



RIDER ROADBOOK

REACH
NEW
HEIGHTS


HAUTE ROUTE
WATOIA


Dear Rider

Welcome to the second edition of the Haute Route Watopia. We've been working hard behind the scenes to make sure everything is in place so you can virtually live an experience of a lifetime.

Part of this process is the publication of this Guide. Its purpose is to provide a comprehensive guide outlining all the information you will need during the 3 days, both on and off the bike, plus some extra content such as training articles, and the long-awaited 7-week training plan.

Wishing you all the very best of luck with your final preparations,

The Haute Route Team.

Event Registration

Registration opens beginning of February

Rider Briefing

Just like the real Haute Route, before each stage our speaker Fergus Grant will talk you through the ride ahead.

On the Startline

Fergus will join you on the start line to keep riders amped ahead of the stage— be sure to join the start pen with a couple of minutes spare to hear it all.

STAGE 1 – Friday, February 26

Multiple start times throughout the day to suit all timezones

STAGE 2 – Saturday, February 27

Multiple start times throughout the day to suit all timezones

STAGE 3 – Sunday, February 28

Multiple start times throughout the day to suit all timezones

Unlock your kit

- Complete all three stages to unlock the 2021 Haute Route Watopia finisher's kit in-game.
- For the workouts, unlock the 3-day Haute Route jersey upon completion of any workouts.

General Classification

Register on ZwiftPower ahead of the event in order to take part in the General Classification competition.

Win

Complete any stage to receive a link to enter a Haute Route prize draw for entry into an IRL 3-day European Haute Route event.



Get Set Up

NEW TO ZWIFT?

Want to join the action on Zwift? You'll need a bike, trainer, and device to run the Zwift app. Learn how to get started with the largest indoor virtual training community on the planet with [Zwift's instructional video](#).



GRAB YOUR BIKE

You'll need your own bike for Zwift. Most cyclists use modern road bikes, but mountain and hybrids are also welcome.



DOWNLOAD ZWIFT

Create an account.
Start with a free 7-day trial and ride.
No payment required.

SIGN UP

If you need more information about signing up to Zwift events, visit the team's [registration help page](#)

TRACK YOUR RESULTS

Be sure to sign up to ZwiftPower ahead of the event in order to be able to see how you stack up against the field: [SIGN UP HERE](#)



CONNECT TO A TRAINER

A trainer attaches to your bike and gives you resistance. Many trainers let you experience the rolling hills and big climbs of Zwift. If you have a trainer but are not sure if it will work with Zwift, check out Zwift's extensive list of [compatible hardware](#).

On the day

While every rider will have their own personal preference, this is a suggested list of what you need to do before each stage of the Haute Route Watopia.



Launch the Zwift app and log in

If you need help, check out this [guide for launching Zwift](#)



Pair your devices

For more information about setting up your devices, see Zwift's guide about [pairing your devices](#)



Tap "Ride" to get your avatar in-game



Tap "JOIN EVENT"

Up to 30 minutes before your event begins, the JOIN EVENT button will be visible in the bottom-left corner of the ride screen. This button will take you straight to the start pen where you can continue to warm up.



When the countdown reaches zero, the event will start.

Support



Online Support

From the basics to mastering Zwift's most advanced features, there are Zwift's support features to help you get the most out of the experience.

Zwift's extensive library of how-to videos and articles will get you up and Zwifiting in no time.

[ONLINE SUPPORT](https://support.zwift.com/)



Still got questions?

Get in touch at <https://support.zwift.com/>



Stage 1 - Mega Pretzel

World: Watopia

Distance: Approx 51 km (Note: this is a custom distance route)

Elevation Gain: Approx 800m

Description:

When it first hit the Zwift universe, this route was the longest on the game and remains a fan favourite to this day. Starting from the Volcano land bridge, the route includes the Epic KOM (reverse), Watopia Hilly KOM (forward) and a finish at the top of the Volcano Climb. This special course has been adapted for the Haute Route Watopia, and does not include a second ascent of the Epic KOM.

