

RUNNING WAS THE MOST POPULAR SPORT – AND IT’S GROWING

Running saw the most uploads in 2023, and more and more athletes are motivated to lace ‘em up: The share of Strava athletes uploading runs increased 4%.



SPORTS WITH MOST UPLOADS ON STRAVA IN 2023:

1. RUN 	2. RIDE (INCLUDING E-BIKE) 	3. WALK 
4. TRAIL RUN 	5. GRAVEL AND MOUNTAIN BIKE RIDE 	
6. HIKE 	7. VIRTUAL RIDE 	8. WORKOUT 
9. SWIM 	10. ALPINE SKI 	

STRAVA

Global Trend Sports Training

Eric MacIntosh, Gonzalo Bravo, Ming Li



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