



Zwift Bulletin No 11

Final thoughts

I've shared my Zwift journey which started with the second lockdown at the beginning of November 2020. Being unsure whether I would stick with it, I started by spending as little as possible to get up and running. Over the winter I found it a lifesaver with no inclination to venture out onto the roads. As time went on and the pandemic continued I upgraded to a smart/interactive trainer/cycle simulator and Apple TV to enhance the visuals.



Over six months I have reached level 40 and achieved all three Zwift Challenges (Tours of California and Italy and climbed 50,000 metres for the Everest Challenge). The remaining goals are to climb Alpe Du Zwift

25 times, ride 100 miles, hold 500 watts for 10 seconds, continue with route badge hunting and to reach level 50, which will mean riding a further 9,000km! With warmer weather and the virus receding for the moment, it's about time to get out on the real bike!



Ken Miller
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