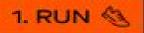
RUNNING WAS THE MOST POPULAR SPORT AND IT'S GROWING

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%.





2. RIDE (INCLUDING E-BIKE) 36



4. TRAIL RUN 🙈



5. GRAVEL AND MOUNTAIN BIKE RIDE 💸

6. HIKE 🙈

7. VIRTUAL RIDE 3%

WORKOUT 36

9. SWIM 🏯

10. ALPINE SKI X



Global Trend Sports Training

Eric MacIntosh, Gonzalo Bravo, Ming Li

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