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TRAIN LIKE THE PROS: INEOS-GRENADIERS, JUMBO-VISMA, TEAM BIKE EXCHANGE-JAYCO AND MOVISTAR TEAM HEADLINE THE ZWIFT PRO TRAINING CAMP

DISCOVER WHAT IT TAKES TO TRAIN LIKE THE BEST WITH ZWIFT'S VIRTUAL TRAINING CAMP FROM FOUR WORLD TOUR TEAMS

Zwift, the global online fitness platform, is today opening registration for the Zwift Pro Training Camp which will run from 21st November - 15th January. The camp will be broken into four segments, allowing all Zwifters to benefit from the training expertise of four of the best men's and women's World Tour teams: Ineos-Grenadiers, Jumbo-Visma, Movistar Team and Team BikeExchange-Jayco. Each block will feature four workouts inspired by riders from the team, including Wout van Aert, Annemiek Van Vleuten, Micael Matthews and Geraint Thomas. In addition to the rider-inspired workouts, each team has supplied two additional workouts designed to develop specific rider strengths. This is your time to train like a pro!

Kicking things off will be INEOS Grenadiers, the most successful Grand Tour team of their generation. Workouts will be available on-demand from 21st November, with in-game events running until 4th December. The four rider workouts have been inspired by Tom Pidcock, Geraint Thomas, Cameron Wurf and Elia Viviani. Cyclocross riders may wish to pay particular attention to the Tom Pidcock workout which blends short attacking efforts of 20 seconds with sustained tempo to provide a cyclocross race simulation.

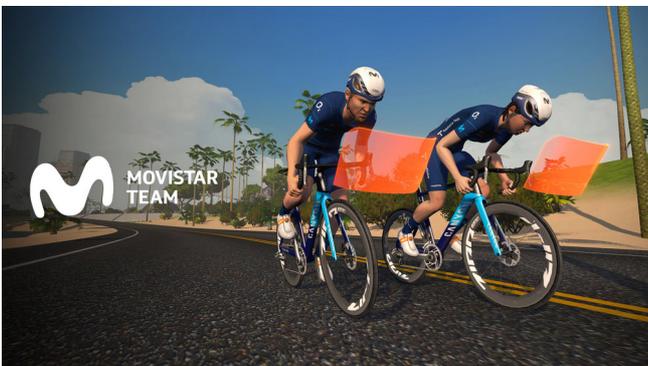
Next up is the Jumbo-Visma virtual camp, running from 5th December to 19th December. Workouts inspired by cycling's latest super team will also be available on-demand from 5th December. Workouts have been inspired by Marianne Vos, Wout van Aert, Sepp Kuss and Coryn Labecki. If you're feeling brave, why not test yourself with a Wout van Aert inspired VO2 Max Training workout. Perhaps plan in a couple of recovery days after this one!

Movistar Team's training camp will take us through the holidays, running from 20th December to 2nd January. Ever present at the top of the best team competition in the Grand Tours, their team workouts have some cadence drills in store. The rider workouts have been inspired by the team's biggest stars, including Annemiek van Vleuten, Ivan Garcia Cortina, Sara Martin, and Carlos Verona. Arguably the GOAT of women's cycling Annemiek Van Vleuten won the Tour de France Femmes avec Zwift, the Giro d'Italia Donne & the Ceratizit Challenge by La Vuelta in 2022. Crazy. As an all-rounder her workout features two rounds of 3 x 30 minute efforts at 110% of FTP.

Closing out the camp and into the new year feeling stronger and fitter than ever before will be BikeExchange-Jayco. On demand workouts will be available from 3rd January and in-game events will run until 15th January. Rider workouts take inspiration from Micael Matthews, Taniel Campbell, Lawson Craddock and Jess Allen. Lawson Craddock earned global respect when he completed the 2018 Tour de France after breaking his shoulder in a crash on stage one. Fortunately his workout is a little more accessible and is focused on developing your cycling-specific strength on the bike.

Not only can you train like a pro, we're offering you the chance to ride with a pro! Professional riders from all of these World Tour teams will be joining and leading rides during the Zwift Pro Training Camp. New riders will be added on a regular basis. You can see the most up to date list on the events calendar [here](#).

You can sign up to the Zwift Pro Training Camp and learn more about the workouts [here](#).





**ZWIFT
PRO TRAINING
CAMP**

INEOS Grenadiers NOVEMBER 21-DECEMBER 04

Geraint Thomas • Tom Pidcock • Elia Viviani
• Cameron Wurf • Anaerobic Capacity •
All-Rounder

Team Jumbo-Visma DECEMBER 05-18

Marianne Vos • Wout van Aert • Coryn Labecki
• Sepp Kuss • Team Workout

Movistar Team DECEMBER 19-JANUARY 01

Annemiek van Vleuten • Iván García Cortina •
Sara Martin • Carlos Vezona • Team Workout

Team BikeExchange-Jayco JANUARY 02-15

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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