



## How to manually record indoor cycling, running, walking & other activities on Strava

**Step 1:** Login to the Strava Website or create a free account if you don't have one. **(Make sure you join the Vermont Adaptive Ski & Sports club!)** Please note, if you sign up with Strava on your phone, you may have chosen to log in with your Google or Facebook account. You'll need to choose this option on the web interface as well.

**Step 2:** Once logged in, at the top right of the screen you will see a small plus symbol with a circle around it. Rolling over that will show a dropdown menu with several options. Look for the "Add manual entry" option from the dropdown. Click the link.

The screenshot shows the Strava website's top navigation bar with the Strava logo, search icon, and links for Dashboard, Training, Explore, and Challenges. A 'Start Free Trial' button is visible on the right. A user profile icon with a notification bell and a plus sign is also present. Below the navigation bar is a large image of people using adaptive bicycles on a path. A dropdown menu is open over the plus sign, listing options: 'Upload activity', 'Add manual entry', 'Create a route', and 'Create a post'. In the bottom left corner of the image area, there is a logo for 'VERMONT ADAPTIVE Ski & Sports' and the text 'Vermont Adaptive Ski and Sports' with a small Vermont flag icon and the URL 'https://www.vermontadaptive.org'.

**Step 3:** This will take you to a screen where you can enter your activity data based on either your indoor trainer, or any activity tracking app you use. Enter that data manually in each field. Click on the “Sport” drop-down tag in the middle of the page to choose your activity. This drop-down tag is not available on Android or iPhone, so make sure to use the web interface.

**STRAVA** Dashboard ▾ Training ▾ Explore ▾ Challenges Start Free Trial

---

Device

File

Manual

Mobile

## Manual Entry

Distance  miles ▾

Duration  01 hr  00 min  00 s

Elevation  feet ▾

---

Sport  Run ▾ ↘

Date & Time  04/16/2020  10:10 AM

Title  Morning Run

---

Run Type  ▾

Tags  Commute  Treadmill

Shoes  No Shoes [+ New Shoes](#)

---

Description  How did it go? Were you tired or rested? How was the weather?

Perceived Exertion ⓘ

How did that activity feel?

Easy Moderate Max Effort

**What is Perceived Exertion?**  
Perceived Exertion is how hard your workout felt overall. Add it to your activities to track how your body is responding to your training. Perceived Exertion can also be used in place of heart rate data with Summit features, so you can better understand how your fitness is trending over time.

---

Privacy Controls

WHO CAN SEE

**Everyone**  
Anyone on Strava can view this activity. This activity will be visible on segment and challenge leaderboards, and other Strava features.

[Create](#) [Cancel](#)