

Manuál ako poslať svoju aktivitu cez aplikáciu STRAVA

1. stiahnuť aplikáciu Strava, registrovať sa a nahráť aktivitu (beh/bike/turistika/...) cez mobil (dole v strede tlačítko Record), alebo využiť smart hodinky s GPS a následne nahráť súbor na Stravu, poprípade ak viete poslať aktivitu aj cez iné služby ako napr. Garmin connect, je to možné, ale aktivita musí byť viditeľná, aby sme ju vedeli skontrolovať
2. dôležité je, aby sme Vás vedeli identifikovať, účet musí byť s Vaším menom a priezviskom, ak urobíte fotku počas aktivity a pridáte ju, je to len plus, počas používania aplikácie je potrebné mať zapnuté GPS

Strava- nastavenie aktivity na Everyone cez web <https://www.strava.com/dashboard> :

3. otvorte si svoju aktivitu
4. aktivita musí byť Verejná t.j. nastavená na Everyone. Skontrolujte si to prosím. Vid' obrázky nižšie.

The screenshot displays the Strava web interface for a specific activity. On the left, a sidebar menu contains options like Overview, Analysis, Analysis Graph, Segments, and Remote Views. A red box highlights a pencil icon (edit) and a red arrow points to it. The main activity page shows the title 'Evening Run' and a timestamp of 8:47 PM on Wednesday, October 7, 2020. Key performance indicators are shown: 0 km Distance, 8s Moving Time, and 0s/km Pace. A table of extended stats is visible on the right, with columns for various metrics like Move Ratio, Heart Rate Stress Score, Best 20min Heart Rate, Time climbing, Average Power, Elevation, and Elapsed Time.

Display elevate extended stats			
-	-	-	-
Move Ratio	-	75% Quartile Pace	-
-	-	-	-
Heart Rate Stress Score	-	TRaining IMPulse	-
-	-	-	-
Best 20min Heart Rate	-	Heart Rate Reserve Avg	-
-	-	-	-
Time climbing	-	-	-
- W	-	-	-
Average Power	-	-	-
Elevation	0m	Calories	-
Elapsed Time	8s	-	-

Edit Activity

Save

Title
Evening Run

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 subscription 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.
- Followers**
Only your followers will be able to access this activity's details. This activity will not appear on segment or challenge leaderboards, but may still count toward some challenge goals. Members who do not follow you may be able to view a summary of this activity depending on your other privacy settings.
- Only You**
This activity is private. Only you can view it. If it counts toward a challenge, your followers may see updates on your progress. No one will see your activity page, and this activity won't show up on leaderboards or elsewhere on Strava, including group activities or Flybys.

Sport
Run

Run Type
Treadmill

Tags
Commute Treadmill

Shoes
+ New Shoes

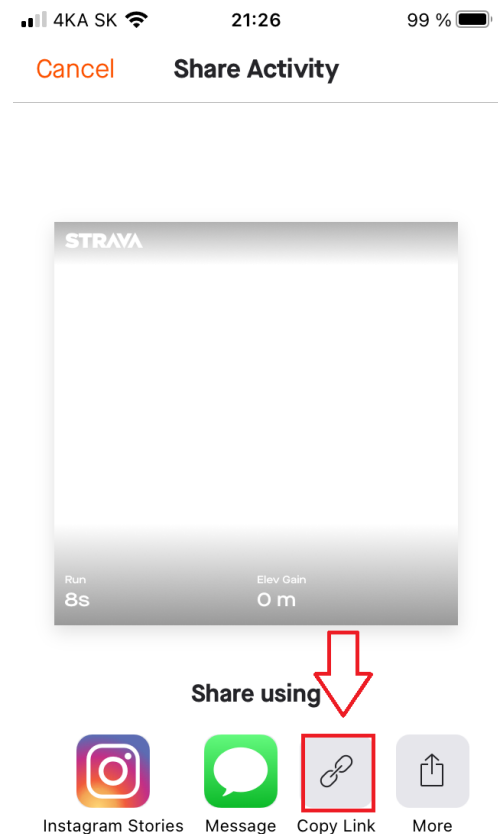
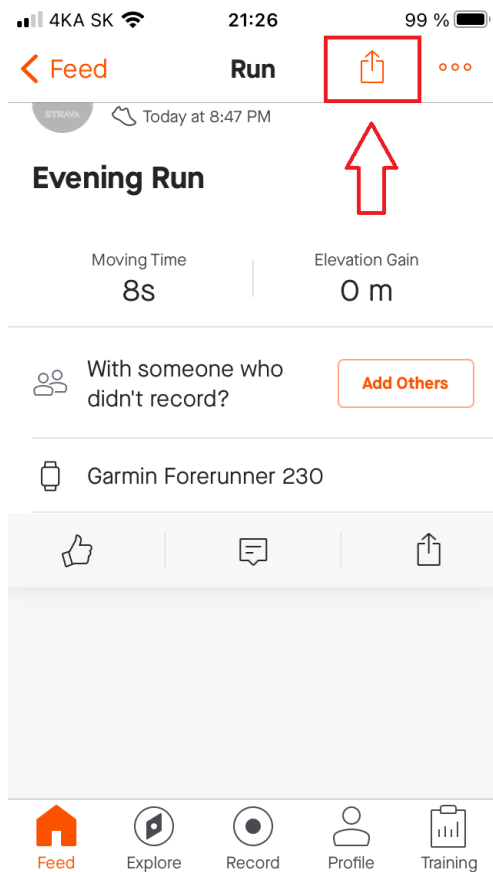
Date	Oct 7, 2020
Time	8s
Elevation Gain	0 m