MEGA PRETZEL

51KM



FUELLING GUIDE BY



Pre Stage

Consume a high carbohydrate meal 3 hours before the start. Go for something familiar and simple, for example a pasta or rice dish with a tomato base sauce.

Make sure you start the stage hydrated. Things are about to get sweaty so make sure you don't start dehydrated as this will negatively affect your performance. Sip little & often on an electrolyte drink (something like the OTE Hydro Tab) for 24 hours before the event.

Basic rules are:

Keep sipping the fluid little and often throughout

Consuming your food when the route profile allows, so either on descent or flat sections. We've given some tips of when to eat below.

Try to consume all your fluid and food between each feed to make sure you keep on top of your hydration and energy supply.

Remember to eat from the start to finish strong, and be in a better condition for stage two.

To Start the Stage

1 x 500ml Bottle of Energy Drink (Two scopes of [OTE Energy Drink](#))

1 x 500ml Bottle of Electrolyte Mix ([One OTE Hydro Tab](#))

1 x Energy Bar ([OTE Duo Bar](#))

We recommend to consume half on the descent off the volcano at 10km

We recommend to consume half as you hit the descent off Epic KOM just before you approach Feed #1.

First Feed – On the descent off the top of the first ascent of Epic KOM (30km)

1 x 500ml Electrolyte Mix ([One OTE Hydro Tab](#))

1 x Energy Bar ([OTE Anytime Bar](#))

We recommend to consume on the descent of Zwift KOM around 45km.

Second Feed – After the Watopia Sprint (60km)

1 x 500ml Energy Drink ([OTE Energy Drink](#))

1 x [Caffeine Gel](#)

We recommend to consume before you hit the bottom of Epic KOM at around 65km

Final Feed – As you exit the Jungle Loop for the last time (90km)

1 x 500ml Bottle Electrolyte Mix ([One OTE Hydro Tab](#))

1 x [Energy Gel](#)

We recommend to consume as you leave the final feed ready to hit Zwift KOM Rev

After Stage

Consume a [Recovery shake](#) within 30 minutes of completing the stage to kick start the recovery process. Make sure this shake contains both protein and carbohydrates.

Rejoin your regular meal pattern as soon as possible but make sure each meal contains a portion of protein and 50% of the plate is carbohydrates. You're now eating to get ready for stage 2!

Stage 2 - The Pretzel

World: Watopia

Distance: Approx 53km (Note: this is a custom distance route)

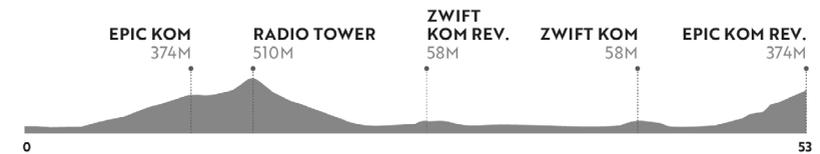
Elevation Gain: Approx 1300m

Description:

Including the Epic KOM with Radio Tower (forward), Watopia Hilly KOM (forward), Watopia Hilly KOM (reverse), and a thrilling finish at the top of Epic KOM reverse, this route packs a serious punch. The distance is 'custom' because it ends at the Epic KOM reverse and does not descend the climb to finish in downtown Watopia.

THE PRETZEL

53 KM



FUELLING GUIDE BY 

Pre Stage

Consume a high carbohydrate meal 3 hours before the start. Go for something familiar and simple, for example a pasta or rice dish with a tomato base sauce.

Make sure you start the stage hydrated. Things are about to get sweaty so make sure you don't start dehydrated as this will negatively affect your performance. Sip little & often on an electrolyte drink (something like the OTE Hydro Tab) for 24 hours before the event.

Basic rules are:

Keep sipping the fluid little and often throughout

Consuming your food when the route profile allows, so either on descent or flat sections.

