

# 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**



## **Global Trend Sports Training:**

Delve into the emotional tapestry woven by Crafted by in **Global Trend Sports Training** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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