



Cycling Canada's Weekly Zwift Tune-up Rides & Races (Ongoing until April 28 & Free)

At 8:05 pm every Monday and Tuesday join us as Cycling Canada hosts weekly Zwift tune-up rides, open to all skill levels and abilities on rotating courses. Course offerings will vary from week to week in an effort to provide a well-rounded mix of training opportunities for Zwifters. Looking to improve your climbing? sprinting? endurance? All of the above? Look no further. Mondays are open to all participants, and Tuesdays are Cycling Canada's **Women's Edition**.

The weekly tune-up will be a medium-paced social ride promoting a fun, interactive community atmosphere with regular efforts to build fitness. Rides are led by some of Canada's top coaches and athletes. These rides will also serve as a social pre-ride for Cycling Canada's **Wednesday Night Race Series** (8:05 pm - open race; 8:15 pm - women only), offered on the same course as each week's ride. All rides will utilize Cycling Canada's **Discord** channel for a chance to connect with ride leaders and fellow Zwifters for some friendly on-ride banter.

You will need a Zwift virtual account, stationary trainer or rollers or smart trainer, and a heart rate monitor. The rides/races are free of charge.

Please refer to the links below for further information/registration:

General Info: <https://www.cyclingcanada.ca/event/cycling-canada-weekly-zwift-rides-races/>

Registration: https://www.zwift.com/events/tag/zwiftcanada?_znl=en-ca

Instagram: <https://www.instagram.com/cyclingcanadaofficial>

Facebook: <https://www.facebook.com/CyclingCanada>

Twitter: <https://twitter.com/CyclingCanada>

Official Hashtag (for all above channels): [#zwiftcanada](https://twitter.com/CyclingCanada)

Discord Channel: <https://discord.gg/NTKq4bz>

For the complete list of Cycling Canada's Weekly Zwift Tune-up Rides – [click here!](#)



Upcoming Women's Rides

Tuesday, January 19 and January 26

Join co-leaders from the Niagara Region

Anna Tykoliz/SCCC and Shelly Christensen/HighGate Racing