We've given some tips of when to eat below.

Try to consume all your fluid and food between each feed to make sure you keep on top of your hydration and energy supply.

Remember to eat from the start to finish strong, and be in a better condition for stage three.

To Start the Stage

1 x 500ml Bottle of Energy Drink (Two scoops of [OTE Energy Drink](#))

1 x 500ml Bottle of Electrolyte Mix ([One OTE Hydro Tab](#))

1 x [Energy Gel](#)

We recommend consuming as you you've got your breath back on the descent epic KOM.

First Feed – As you hit the flat at the bottom of Epic KOM around 25km

1 x 500ml Bottle of Energy Drink (Two scoops of [OTE Energy Drink](#))

1 x Energy Bar ([OTE Duo Bar](#))

We recommend consuming half as soon as you leave the feed

We recommend consuming half after the Watopia Sprint Rev.

Final Feed – Before you hit the foot of Epic KOM Rev. at around 45km

1 x 500ml Bottle of Electrolyte Mix ([One OTE Hydro Tab](#))

1 x [Caffeine Gel](#)

We recommend consume as soon as you leave the feed.

1 x Energy Bar ([OTE Anytime Bar](#))

Enjoy this on the descent off Epic KOM rev. and remember you're now eating for the final stage!

After Stage

Grab a [Recovery shake](#) within 30 minutes of completing the stage to kick start the recovery process. Make sure this shake contains both protein and carbohydrates.

Rejoin your regular meal pattern as soon as possible but make sure each meal contains a portion of protein and 50% of the plate is carbohydrates. You're now eating to get ready for stage 3!



Stage 3 - Quatch Quest

World: Watopia

Distance: 45.9km

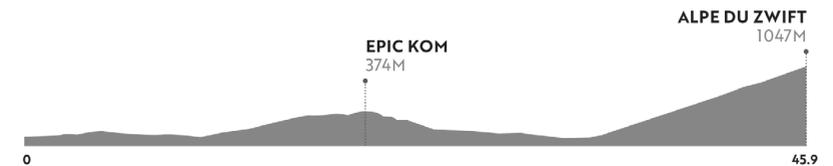
Elevation Gain: 1683m

Description:

Including the Titan's Grove KOM, Epic KOM, and a finish at the top of Alpe du Zwift, this final stage of the 2021 Haute Route Watopia will leave you breathless.

MEGA PRETZEL

45.9KM



FUELLING GUIDE BY

Pre Stage

Consume a high carbohydrate meal 3 hours before the start. Go for something familiar and simple, for example a pasta or rice dish with a tomato base sauce.

Make sure you start the stage hydrated. Things are about to get sweaty so make sure you don't start dehydrated as this will negatively affect your performance. Sip little & often on an electrolyte drink (something like the OTE Hydro Tab) for 24 hours before the event.

Basic rules are:

Keep sipping the fluid little and often throughout

Consuming your food when the route profile allows, so either on descent or flat sections.

We've given some tips of when to eat below.

Try to consume all your fluid and food between each feed to make sure you keep on top of your hydration and energy supply.

Remember to eat from the start to finish strong, and be in a better condition for stage three.

To Start the Stage

1 x 500ml Bottle of Energy Drink (Two scopes of [OTE Energy Drink](#))

1 x 500ml Bottle of Electrolyte Mix ([One OTE Hydro Tab](#))

1 x Energy Bar ([OTE Duo Bar](#))

We recommend consuming this before the start of Epic KOM

One & Only Feed

1 x 500ml Bottle of Energy Drink (Two scopes of [OTE Energy Drink](#))

1 x 500ml Bottle of Electrolyte Mix ([One OTE Hydro Tab](#))

1 x [Caffeine Gel](#)

We recommend taking this on one of the early hairpins of Alpe du Zwift.

