

How to Use a Strava Account to link your GPS device or training app with your training log.

Strava is a running and cycling GPS app. At its most basic, you can use it to track your run on your phone, recording mileage, time and splits. It is free to use or you can upgrade to the pro version, which in my opinion is unnecessary.

Your Strava account can be linked to the Final Surge app where your training plan sits, and where your coach is able to view your training, and it can also be linked to training devices such as Garmins and TomToms, and other training apps.

To use Strava to link your device or app with your training log, you first need to create a Strava account.

1. Create a Strava Account

- Go to your playstore on your phone
- Search up Strava
- Click on Strava Running and Cycling GPS
- Click on "Install"
- On the clubs tab, search for Hooked on Running

2. Configure Your Settings

- Click on the menu icon on the top left of your screen
- Go to settings
- Edit your privacy settings. If you log into your Strava account on a desktop/notebook, you will also be able to hide your office or home locations - anywhere you might run from frequently.
- *It's important to note that Strava is a public platform, and you should set your privacy settings according to what you feel comfortable with. For me, the less strangers know about where I am and what I do, the better*

3. Link your device or app with Strava

This will be very much dependent on what device you are going to link to your Strava account.

In most cases, you will need to log in to your training device account and synch with Strava from there.

There are some instructions on the Strava website about linking to particular accounts. These have mostly come from the support centre of the various fitness apps. Here are a couple

[Strava/Polar Synch](#)

<https://support.strava.com/hc/en-us/articles/216918127-Syncing-between-Strava-and-Polar->

[Strava/Tomtom Synch](#)

<https://support.strava.com/hc/en-us/articles/216918027-Automatically-uploading-to-Strava-from-your-TomTom-device>

The easiest way is to do a simple google search to find how Strava can connect to your particular app or device, but if you are having trouble please email kirsten@hookedonrunning.com.au and we will try to help. Of course, we have no control over what devices do and do not link with Strava, and can't help you directly with any issues you might be having with your training device. The best bet for problems with your training device is the support centre for that device

5. Link Strava to your Hooked on Running/Final Surge account.

- Log into your Final Surge Account
- Hover over the workouts tab in the top left of the navigation bar
- Click on Garmin/device upload
- Click on link Strava account
- Tick the automatically merge new workouts box
- Click "connect with Strava"

Any workouts uploaded to Strava will then automatically be uploaded into the training log