

How to Use a Strava Account to Record Your Training and Synch 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 Start Using Strava

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. Configure Your Audio Settings

- In settings, click on record activity
- On the top left of the screen, click on the icon which will take you to another settings menu
- Choose to have run announcements every 1km, 500m, or not at all. Good if you want to know your pace, without looking at your device.

4. Save Your Run Activity

Click on the flag at the bottom of the screen

To view past runs, click on the run you want to view. You will be able to see your splits

5. Sync With Your Final Surge Training Log

- 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 you record in Strava will automatically be uploaded into the training log