

BVSW Cross Country Summer Training Levels 2020

Posting Workouts & Runs on Strava.com

Using the Strava App

1. Open the Strava app on your phone
2. At the bottom of the page click on the "Record" button, make sure your GPS is on for the Strava App
3. Click the icon directly above the start button to select the "type of workout" (Run, Bike, Swim etc)
4. Select "Start" and complete your workout. You can pause the run anytime by pressing "Stop"
5. Once your workout is complete Push "Finish"
 - a. Title your run with the workout that you completed ("5mi Easy" or "WU, 3mi Tempo, CD" etc)
 - b. Write a short description on how you felt during the run or any other things that stand out
 - c. Save the activity at the bottom of the page
6. You can also enter an activity manually by pressing the "(+)" at the top left of the "Feed" screen
7. Select "Manual Entry"
8. Fill in the details about the time, distance & pace of the work (to your best ability). Complete the same steps as above for the details of the run

Connecting your GARMIN GPS Watch to Strava (This applies specifically to Garmin Watches)

1. Download the GarminConnect™ App to your phone
2. Create a profile with your email address (you can use the same one as you used for Strava)
3. Click on "More" in the bottom Right of the page (if you are on your home page)
 - a. If you just created a profile, it will skip to step "6"
4. Select "Garmin Devices" near the bottom of the screen
5. Click on the Blue button at the bottom of the page "Add Device"
6. If you see your watch click on it
 - a. If your watch is not listed, click on "Browse all compatible devices"
 - b. If your watch is NOT listed anywhere, it will not work with this App & you may need to read your watches manual on how to get it on Garmin Connect
7. Turn on your watch, Go to settings and sync the watch with the App (each watch is different, read your manual if you can't find it)
8. This SHOULD connect the watch & the phone together. All runs/workouts will now upload to your phone & Garmin Connect.
9. Open your STRAVA app
10. Go to your "Profile" & click on the "Settings" button in the upper right
11. Select "Applications, Services, and Devices" button
12. Click on the "Connect a new device to Strava"
13. Click on the Garmin logo & "Connect to Garmin"
14. Type in your email & Password you set up in step 2 for your Garmin Connect account
15. This will now allow ALL activities that are on Garmin Connect to transfer to Strava
16. You will have to go back into Strava to Edit the Name & Workout Type

Even though connecting your GPS watch to Strava is a long process on the front end, it makes it easier in the long run because you don't have to worry about connecting it ever again & its easier to work with on the run.