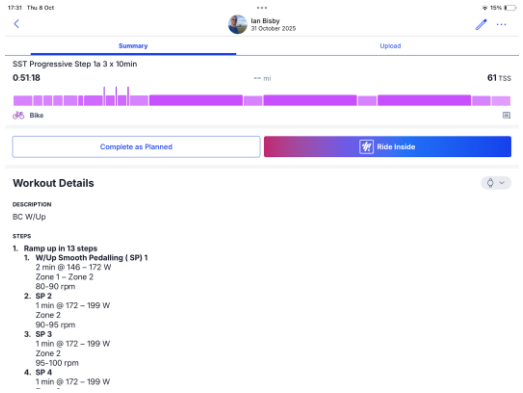


TrainingPeaks: use the calendar to locate the corresponding workout from last year.

2

Open the workout

Select the workout you want to repeat.



Open the workout summary, then use the pencil icon in the top-right corner.

3

Edit the date

Select the pencil icon at the top right. Change the workout date to the date you want to ride it this year, then save.



TrainingPeaks: edit the date and save the workout to this year's calendar.

Ready to ride

Once the date has been changed and the workout has synced, it should appear in your connected training platform ready for the session.

On the day

Open the workout before the session starts, check your trainer is connected, and confirm that the workout graph or intervals are visible. Then enjoy the ride!

If technology is not playing nicely

- **Workout missing:** Recheck the exact workout name shared by the club and look in the platform section shown in this guide.
- **Trainer not controlling resistance:** Check that the trainer is connected as the controllable trainer, not only as a power source.
- **No access to an old TrainingPeaks workout:** Use the workout details supplied by the club where available or contact the session organiser through the usual club channel.

Member feedback

The club will continue to review how these turbo sessions are delivered. Please share what works well, what is difficult, and what would make the sessions easier to access.

See you on the virtual start line!

ONE-PAGE QUICK REFERENCE

Indoor Turbo Checklist

Keep this page handy when setting up for the club sessions.

BEFORE THE SESSION

☐ Check the workout name in the club message
☐ Set up your bike and turbo trainer
☐ Charge or plug in your phone, tablet or computer
☐ Connect the trainer and any sensors
☐ Have water and a towel nearby

CHECK BEFORE YOU RIDE

☐ The correct workout is open
☐ The workout graph or intervals are visible
☐ Your trainer is connected as the controllable trainer
☐ Power and cadence are showing, where used
☐ You are warmed and properly fueled before the session

FIND YOUR WORKOUT

ROUVY

Open ROUVY > Workouts > TrainingPeaks Workouts > Select the named weekly session

ZWIFT

Open Zwift > Workouts > Custom > Select the saved session

TRAININGPEAKS

Open Calendar > Find last year's workout > Open it > Pencil icon > Change date and save