

# Strava + Suunto + DistantRace

As we [wrote earlier](#), Strava does not grant us access to your activities via direct integration. However, you can use Suunto as a solution to automatically synchronize your workouts with both Strava and DistantRace. Here's what you need to do:

1. **Download the Suunto app and create an account**
2. **Connect Suunto to DistantRace:**

[Read here on how to connect Suunto with DistantRace.](#)

3. **Connect Suunto to Strava:**

In the Suunto app, go to "Partner services" and find Strava. Press "connect" to link accounts.

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4. **Record your sporting activity:**

Use the Suunto app or your Suunto watch to record your workouts. Start the activity, and when finished your workout data will automatically be sent to both Strava and DistantRace without any additional actions.

This ensures that your workouts are conveniently shared across different platforms, allowing you to participate in challenges and effortlessly track your sports activities.

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Revision #1

Created 2 April 2024 19:02:57 by Agris

Updated 2 April 2024 19:04:11 by Agris