



## 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 and 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 interface. At the top, there is a navigation bar with the Strava logo, a search icon, and links for Dashboard, Training, Explore, and Challenges. On the right side, there is a 'Start Free Trial' button, a notification bell icon with a red '1', a profile picture, and a plus sign icon. Below the navigation bar, there is a large image of a person riding a blue adaptive bicycle on a paved path. In the bottom left corner of the image, there is a logo for 'VERMONT ADAPTIVE Ski & Sports'. In the bottom right corner of the image, there is a dropdown menu with the following options: 'Upload activity', 'Add manual entry', 'Create a route', and 'Create a post'. Below the image, there is a heading 'Vermont Adaptive Ski and Sports' and a small Vermont state flag icon with the text 'Vermont' 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](#)

## Manual Entry

**Device**  
**File**  
**Manual**   
**Mobile**

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](#)