STRYD

POWER.EFFICIENCY.SPEED.

SETUP STRYD

TRAINING PLANS

Stryd includes power-based training plans from 5k to Triathlon.

Your existing training plan can also be adapted to support power.

Daily workouts are delivered to you watch, phone, and computer.

Visit stryd.com/training to get started.

SETUP

Activate and charge your new Stryd.

1. Power the charging pad with a computer or wall outlet using the USB cable.
2. Place Stryd at the center of the charging pad. Device lights up when the charging starts, and it lights off after fully charged.

Configure Stryd using Stryd Mobile.

1. Visit stryd.com/mobile to install Stryd Android/ iOS app on your phone or tablet.
2. Sign in to the app with your Stryd account.
3. Press the 'Sync' button.

WEAR STRYD

You can wear Stryd on either shoe. Center your device on the laces with the narrow end pointing forward.

1. Slide the clip under 2-3 rows of shoe laces.
2. Align the notch on Stryd with the tooth on the clip.
3. Push the front of Stryd and the clip together until they click. You're ready to run!
4. To remove Stryd, press the front end of the clip forward and remove Stryd. It's fine to leave Stryd attached between runs.

RUN WITH STRYD

GARMIN WATCHES

Stryd supports Connect IQ-compatible watches with custom apps and data fields.

Stryd IQ is a custom app to start training and racing with power.

Stryd Power is a custom data field that works great in run and triathlon modes.

Visit stryd.com/garmin for compatibility lists and installation instructions.

SUUNTO WATCHES

Suunto Ambit 2, Ambit 3, and Spartan watches support Stryd, and power works in run mode.

Visit stryd.com/suunto for compatibility lists as well as installation and Movescount syncing instructions.

If you have another watch, visit stryd.com/ support for compatibility information and installation instructions.

MOBILE PHONES

You can run with Stryd using the Stryd Mobile App on your phone. It shows your run data, and syncs it to your Stryd account.

You can use Stryd without taking a watch or smartphone. When you finish your run, open up the Stryd Mobile App and press the sync button. All of your run data will be saved to your Stryd account for review.