

# Strava FIT download

If you have the STRAVA app:

1. Log into your STRAVA profile from a computer.
2. Click on the Training section and then My Activities.
3. Select the activity you wish to add to your DistantRace.com profile.
4. On the left side of the page, click on the "three dots" or Actions icon and choose Export Original.
5. The selected activity will be downloaded to your computer in FIT format.
6. Then, log into your DistantRace.com profile and go to the My Activities section.
7. Choose the "Upload GPX" icon and add your activity.
8. Once the activity is uploaded, it will automatically be added to your DistantRace.com profile activities.

[STRAVA FIT Download](#)

<https://youtu.be/sxAw9FlxH3Y>

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