

# USING STRAVA



Strava is a social fitness application used by athletes and fitness enthusiasts to track their workouts and connect with others. Many Kenilworth Runners members use Strava to track their runs as well as staying in touch with fellow runners.

## 1 CREATE AN ACCOUNT

To use Strava, you need to create an account. You can sign up using your email address or by connecting your Facebook or Google account.

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Strava provides various insights and analysis tools to help you track your progress and analyse your data. You can view your activity history, set goals, and compare your performance with others.

## 2 SET UP YOUR PROFILE

Once you have created your account, you can set up your profile by adding your name, profile picture, and a short bio. You can even add the type of running shoes that you use and Strava will tip you off when you should consider replacing them!

## 6 CONNECT WITH OTHERS

Strava is a social platform, and you can connect with other users by following them, joining clubs, and participating in challenges.

## 3 CONNECT YOUR DEVICE

Strava can be connected to various fitness tracking devices, such as smartwatches, GPS devices, and fitness trackers. You can connect your device by selecting the "Connect" option on the Strava app or website.

## 4 RECORD YOUR ACTIVITIES

Strava automatically records your workouts if you have connected your device. You can also manually enter your activities if you don't have a tracking device. If you happen to forget to take your device on a run, one of your fellow runners can tag you through their record of the run.

**Overall, Strava is a powerful tool for tracking your fitness progress, connecting with others, and staying motivated. Kenilworth Runners have their own club group on Strava. The main features of the app are free and it's worth using it for a period before deciding whether you want to subscribe for the additional features.**

## ANALYSE YOUR DATA