

MISS AI

GUIDE 07 · AI FOR ATHLETES

Claude × Strava

Connect your training data to Claude, and a prompt pack to actually use it.

THE MISS AI PODCAST · [AICONSULTANCY.CO.NZ](https://aiconsultancy.co.nz)

THE SETUP

Your runs, read in real time

Strava now ships an official MCP connector (launched 1 June 2026) that links your live Strava data to Claude. No more exporting CSVs or pasting data by hand. Claude reads your runs, rides, swims, heart rate, pace, GPS and gear in real time and answers plain English questions about your training. This guide gets you connected in minutes, then hands you ready to paste prompts.

Who this is for. Strava subscribers who use Claude (desktop or web) and want AI powered coaching, analysis, and accountability built from their own data.

BEFORE YOU START

An active Strava subscription

The MCP connector is a subscriber only perk. Free accounts cannot connect it.

A Claude account

Desktop app or claude.ai. Both support connectors.

A few minutes and your Strava login

You will authorize the connection through Strava's secure OAuth screen.

Heads up: gradual rollout. Strava is enabling the connector in waves. If you connect but Claude says you are not eligible yet, that is normal. Your account simply has not been switched on, and it is not a setup error. Check back in a few days. You can ask Claude "Am I eligible for the Strava MCP?" to test.

STEP BY STEP

Connect it in five steps

1 Open Connectors in Claude

Go to Settings, then Connectors (in the Claude desktop app or on claude.ai). This is where third party data sources live.

2 Find Strava

Browse or search the connector directory for Strava. It shows the Strava logo and a short "Analyze, summarize, and explore your Strava data" description.

3 Click Connect

Claude opens Strava's official authorization page in your browser.

4 Sign in and authorize

Log in to Strava if prompted and review what you are granting. The connector is read only. Click Authorize and you will be returned to Claude automatically.

5 Confirm it is live

Back in Claude, the Strava connector should show as Connected. Start a new chat and try "Pull my last 10 Strava activities." If data comes back, you are done.

Tip. The connection persists across a session, so once it is live you can ask follow up questions in the same chat without reconnecting. Connectors can be toggled on and off per chat in the connector menu.

ACCESS AND PRIVACY

What Claude can see

- ◆ **Activity history.** Runs, rides, swims, and 50+ sport types, with distance, time, pace and splits.
- ◆ **Performance metrics.** Heart rate, pace, GPS routes, cycling power, elevation, and relative effort.
- ◆ **Fitness trends and readiness.** Training load tracked over weeks and months.
- ◆ **Gear and clubs.** Shoe and bike mileage, plus clubs and events.

Privacy. The connector is read only. Claude cannot upload, edit, or delete activities. It only reads what your Strava account already holds. One gap to know: weather is not in the data, so for heat or wind analysis you will need to give Claude your training city so it can cross reference historical weather.

Troubleshooting

PROBLEM	FIX
"Not eligible yet" or no data	Rollout has not reached you. Wait a few days and retry. This is not a setup fault.
Can't find Strava in the directory	Confirm you are on a current Claude version. The connector lives in the official directory.
Connection dropped or auth error	Remove and re add the connector in Settings, then Connectors, to refresh the OAuth token.
"Subscriber only" message	The MCP requires an active Strava subscription. Free accounts cannot use it.

PASTE THESE STRAIGHT IN

The prompt pack

Drop these into Claude once you are connected. Edit the red italic bits for your own goals.

Deep analysis and hidden insights

- Analyze my last 90 days on Strava. Find patterns I haven't noticed: what time of day I'm fastest, how rest days affect my pace, and what's secretly capping my progress.
- Are my easy days actually easy? Compare the pace of my easy runs to my hard ones and tell me if I'm stuck in the "grey zone."
- Look at my training over the last 6 months. Is my fitness trending up, flat, or down, and what's driving it?

Roast and accountability

Roast my training like a brutally honest coach. Call out every excuse, every junk mile, and every week I slacked off.

Be my accountability coach. Look at this week vs my 4-week average and tell me, no sugar coating, whether I'm on track or making excuses.

Race and goal planning

Based on my recent runs, build me a realistic 6-week plan to run a 10K in **40 minutes**. Include my exact training paces.

I have a half marathon on **[date]**. Use my current fitness to predict a realistic finish time and a pacing strategy.

What's a realistic goal for me this season given my training so far? Don't flatter me. Give me the number the data supports.

Workouts and structure

Design this week's 4 runs for me based on my recent training. Tell me the type, distance, and target pace for each.

Look at my interval sessions. Am I running them fast enough to actually improve my 5K time?

How's my pacing discipline? Check whether I go out too fast and fade in the back half of my runs.

Gear, cross training and trends

How many kilometres are on each pair of my shoes? Tell me which ones I should retire soon.

Compare my running and cycling load. Am I balanced, or overdoing one and neglecting the other?

Show my weekly mileage for the last 12 weeks and flag any weeks where I dropped off a cliff.

Recurring check ins (great as a scheduled task)

Every Sunday, pull my runs from the past week, compare them to my plan, and tell me if I hit my paces, then preview next week.

Each Monday morning, give me a one paragraph summary of last week's training with one thing to fix this week.

MISS AI

Built something with this? I want to see it.

For more AI workflows, prompt packs and build in public breakdowns for founders and creators, come find me.

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Created with Claude · MissAI (realmissai.com). Strava MCP connector launched 1 June 2026, subscriber only, read only. Steps reflect the connector directory flow in Claude and menu labels may vary slightly by app version. Verify current details at support.strava.com.