

Sending your data to 3<sup>rd</sup> party training sites from the NK LiNK app

We are hoping to create an easier way to send your SpeedCoach workout data to sites like Strava through our app, but for now, these are the best work arounds I've found!

- GOTOES ([http://gotoes.org/strava/Strava\\_Email\\_Uploader.php](http://gotoes.org/strava/Strava_Email_Uploader.php))
  - o This is SUPER easy! Create an account with GOTOES following the link above.
  - o Connect your GOTOES account with Strava (you can connect up to two Strava accounts)
  - o After those initial steps, any email you send to [stravaupload@gotoes.org](mailto:stravaupload@gotoes.org) with your SPC fit files attached will be uploaded to your Strava account (the subject line from your email will become the title of your ride/run/swim).
  - o Sample process after creating a GOTOES account and connecting it with your Strava account:
    - Download your SPC data to your NK LiNK app
    - Click "select" and choose the workouts you'd like to export
    - Once you're done, select "Export," and choose the email option
    - Address the email to [stravaupload@gotoes.org](mailto:stravaupload@gotoes.org) with your chosen subject line and hit send!
  - o From my personal experience using the program, it does take a few minutes for the workouts to show up in your Strava account, but it's pretty slick and easier than manually adding the workouts!
- TAPIRIIK (<https://tapiriik.com/>)
  - o Tapiriik syncs your workout data between a whole host of third party sites (including Endomondo, Strava, Training Peaks, and more). You can either choose to pay \$2/year for it to sync automatically, or visit their webpage (tapiriik.com) to manually trigger a sync.
  - o From their main page, select all the accounts that you'd like to connect (so, for example, Dropbox, Strava, and SportTracks). Once the sites are connected, the magic begins!
  - o Sample process after connecting your selected sites and tapiriik
    - Download your SPC data to your NK LiNK app
    - Click "select" and choose the workouts you'd like to export
    - Once you're done, select "Export," and choose the Dropbox (assuming you have the Dropbox app on your phone/tablet) option
    - If you've chosen to pay \$2/year, your work is done! Otherwise, quick hop onto the tapiriik webpage and it will sync up your accounts.
- Rowsandall (<http://rowsandall.com>)
  - o This is an awesome site for training data if you are a rower! Once you have an account (the basic version is free), you'll have the ability to email CSV or FIT files to your account by emailing them from the account you are registered with and sending them to [workouts@rowsandall.com](mailto:workouts@rowsandall.com)
  - o Sample process after creating an account at <http://rowsandall.com>
    - Download your SPC data to your NK LiNK app

- Click “select” and choose the workouts you’d like to export
- Once you’re done, select “Export,” and choose the email option
- Address the email to [workouts@rowsandall.com](mailto:workouts@rowsandall.com) with your chosen subject line and hit send!