

# Warrior Performance Lab

## STRAVA vs RUNNA – Hybrid & HYROX Athlete Guide

Strava vs Runna: What Each App Actually Does for Hybrid & HYROX Athletes

Strava is your GPS-based activity tracker and social hub. It logs runs, rides and other training sessions with pace, distance, elevation and route data, while giving you clubs, challenges, kudos and leaderboards to keep you motivated and accountable.

Runna is your structured running coach in an app. It builds personalised training plans based on your level, goal and schedule, and includes strength and mobility sessions that support your running progression.

For hybrid and HYROX athletes, both apps are useful – but they solve different problems.

**Strava – Best Uses**

- Track your runs and mixed sessions over time to see volume and pace trends.
- Share your training, join clubs and build community for motivation.
- Give your coach a clear log of what you actually did each week.
- Log hybrid work (sled, BBJ, erg, strength) as “workouts” or “cross-training” to keep your big picture in one place.

**Limits:** Strava is not a full coaching engine. It won't design or adapt a HYROX-specific plan for you – it records and socialises your work.

**Runna – Best Uses**

- Follow a structured running plan for 5K, 10K, half or full marathon.
- Get session-by-session guidance for easy runs, intervals, tempo and long runs.
- Use built-in strength and mobility sessions that complement your running phase.
- Build a better engine to plug into your hybrid or HYROX training.

**Limits:** Runna focuses on running plus general strength. It doesn't natively coach HYROX stations like sled push/pull, burpee broad jumps, lunges or wall balls – those still need a dedicated hybrid program or coach.

How to Combine Strava & Runna in a Hybrid Season

Simple model for most athletes:

- Use Runna for your running progression when you are in a run-focused block.
- Sync or log those runs to Strava so you and your coach can see volume, pacing and consistency.
- Use a separate hybrid/HYROX program (Warrior Lab, gym programming, coach) for sleds, BBJs, lunges, wall balls, ski/row and heavy strength work.
- Log those hybrid sessions as “workouts/cross-training” inside Strava to keep your training history complete.

Who Should Prioritise Which App?

If you must pick one:

- Choose Strava if you care most about community, tracking and sharing your training, and you already have a coach or plan for HYROX work.
- Choose Runna if you need a clear, structured running plan to hit a time or distance goal and you are happy to plug your HYROX/hybrid work in around it.

Best setup for most serious HYROX/hybrid athletes:

- Strava = Track, share and analyse what you did.
- Runna = Plan and progress your running engine.
- Warrior Lab / your coach = Design and coach the HYROX-specific and strength work that neither app replaces.

Pricing & Bundles (Approximate)

Pricing varies by region and changes over time, but at the time of writing typical ballpark figures are: • Strava Premium – around 10–12 USD per month or 70–80 USD per year for full analytics and extra features. • Runna – roughly 18–20 USD per month, with yearly options often bringing the price down. • Occasional “Strava + Runna” bundles – combined annual offers that give access to both platforms at a reduced total cost.

Always check in-app or on each brand’s website for the latest prices and promotions.

#### Practical Takeaway for WPL Athletes & Coaches

Think of Strava and Runna as tools that sit around your hybrid program, not instead of it.

Strava: • Your public training log and community. • Great for sharing your HYROX prep and keeping yourself and your athletes accountable.

Runna: • Your structured running backbone when you are building 5K–marathon performance. • Helps you avoid random run weeks and overuse from guessing volume.

Warrior Performance Lab / Your Coach: • Where sled push/pull, BBJ, lunges, wall balls, row, ski and strength live. • Where sports nutrition, recovery strategies, technique coaching and race simulations come together.

Strava = Track. Motivate. Share. Community. Runna = Plan. Progress. Structure. Strength + Running. Your HYROX/hybrid program = The engine that makes it all work on race day.