



© 14 April 2020, 14:10 (BST)



## JOIN GERAINT THOMAS IN SUPPORT OF THE NHS

At 7.30am BST, former Tour de France Winner, Geraint Thomas will start the first of three shifts in aid of the National Health Service as it leads the fight against COVID-19 in the UK.

In a bid to raise £100,000 in funding to support NHS workers across the UK, Geraint Thomas will be mirroring the standard shift of a typical NHS worker each day from Wednesday 15th to Friday 17th April. That means he will be riding 12 hours a day, 36 hours in total. To kick things off, Zwift has pledged a donation of £25,000.

G will be live streaming his rides, but Zwifters are encouraged to drop in and ride with him in support. Rides are broken down into two hour increments to allow people to join in the challenge. A full list of events can be found here - <https://zwift.com/events/series/geraint-thomas-nhs-zwift-shifts/>.

For those who can afford to make a donation in support, they can do so here - <https://www.gofundme.com/f/GsNHSZwiftShifts>.

Join a legend on Zwift. Support the cause. Help save lives.

## About Zwift

Zwift is the fitness company born from gaming. We're dedicated fitness enthusiasts that also happen to be experienced software and video game developers. Combining that passion and deep understanding of the fitness world, Zwift is the first company to use massive multiplayer gaming technology to bring the outdoor experience indoors. Athletes from around the globe can train and compete with each other in rich, 3D-generated worlds simply by connecting their existing devices & hardware (e.g. cycle trainers, power meters, treadmills heart rate monitors, etc) wirelessly via open industry standard ANT+ and BLE. From friendly competition, to racing & structured training programs, Zwift is building a community of like-minded athletes united in the pursuit of a better social fitness experience.



### CHRIS SNOOK

Senior PR Manager

[chris.snook@zwift.com](mailto:chris.snook@zwift.com)

[@chrisjsn00k](#)

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## ABOUT ZWIFT

Zwift is the indoor training phenomenon taking the world by storm. An online platform helping everyone meet their fitness goals while having tons of fun along the way. Engaging gameplay meets fitness meets a global community of cyclists and runners. The result? Serious training made fun.

Meet new friends. Make new rivals. Ride up mountains. Run through jungles. Sprint through real roads made virtual or cruise across futuristic cities. Fun, flexible year-round training becomes the new normal with Zwift.

Build strengths and smash weaknesses with thousands of workouts. Train day or night, no matter the weather, and close the gap between where you are and where you want to be. Looking for something more specific? Flexible training plans by world-class coaches adjust to your schedule and help get you ready for race day.

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 pr.co



ZWIFT