

Don't forget to calibrate your smart trainer!

Just like an on-bike power meter, your smart trainer's power readings can be affected by movement, changes in temperature or air pressure, and general use.

Manufacturer recommendations will differ on how regularly you need to calibrate (perform a zero-offset) your specific smart trainer, but it makes sense to do it regularly, especially if you're moving it around for storage or swapping between different bikes.

Luckily, performing a calibration is very simple and should only take a few minutes. Compatible smart trainers can be calibrated in Zwift using the 'spin down' calibration – find your trainer on the devices page, then click the wrench under 'Power Source' and follow the instructions (see below for full details and explanation), but each brand will have a slightly different protocol (many use branded smartphone apps), so it's worth checking the manufacturer's website for instructions.

This is particularly important if you're using a wheel-on smart trainer. These trainers rely on translating the friction between the roller and your back wheel into power data, rather than measuring it directly, and consequently have a slightly wider margin for error. So ideally these should be calibrated every ride.

Understandably, a key factor in this equation is having your rear tyre consistently pumped up to the correct pressure, so don't forget to stay on top of that too (refer to the manufacturer's guidelines for recommended pressures).

While you're in the manufacturer's app for your smart trainer, you can also check for and download any firmware updates, in order iron out any bugs in the software and make sure you're getting the best experience.

What Is A Spin Down?

While most of us may want to get our time on the turbo trainer over and done with in the fastest and most stress-free manner, there is one thing you really should be doing before else.

The spin down. AKA calibrating your smart trainer.

A spin down, or calibration, consists of 10-15 minutes of easy pedalling, followed by a short acceleration up to 37-38kph, at which point you stop pedalling and let the internal resistance of the smart trainer freewheel bring the flywheel to a stop.

It is important to note here the importance of the initial 10-15 minutes of easy riding. **You should not skip this.** This warms up the internal mechanics of your smart trainer and ensures the same wattage measured during the spin down will be reflected during your workout.

Why Should I Do A Spin down?

Now we certainly understand your eagerness to jump into your favourite indoor workout of choice, but all your hard work will be for nothing (in data terms), as each spindown allows the precise calibration of a smart trainer's power recording system. Therefore ensuring your numbers are comparable between workouts and over longer periods of time.

Following a 10-15 minute easy spin to warm things up, navigate to the Zwift equipment pairing screen.

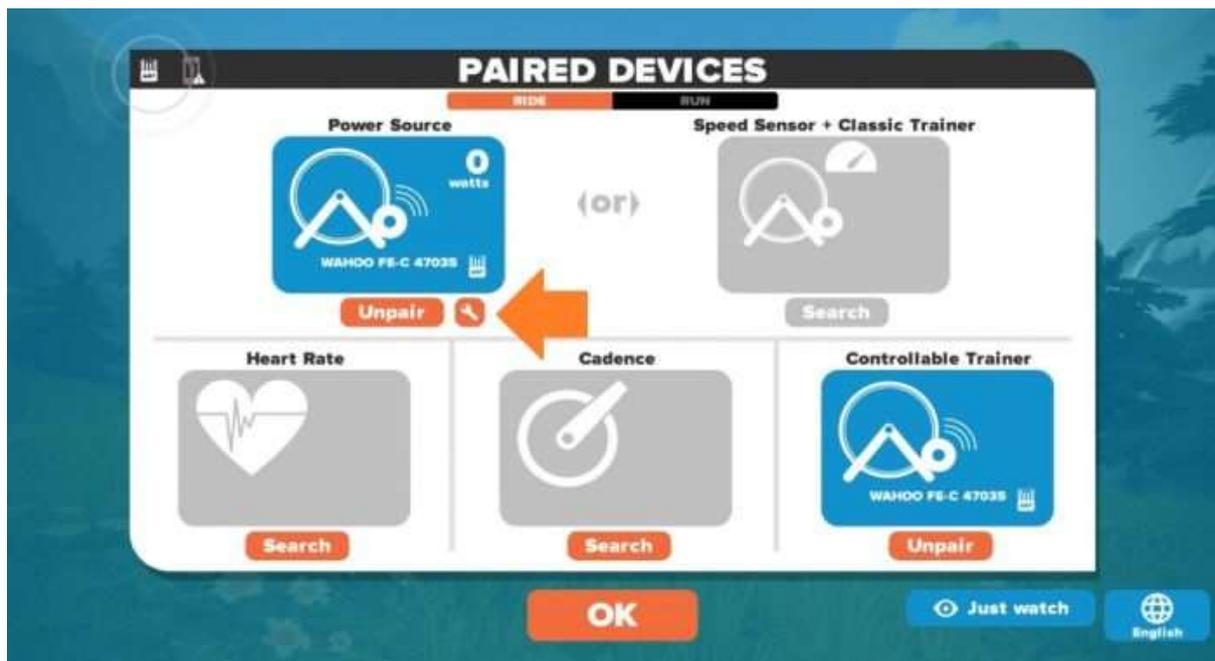


Image Credit: Zwift

If the calibration option is available for your trainer, you'll see a wrench next to the "Unpair" button on the pairing screen after you've connected your trainer. Click it to open the Calibrate Spin down window.



Image Credit: Zwift

Have a quick read of the instructions. You should aim to do a spin down at the start of every workout.



Image Credit: Zwift

Accelerate slowly until you reach the required speed.



Image Credit: Zwift

Stop pedalling and allow the flywheel to gradually come to a standstill.



Image Credit: Zwift

And that's it! As soon as Zwift recognises that the flywheel has slowed sufficiently, you will be taken back to the pairing screen and you can start your ride.

Occasionally the spanner icon disappears from the pairing screen. If you cannot see it immediately, wait a few minutes or try reconnecting your smart trainer. If that still doesn't do it, restart Zwift.