After Stage

Consume a [Recovery shake](#) within 30 minutes of completing the stage to kick start the recovery process. Make sure this shake contains both protein and carbohydrates.

Treat yourself to something delicious, you've earned it!

NOTES

We would always recommend having a few extra bottles of water available and pieces of food in case needed.

This fuelling guide is based on average speed of 25kph



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Training

THE ULTIMATE FUELLING GUIDE TO INDOOR TRAINING

"Gone are the days of jumping on the turbo for a 30 minute leg opener, now with training platforms like Zwift, we're not even blinking an eye at tapping away for 1-2 static hours. But just because you're indoors doesn't mean your energy systems change, and fuel and hydration are no longer needed. In fact these sessions are usually super intense making nutritional support even more important, especially if you're doing back to back sessions."

[Read the full guide](#)

Written By



Training

HOW AND WHY TO BATTLE OVERHEATING WHEN RIDING INDOORS

"Gone are the days of jumping on the turbo for a 30 minute leg opener, now with training platforms like Zwift, we're not even blinking an eye at tapping away for 1-2 static hours. But just because you're indoors doesn't mean your energy systems change, and fuel and hydration are no longer needed. In fact these sessions are usually super intense making nutritional support even more important, especially if you're doing back to back sessions."

[Read the full article](#)

Written by Joe Beer for Zwift Insider

10 TIPS FOR RACING ON ZWIFT

"Former pro and cycling coach extraordinaire Stefan Kirchmair shares the inside line on racing on Zwift. Step up your indoor game with these ten tips to get you racing at the front of the pack."

[Read the full article](#)

Written by Haute Route, for the Haute Route Blog

HOW DOES ZWIFT CALCULATE RIDER SPEED?

"Your riding speed in Zwift's virtual world is determined by several factors: watts, world, weight, height and virtual bike choice."

[Read the full article](#)

Written by Eric Schlange, for Zwift Insider

Pre-Ride Checklist

At least 30 minutes before the event starts, it's a good idea to ensure your equipment is ready to go. Check the following points to make sure the race goes smoothly.



Internet Connection

Check your internet connection and make sure it's strong.



Game and Device Updates

Make sure Zwift, Zwift Companion, your trainer, and anything else you are using is running the most recent software and firmware versions.



Battery Levels

Double-check that all your devices are plugged in or fully charged.



Rejuvenation Station

Put things that you may need during your ride - like water, food, a towel, a phone, and your fan - within reach, so you can focus on enjoying your event.



Check Your Equipment

Make sure you've paired all of your devices to Zwift, and that the Zwift Companion (ZC) App is connected.



Communication Setup

Once your setup checks out, and you've joined the event, make sure you're able to communicate with other riders, whether it's through your computer or the ZC app.

Haute Route Watopia

Group Workout Series

7 WORKOUTS. 7 WEEKS. EVERY TUESDAY AND THURSDAY.

Complete any workout to unlock the stylish Haute Route kit on Zwift!

Each workout has a specific goal that will enable you to reach new heights during Haute Route Watopia's three challenging stages.

WORKOUT 1:

Base Builder. This workout helps increase your endurance and recovery. Low intensity cruising builds base endurance, burns fat, and works well as active recovery.

WORKOUT 2:

Sustained Tempo. Here we'll be boosting your sustainable power on flats, a vital component of fitness that helps you stay with fast-moving bunches without expending too much energy.

WORKOUT 3:

VO2 Booster. In this workout, we aim to help increase your peak aerobic power, aerobic efficiency, and endurance, which is obviously important for long-distance events.

WORKOUT 4:

Threshold Booster. Time to bring up your functional threshold power. This will make a huge difference to your climbing ability!

WORKOUT 5:

Up, Up, & Away. Up we go in Workout 5, getting into the demands of climbing—producing a consistent power at a lower-than-usual cadence. When climbing, you really rely on your physical output, so it's vital to develop leg strength in training, hence the 70 rpm target cadence.

