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# ZWIFT ACADEMY RUN RETURNS FOR 2021 WITH A CHANCE TO JOIN A PROFESSIONALLY SUPPORTED TEAM IN PREPARATIONS FOR A MARATHON MAJOR

## UNLOCK YOUR NEW PERSONAL BEST AS YOU MEASURE YOUR PROGRESS THROUGH THE PROGRAM WITH NEW BASELINE AND FINISH LINE

Zwift, the online global fitness platform, is bringing back Zwift Academy Run for its second year. The Zwift Academy is Zwift's biggest and most inclusive training program. Last year, 12,000 runners joined across the globe as they tackled the group workouts and races. This year the program returns with new workouts and new features designed to help every runner unlock their personal best.

The program officially starts on October 4th where your training journey gets underway. Zwifters must complete a series of 8 workouts and new for this year, 2 benchmarking runs - the Baseline Run and the Finish Line Run. These two runs will provide Zwifters the chance to see their progress through the program and attempt a new PR for 5km in the Finish Line Run.

The Baseline and Finish Line runs are a requirement for graduation. Start and end the program with a 5K time trial for a snapshot of your performance improvements and gain insights. Based on your performance in the academy workouts, you'll receive suggestions on which training plans would benefit your training journey. Insights are available exclusively on the Zwift Companion app.

Also new for this year is the option to choose between short and long workouts. The short and long workouts allow Zwifters to decide which program's training load is appropriate for their experience level. The short workouts are 25-35 minutes long and are a condensed version of the long workouts. The short workouts are ideal for new runners, less experienced runners, or time-crunched athletes. The long workouts are 40-60 minutes long and offer increased intervals and tempo durations. These workouts are ideal for returning season runners looking to improve their speed and endurance.

To compete for a spot on the team, Zwifters must graduate from the Zwift Academy Run program. This means completing all 8 structured workouts - these can be either the short or long versions, or a mixture of both. In addition Zwifters must complete the Baseline and Finish Line runs, which are scheduled events and can be found in the events calendar. For team selection, it is mandatory they are completed with a heart rate monitor and cadence sensor. The ZA Run Team will receive incredible support from some of the best partners in the industry.

Want to know what it is like to be a member of the ZA Run Team? Catch up with all the action as the team prepares to take on the Berlin Marathon on 26th September [here](#).

Registration for Zwift Academy Run is open now. The in-game program will begin on 4 October and will end on 29 November. For more information, and to register, head to [www.zwift.com/zarun](http://www.zwift.com/zarun).



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## ABOUT ZWIFT

Zwift is the fitness company born from gaming. We're dedicated fitness enthusiasts, experienced video game developers, and disruptive thinkers. Play is in our DNA and we know fun fuels results.

Zwift utilizes massively multiplayer online gaming technology to create rich, 3D worlds ripe for exploration. Join thousands of cyclists and runners in immersive playgrounds like London, New York, and Paris as well as our

very own Watopia.

Our app connects wirelessly to exercise equipment: bike trainers, treadmills, and more, so your real world effort powers your avatar in the game.

From friendly races to social rides and structured training programs, Zwift unites a diverse community in pursuit of a more fun, immersive and social fitness experience.

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