

# STRAVA for Beginners

by Run With Us UWO

[www.strava.com/clubs/RunWithUsUWO](http://www.strava.com/clubs/RunWithUsUWO)

**[To learn how to use Strava, skip to page 2](#)**

Strava is a social platform used for sharing activities and interacting with other athletes from all around the world! You can scroll through a feed and see all your friends (or rivals) activities. You can comment and give ‘kudos’ as well! It is used by professionals and newcomers alike. There are many features that can be used on the platform to help you track or plan your training! Strava is an all-around great tool for athletes to use.

Here at RWU, we will be using Strava to help unite our members and build a sense of community, especially as many events have turned virtual. Below you will find some fun perks of Strava. For more information or help with using Strava or setting up your account you can visit the Strava website at [www.strava.com](http://www.strava.com) or email RWU executives at [runwithus.club@westernusc.ca](mailto:runwithus.club@westernusc.ca)

- Strava has 37 activity types, including run, walk, hike, bike, snowboard, swim, golf, ice skate, soccer, windsurfing, yoga, and so many more!
- Track gear mileage
  - You can “upload” your shoes or bikes into Strava and select them when uploading your activity. Strava will let you know when its time to replace your shoes or tune your bike
- Flybys
  - You can search your “flybys”, which shows you other Strava athletes that were near you during your activity
  - It will show you the other athletes map, as well as your correlation score and activity distance
  - A great way to meet new friends!
- Segments
  - Strava finds sections of commonly used paths and turns them into “segments”
  - You can compete against yourself or others who have run that segment before
- Clubs
  - You can join specific clubs and sort your feed by club
  - Clubs can host events, make posts, and you can compare your stats to other members!
- Matched runs
  - Compares previous runs on the same route and tells you if you’re trending faster or slower

## **Strava Premium (about \$7/month)**

- Allows you to access heatmaps, which show your commonly used routes
- Allows you to see advanced stats including pace analysis, relative effort, and heart rate\*

\* These features only work if you have a heart rate monitor on your watch or around your chest

### 1. Manual entry only

- The beauty of Strava is you don't need any equipment at all. All you need is an internet connection and an email address
- Join Strava at [www.strava.com](http://www.strava.com) and create an account
  - You can join using Facebook, Google, or your email
- You can "add a manual entry"
  - This does not create a map, just allows you to input time and distance, as well as notes
  - Using this method disqualifies you from competitions, as there is no official record of the activity. Using this method, people can enter whatever they want

### 2. GPS tracking using your phone

- This method uses a mobile phone and an internet connection
  - You will need to carry your phone on your run
- Download the Strava app from the Google PlayStore or Apple App Store
- Create an account
- In the center bottom of the screen, press record
  - After hitting record, let your phone acquire your location, and then hit start
  - Enjoy your run!
- After your run, hit the stop button, and name your activity
- Hit upload, and you're all done!
- This method allows you to compete in virtual events as there is an official record of your time
- Many who carry a phone find these helpful: <https://flipbelt.com/>

### 3. GPS tracking using a watch

- Can be done on PC or mobile, but PC is easier
- Brands that are compatible with Strava include:
  - Garmin, Swift, Wahoo, Polar, Apple Watch, Suunto, Amazfit, Fitbit, Samsung, Peloton, Bryton, Pioneer, Trainerroad, Sigma, and Lezyn
- From your Strava account, click "upload activity" in the top right drop down menu
- Under the brand you want to use, click "Get Started" and follow the instructions
- After everything is set up, plugging your watch into your PC (or connecting to mobile via Bluetooth) will automatically upload your activity to Strava
  - It may take a few minutes to upload, so give it time
- After the activity is uploaded, you can edit it with notes, a name, pictures, etc