WORKOUT 6:

Power Climbs. Explosive movements at key moments in a race can make all the difference, whether you're attacking, closing small gaps, or simply maintaining contact on smaller climbs when the w/kg increases. This workout helps get you there.

WORKOUT 7:

VO2 Nudges. Time to close it out strong. We'll be repeating high-intensity VO2 intervals that'll help you become more efficient at producing aerobic power, which will, in turn, improve your endurance and more.

Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Base Builders Jan 12 ●	Haute Route Nation Rides Jan 13 ●	Base Builders Jan 14 ●	Jan 15	Jan 16	Haute Route Nation Rides Jan 17 ●
Jan 11	Sustained Tempo Jan 19 ●	Haute Route Nation Rides Jan 20 ●	Sustained Tempo Jan 21 ●	Jan 22	Jan 23	Haute Route Nation Rides Jan 24 ●
Jan 18	VO2 Booster Jan 26 ●	Haute Route Nation Rides Jan 27 ●	VO2 Booster Jan 28 ●	Jan 29	Jan 30	Haute Route Nation Rides Jan 31 ●
Jan 25	Threshold Booster Feb 2 ●	Haute Route Nation Rides Feb 3 ●	Threshold Booster Feb 4 ●	Feb 5	Feb 6	Haute Route Nation Rides Feb 7 ●
Feb 1	Up, Up & Away Feb 9 ●	Haute Route Nation Rides Feb 10 ●	Up, Up & Away Feb 11 ●	Feb 12	Feb 13	Haute Route Nation Rides Feb 14 ●
Feb 8	Power Climbs Feb 16 ●	Haute Route Nation Rides Feb 17 ●	Power Climbs Feb 18 ●	Feb 19	Feb 20	Haute Route Nation Rides Feb 21 ●
Feb 15	VO2 Nudges Feb 23 ●	Haute Route Nation Rides Feb 24 ●	VO2 Nudges Feb 23 ●	Stage 1 Feb 26 ●	Stage 2 Feb 27 ●	Stage 3 Feb 28 ●
Feb 22						

● Group Workouts ● Haute Route Nation Rides ● Haute Route Watopia

START TIME OF WORKOUTS

NA WEST PST (UTC-8)	NA East EST (UTC-5)	EU CET (UTC +1)	APAC JST (UTC+9)
4:00 PM *	7:00 PM *	1:00 AM	9:00 AM
6:00 PM *	9:00 PM *	3:00 AM	11:00 AM
10:00 PM *	1:00 AM	7:00 AM	3:00 PM
7:00 AM	10:00 AM	4:00 PM	12:00 AM **
9:00 AM	12:00 PM	6:00 PM	2:00 AM **
11:00 AM	2:00 PM	8:00 PM	4:00 AM **

* This workout will be held on the day before.

** This workout will be held on the following day.

SIGN UP: [GROUP WORKOUTS](#)

[HAUTE ROUTE NATION RIDES](#)

Partners

Official Title Partner



Global Event partners



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Official Charity

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2021 COLNAGO HAUTE ROUTE SERIES

9 EVENTS • 7 COUNTRIES • 3 CONTINENTS



Haute Route Watopia · 3 DAYS

February

Zwift



Haute Route Brazil · 3 DAYS*

26 - 28 March

Florianópolis



Haute Route Crans-Montana · 3 DAYS

11 - 13 June

Crans-Montana



Haute Route Pyrenees · 5 DAYS

6 - 10 July

Girona - Pau



Haute Route Alps · 7 DAYS

22 - 28 August

Megève - Nice



Haute Route Dolomites · 5 DAYS

31 August - 4 September

Cortina d'Ampezzo - Bormio



Haute Route Ventoux · 3 DAYS*

1 - 3 October

Bédoin



Haute Route Oman · 3 DAYS

29 - 31 October

Nizwa



Haute Route Mexico · 3 DAYS*

5 - 7 November

Valle de Bravo

*Include a compact format



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