

STRAVA

Instruction Book and Set Up Guide

A large, bold, white logo of the word "STRAVA" is centered on a solid orange background. The letters are thick and blocky, with a slight shadow effect.

This guide will help you download and set up
STRAVA for use on our course.

STRAVA SET UP

STRAVA is an excellent FREE tool which can be used to monitor and track your activities and workouts.

It enables athletes to connect with one another, find motivation, explore new places, and memorialise and track your athletic journeys

Launched in 2009, the app's become a favorite tool for athletes and fitness enthusiasts around the world.

As of last year, Strava reported having over 100 million users across 195 countries with more than seven billion activities shared on the platform, amounting to 40 million activities uploaded per week.

It's compatible with a wide range of existing devices and is used mostly alongside wearables and sports tracking devices. So whether you're using your phone, a GPS smartwatch, a heart rate monitoring chest strap, or a cycling computer, Strava records heaps of different performance metrics and displays it all nicely and concisely in one place for you to review



STEP 1: DOWNLOAD THE APP

The first thing you need to do is to download STRAVA onto your phone:

[APPLE LINK](#)

[ANDROID LINK](#)

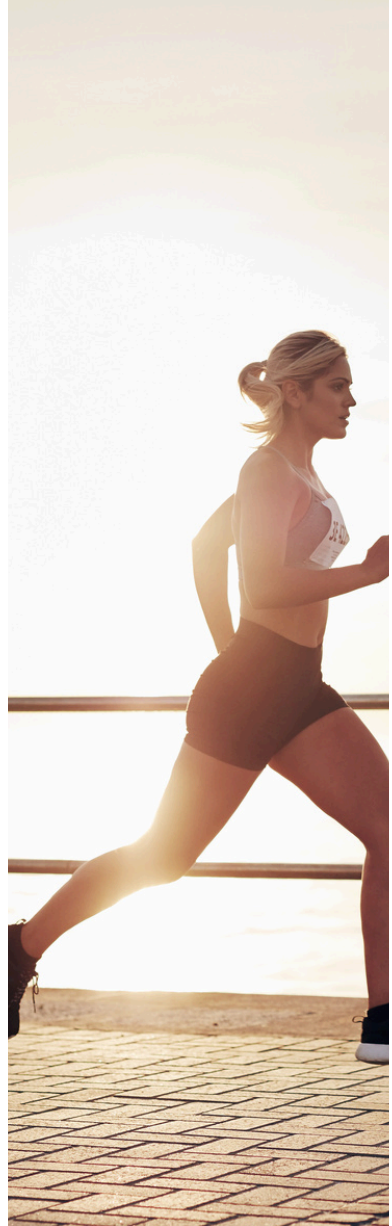
Once you have done this

STEP 2: SETTING UP YOUR ACCOUNT

Upon opening the app, you will be prompted to sign up. As mentioned earlier, you have the option to sign up using your Facebook account, Google account or an email address.

If you choose to use an email address, you'll need to provide basic information such as your name, email and create a password.

As always, ensure your password is strong and unique for security purposes.





STEP 3: PERSONALISING YOUR PROFILE

After signing up, you'll need to add some details to your profile.

You can add as much or as little as you like and could include adding a profile picture (which helps in making your account more personal and recognisable to friends who may also be on Strava) or other personal information like your location, a short bio about yourself and your preferred sports.

Another thing to note is Strava's privacy options.

Since it tracks your location in real-time, the app offers a slew of privacy settings that allow you to control who sees your activities. You can set activities to be viewed by everyone, only by your followers, or only by you.

Now you're all set up, Strava can be linked with numerous fitness devices and apps, such as [Garmin](#), [Fitbit](#) and [Apple Watch](#). To connect a device, go to the 'Settings' section of the Strava app and find the 'Link Other Services' option. Here, you can select the device or app you want to sync with Strava. This integration enables automatic uploading of activities recorded on these devices to your Strava account.

And that's it, you're logged in and ready to roll!