STRAVA INSTRUCTIONS

Creating an account and joining the Club

1. Go to Strava.com or download the app on your phone
2. Create a new account (with Facebook, Google, or email)
3. <u>On computer</u>:
   Click the magnifying glass icon to search a club - 3 WINS Fitness: 365 Journey to Health
   <u>On mobile app</u>:
   Bottom menu click *Explore* > top of screen click *Clubs* > *Find a club*

Adding a manual activity

<u>From computer</u>:
1. Go to strava.com and login
2. From your *Dashboard*, in the top right corner hover over the "⊕" icon
3. Click "Add manual entry"

<u>From mobile app</u>:
1. Open the Strava app
2. From your *Feed*, in the top left corner tap the ""⊕" icon
3. Tap "Manual Activity"

Connecting and tracking with a smart watch

<u>From mobile app</u>:
1. Open the Strava app and tap *Profile* in the bottom menu
2. Tap the gear icon in the top right corner
3. Select "Applications, Services, and Devices"
4. Select "Connect a new device to Strava"
5. Choose your device and follow the on-screen instructions
6. From your watch, log your activities as you normally would and each time you sync your watch to your phone, it will automatically upload to Strava.

Using Strava App to track your activities

Please note this will only work on the mobile app and requires a data plan to work
1. Open the Strava app
2. Tap *Record* from the bottom menu
3. Above the *START* button there is an icon, i.e. shoe, bike, etc.
4. Click on that icon to change the activity type. Once you have the activity you want, tap *START.*

OPTIONAL
Before starting, you can tap where it says "Settings" in the top left and activate:
   - **Auto-Pause**: When turned on, the app will detect when you have stopped, i.e. at a red light, and pause your time. When you start moving again it will resume. This is good if you put your phone in a waist pouch or arm band and want an accurate time and distance.
   - **Audio Cues**: The app will make an announcement when you "Start, Stop, Pause", notify you every ½ mile or 1 mile.
   - The other settings require Strava Summit (paid subscription).

Tracking Your Shoe Mileage

Strava allows you to track how many miles you have on your shoes (and bike). You can only *add gear from a computer*.

1. Go to strava.com and hover over your profile picture in the top right corner
2. Select "Settings"
3. Click on "My Gear" from the left menu bar
4. Under *My Running Shoes*, click "Add Running Shoes"
5. Fill out your shoe information and select "Notify me when I have run…"
6. As it states, most shoes will last 300-500 miles before needing to replace them **depending** on the type of shoe you use and your activity type. Lightweight "speed" shoes won't last as long compared to heavier "support" shoes. The faster you run the more impact (ground reaction force) and so the faster you will wear down the shoe. I typically set reminders as follows:
   o Daily running shoes: 400 miles
   o Lightweight workout shoes: 300 miles
7. If you only have 1 pair of shoes, then that pair will automatically be the default pair and each new activity you track will log your mileage to the default shoe.
8. If you have 2+ pairs of shoes, make sure to change the shoe you use by going to the activity you want to change shoes.
   o From the activity you selected, in the top right corner click on the 3 dots
   o Select "Edit"
   o Under "Shoes", select the shoes you want.