

# THE BREAK BREAK AWAY AWAY

The first  
eCycling team  
for prisoners

## TRAINING SCHEDULE

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**TUESDAYS – 18:10 -20:10**

**THURSDAYS – 18:10 -20:10**

**SATURDAYS – 18:10 -20:10**

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### **Want to ride along? Follow these steps:**

#### **1. Follow our riders on Zwift.**

Use your Zwift Companion App and use the "Find Zwifters" functionality. Their usernames: "John Doe 1", "John Doe 2", "John Doe 3", "John Doe 4", "John Doe 5", "John Doe 6".

#### **2. Use "Ride With".**

When our riders are online, their name appears in Zwift's main menu. By clicking on it, you can use the "Ride With" functionality.