

LNXC/TF Strava Sign Up

Strava- Our Virtual Training Log

All distance athletes should set up an account through Strava and join our group using this link:

<https://www.strava.com/clubs/634775>

Privacy Settings:

- How do I control who can see my activities?
 1. Open Strava and click on the **Profile** tab at the bottom of the app.
 2. Click on the settings button in the top right corner of the screen.
 3. Scroll down and click on **Privacy Controls**
 4. Make sure your **Profile Page, Activities, & Group Activities** are all set to "Followers"
 5. Set **Flybys** to "No One"
- How do I manage my followers?
 1. By setting your Profile Page to private (as shown above) you will now have to approve followers before they can view your activities. You can remove followers at any time.
- How do I hide my map?
 2. If you set the privacy controls as shown above, only followers will see your route. Unfortunately, the only way to hide the map from followers is to mark the activity as "indoor." This will also hide the map from your view.
 3. To hide the map, log into your account on the website. Click on the pencil icon located on the left-hand side of the page and click the indoor button.
 4. There may be added features that allow you to hide your map in the future or with a paid subscription which we do not require.

Entering activities:

- What is the best way to enter activities?
 1. Simply hit the record button before your run. After the run, hit upload. Make sure that you have the Privacy Controls set to followers.
 2. What if I forget to record an activity? Can I manually enter a run?
 3. Yes. Go to the "Feed" tab at the bottom of your Strava app. On this page you should see an orange circle with a plus sign. Click it and hit "Manual Activity"
 4. This method is less preferred because it does not allow coaches to see all the analytics during your run.

Uses and Leaderboards:

- Is there a way to remove the leaderboard?

1. Unfortunately, there is currently not a feature that allows the removal of the leaderboard from clubs. However, this is not something that athletes need to pay attention to. It is important that during summer training, athletes are not in competition with one another. Athletes should follow the training plan made for them. Coaches will not view the leaderboard.
- What are my coaches looking at on Strava?
 1. Accountability – Coaches are using Strava to ensure athletes are committing to the Team Investment Standard.
 2. Growth – Coaches will look to see improvements made over the summer by athletes.
 3. Pace – Coaches will look at the athlete's pace to better improve training by placing you in a training group with girls of similar abilities.
 4. Your comments – When there are over 60 athletes on the team it is impossible for coaches to give each athlete the time they deserve in communication each day. Also, some people like to write rather than talk. When you add comments about how you felt, good or bad, or what you deal with mentally, good or bad, we generally pick up on those topics and will follow up with you in a text or conversation. You will also find your teammates are incredibly supportive. We learn far more from your comments than the data input.