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ZWIFT ACADEMY TRI RETURNS FOR 2021 WITH A CHANCE TO EARN A PLACE ON THE ZWIFT ACADEMY TRI TEAM IN 2022

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

Zwift, the online global fitness platform, is bringing back Zwift Academy Tri as part of Zwift's biggest and most inclusive training program. This year the program returns with new workouts and event types designed to help every triathlete unlock their personal best.

The training journey gets underway on October 18th for Zwift Academy Tri enrollees. Zwifters must complete a series of 10 workouts and, new for this year, 2 benchmarking runs - the Baseline Run and the Finish Line Run as well as 2 benchmarking rides - the Baseline Ride and the Finish Line Ride. These benchmarking events will provide Zwifters the chance to see their progress through the program and attempt a new PR in the Finish Line Ride and Run.

The Baseline and Finish Line Bike and Run races are requirements for graduation. This year there will be two distance options for both bike and run: 20km or 40km TT for the ride and 5km or 10km for the run. The events are an opportunity to measure performance gains from the ZA program and will provide Zwifters the chance to see how their fitness translates to racing.

Also new for this year is the option to choose between short and long workouts for Run. The short and long workouts allow Zwifters to balance their training load by choosing the appropriate workout to match their available time and 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 triathletes 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 triathletes looking to improve their speed and endurance.

The ZA Tri Team will receive incredible support from some of the best partners in the industry. The Zwift Academy Tri Team benefits from some of the very best support available as they focus on the journey to Kona. To compete for a spot on the team, Zwifters must graduate from the Zwift Academy Tri program. This means completing all 10 structured workouts - these need to be the long versions for Run. In addition Zwifters must complete the Baseline and Finish Line Ride and Runs, the 40km TT and 10km Run, which are scheduled events and can be found in the events calendar. For full details on how to qualify for a spot on the ZA Tri team, read more [here](#).

Registration for Zwift Academy Tri is open now. The in-game program will begin on 18 October and will end on 13 December. For more information, and to register, head to www.zwift.com/zatri



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.



ZWIFT

