

## 2.1 Zwift Technical Requirements

### 2.1.1 Basic Requirements

As mentioned in the introduction, Zwift utilizes real-time training data provide instant feedback to the user in the form of a digital avatar moving in a virtual environment. Zwift works similar to modern multilayer computer games, where the game is hosted on a centralised server, and users connect to this server(s) through the internet using an Application Program Interface (API) integrated into a downloadable application.

The application is available from the official website, and is available for download on Mac, Windows, Android and iOS. The application requires a user account that can be created as a free trial version, or after the trail period as a paid subscription. The device that Zwift will be installed on is required to connect to an external trainer or sensors using either BLE or ANT+, and the device should thus support this technology. (Zwift)

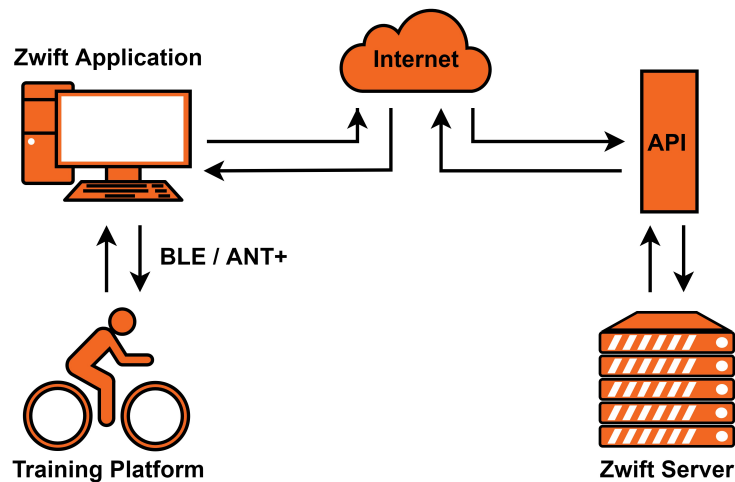


Figure 2.1: Zwift Connection Overview

Figure 2.1 shows an overview of the connections that are required while using the Zwift application. This project will mainly focus on the training platform and the communication with the Zwift application.