Nezabudnite na Save vpravo hore 😊

Potom už len stačí poslať link s aktivitou, formát vyzerá nejak takto (link slúži ako príklad, aktivita je už vymazaná): <https://www.strava.com/activities/4164652326>

Následne v tom týždni poslať záznam na email : lukas.varga@uvlf.sk

Link je možné poslať aj cez mobilnú aplikáciu:



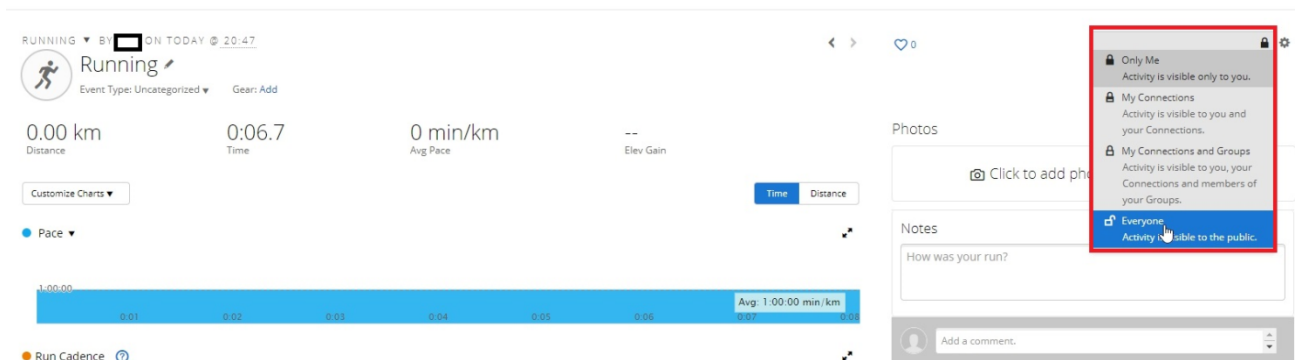
Formát sa môže líšiť od zariadenia ale mal by vyzeráť približne takto:

<https://strava.app.link/oLrGc2zGoab>

- v prípade technických otázok, prosím najprv kontaktujte svojich kamarátov, ktorí sú náruživí športovci, ak nepomôžu, tak sa môžete obrátiť na nás ☺
- dobrý návod aké sú možnosti uploadovania na stravu v EN-
<https://support.strava.com/hc/en-us/articles/223297187-How-to-get-your-Activities-to-Strava>
- veríme, že sa budete poctivo hýbať za "svoje", ide predsa o Vaše zdravie ktoré, máme len jedno :)

Návod na Garmin Connect pre užívateľov Garmin zariadení:

1. Otvoríte si aktivitu a kliknete vpravo na kladku a zvolíte Everyone



2. Už len pošlete link, formát by mal vyzeráť takto:

<https://connect.garmin.com/modern/activity/5645977015>