



## How to record indoor cycling 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 Hill Country Ride for AIDS 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. We're looking for the "Add manual entry" option from the dropdown.

STRAVA Dashboard Training Explore Challenges Start Free Trial

Upload activity  
Add manual entry  
Create a route  
Create a post

### Strava Challenges

Join a run or cycling Challenge to stay on top of your game, earn new achievements and see how you stack up.

Active & Upcoming Challenges Past Challenges

View All Run Ride

#### GORE® Wear - Create Your Own Epic Moment

Ride the length of Tour of Flanders - 266km - and create your own epic moments with Fabian

Join Now

#### Smartwool Ultra Run Challenge

Run 100 miles (161k) in April for a \$25 Smartwool gift card.

Join Now

#### The ROKA Feel Good 15

Keep calm and keep your distance on!

Join Now

#### Le Col Classics Challenge

Complete 100km for your chance to win a raceday experience with Team Bahrain.

Join Now



Step 3: This will take you to a screen where you can enter your activity data based on either your indoor trainer, or any app it might use.

Enter that data manually in each field, and be sure to choose the “Indoor Cycling” tag in the Tags field in the middle of the page. This 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: Ride

Date & Time: 04/02/2020 2:10 PM

Title: Afternoon Ride

Ride Type: Default

Tags:  Commute  Indoor Cycling

Bike: No Bike [+ New Bike](#)

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

Perceived Exertion:  Clear Entry **What's Moderate?**  
Moderate: Could talk in short spurts  
Breathing more labored  
Within your comfort zone, but working

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](#)

### Free Strava Mobile App

Get the easiest way to record and sync your activities with the free Strava app for iPhone and Android.

