

A student can record and store their performance from the route in two ways:

- 1) in a mobile phone application
- 2) by smart watch or cycle computer (Garmin, Polar, Suunto,...)

1) Using a smart phone

- Students should install the following app in their mobile **STRAVA: Run & Ride Training**



(orange logo)

How to record an activity including 2 photos from the route?

- open the app Strava now installed in your mobile and click on **RECORD** in the middle at the bottom of the screen

- go to **Settings** (top left) – **click on Auto-pause ON** (the time stops 10 seconds after each pause in activity)

- choose an activity (run, ride, walk, inline skate) and click on **START** (you don't need mobile data or Wi-Fi)

- don't forget to **take at least 2 selfies on your mobile** during your activity. Otherwise, your activity can be classified as **WARNING!!!**

Your tutor will always check whether the 2 (or more) photos taken during your activity match the student's face with that of your IS photograph. These photos should be taken at various points during your activity. They will not be accepted from the beginning and end of the route since they can be misused.

It is essential to allow Location in your camera settings – for Android (in newer versions of IOS on iPhones the location of the photo is automatically stored in maps/routes) - otherwise the photo will not appear on the route/map. Your tutor cannot accept an activity without a photo on the route since it could be misused. Strava only displays the photos on the map on the PC version, not on the mobile version.

- click on **FINISH** once you have completed the activity

- give any name to the activity and add the 2 photos from the route (**add photos**) and click on **SAVE ACTIVITY**

- After saving the activity, whenever you connect to mobile data or Wi-Fi, the activity will record into the Strava Club (i.e. the group you have already chosen – you must already be a member) . Then you should **insert your total number of activities into the activity commentary, (i.e. 1.,2.,3.,...12), along with the total time and distance for all the completed activities included the current ones (e.g. 3./25km/150min)**. This helps give a better overview and totals.

- The tutor will confirm your activity by clicking on **“Kudos”** (your activity's “like u”) – which means that everything is OK and that your activity has been recognised.

- We recommend recording the activities regularly, ideally after completing each one.

2) Using a smart watch or a cycle computer (Garmin, Polar, Suunto,...)

- Record and save activities on your smart watch or cycle computer in the usual way you are used to. The only difference is that you need to synchronise and save your activities on STRAVA → open the STRAVA app on your PC (this cannot be done on the mobile version), login, click on **SETTINGS - MY APPS - connect with GARMIN or alternative app** (top right, your profile photo).

- The synchronizing and recording of data in Strava may also be set up in the device's SW (Garmin Connect / Polar Flow / Suunto Moveslink,...)

For example, in Garmin, you should open **Garmin connect on your PC – Account settings – Account Information** – Strava is at the bottom – **Shared data from Garmin Connect to Strava – Activity** (change to green mode)

- If you are unsure about anything, contact your tutor for the subject in question