GARMIN

quick start manual

FORERUNNER® 310XT

MULTISPORT GPS TRAINING DEVICE

WARNING: Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

WARNING: This product contains a non-replaceable lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for important battery safety information

Product Registration

Help us better support you by completing our online registration today. Go to http://my.garmin.com. Keep the original sales receipt, or a photocopy, in a safe place.

Contact Garmin

Contact Garmin Product Support if you have any questions while using your Forerunner®. In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397-8200 or (800) 800-1020.

In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.

In Europe, go to www.garmin.com /support and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

Buttons

❶ power ⏻

- Press and hold to turn the Forerunner on and off.

- Press to turn on and to adjust the backlight. A status page appears.

- Press to pair with an ANT+™ weight scale (optional accessory).

❷ mode

- Press to view the timer page and menu page. The map page and the compass page also appear if they are active.

- Press to exit a menu or a page. Your settings are saved.

- Press and hold to switch sport modes.

❸ lap/reset

- Press to create a new lap.

- Press and hold to reset the timer.

❹ start/stop

Press to start or to stop the timer.

❺ enter

Press to select options and to acknowledge messages.

⑥ ▲▼ arrows (up/down)

• Press to scroll through menus and settings.

TIP: Press and hold the ▲▼ **arrows** to scroll quickly through the settings.

• Press to scroll through training pages during a workout.
• On the Virtual Partner® page, press and hold to adjust the Virtual Partner pace.

Forerunner Backlight

Press ⏻ to turn on the backlight. Use ▲▼ to adjust the backlight level. This window also shows several status icons.

Icons

📶	GPS is on, and the Forerunner is receiving satellite signals.
⌂	GPS is off for use indoors or for training with the optional foot pod sensor.
⏱	The timer is running.
♡	The heart rate sensor is active.
🦶	The foot pod sensor is active.
🚴	The cadence sensor is active.
🅿	The power sensor is active.
🔋	Battery charge level.
⚡	The battery is charging.
((•))	The device is uploading data or pairing with fitness equipment.

Step 1: Charge the Battery

⚠ **CAUTION:** To prevent corrosion, thoroughly dry the charging contacts and the surrounding area before charging.

TIP: The Forerunner will not charge when outside the temperature range of 32°F–122°F (0°C–50°C).

1. Plug the USB connector on the charging clip cable into the AC adapter.
2. Plug the AC adapter into a standard wall outlet.
3. Align the charging clip posts with the contacts on the back of the Forerunner.

Contacts

4. Clip the charger securely over the face of the Forerunner.

A fully charged battery will last up to 20 hours, depending on usage.

Charging clip

When you initially turn on the Forerunner and are completing the setup wizard, use the table below to set your activity class. Indicate if you are a lifetime athlete.

A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less.

Activity Class Chart

	Training Description	Training Frequency	Training Time Per Week
0	No exercise	-	-
1	Occasional, light exercise	Once every two weeks	Less than 15 minutes
2			15 to 30 minutes
3		Once a week	Approximately 30 minutes
4	Regular exercise and training	2 to 3 times per week	Approximately 45 minutes
5			45 minutes to 1 hour
6			1 to 3 hours
7		3 to 5 times per week	3 to 7 hours
8	Daily training	Almost daily	7 to 11 hours
9		Daily	11 to 15 hours
10			More than 15 hours

The activity class information is provided by Firstbeat Technologies Ltd., portions of which are based on Jackson et al. "Prediction of Functional Aerobic Capacity Without Exercise Testing," *Medicine and Science in Sports and Exercise 22* (1990): 863–870.

Step 2: Turn on Your Forerunner

Press and hold ⏻ to turn on your Forerunner. Follow the on-screen instructions to configure the Forerunner and set your user profile.

The Forerunner uses your user profile to calculate accurate calorie data. Using the table on page 6, select 0–10 to set your activity class.

If you are using an ANT+ heart rate monitor, select **Yes** during the configuration to allow the heart rate monitor to pair (connect) with your Forerunner. See Step 4 for more information.

Step 3: Acquire Satellite Signals

It may take 30–60 seconds to acquire satellite signals. Go outdoors to an open area. For the best reception, ensure that the face of the Forerunner is oriented toward the sky.

When the Forerunner has acquired satellite signals, the training page appears with the satellite icon (ᴴ) at the top.

Step 4: Pair the Heart Rate Monitor (Optional)

While you are trying to pair your heart rate monitor with your Forerunner for the first time, move 10 m away from other heart rate monitors.

Using the Heart Rate Monitor
The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run.

1. Snap the heart rate monitor ① onto the strap.

2. Wet the electrodes ② on the back of the strap to create a strong connection between your chest and the transmitter.

NOTE: Some heart rate monitors have a contact patch ③. Wet the contact patch.

3. Wrap the strap around your chest, and connect the strap hook ④ to the loop.

NOTE: The Garmin logo should be right-side up.

4. Bring the device within range (3 m) of the heart rate monitor.

NOTE: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5–10 minutes.

5. Press **menu** > select **Settings** > **Run Settings** > **Heart Rate** > **ANT+ HR** > **Yes**.

TIP: This step is unnecessary if you have configured this in the wizard.

Heart Rate Settings

For the most accurate calorie data, set your maximum heart rate and resting heart rate. You can set five heart rate zones to help you to measure and increase your cardiovascular strength.

1. Press **mode** > select **Settings** > **Run Settings** > **Heart Rate** > **HR Zones**.
2. Follow the on-screen instructions.

Step 5: Customize Your Sport Settings (Optional)

Press **mode** > select **Settings** > select the sport setting option (depends on your current sport mode).
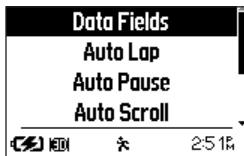
Select **Data Fields** to customize up to four data pages. Each data field is defined in the *Forerunner 310XT Owner's Manual*. The manual also contains information about Auto Lap®, Auto Pause®, Auto Scroll,

additional ANT+ accessories, Virtual Partner, and bike mode settings.

Step 6: Go Workout!

1. Press **mode** to view the training page.

2. Press **start** to start the timer.
3. After completing your run, press **stop**.
4. Press and hold **reset** to save your activity and reset the training page.

Step 7: Download Garmin Connect™

1. Go to www.garminconnect.com /start.
2. Follow the on-screen instructions.

Step 8: Send Workout Data to Your Computer

1. Plug the USB ANT Stick into a USB port on your computer.

The USB ANT Stick drivers automatically install the Garmin ANT Agent. You can download the USB ANT Agent if the drivers do not automatically install. Go to www.garminconnect.com/start.

2. Bring your device within range (3 m) of your computer.

3. Follow the on-screen instructions.

Viewing and Deleting History

You can view the following data on your Forerunner: time, distance, average pace/speed, calories, average heart rate data, and average cadence.

To view activity history:
1. Press **mode** > select **History** > **Activities**.

2. Use ▲ ▼ **arrows** to scroll through the activities. Select **View More** to view Averages/Maximums. Select **View More** > **View Laps** to view lap summaries.

To delete activity history:
1. Press **mode** > select **History** > **Delete**.

2. Select an option:

   • **Individual Activities**—delete individual activities.

   • **All Activities**—delete all activities from the history.

   • **Old Activities**—delete activities recorded more than one month ago.

   • **Totals**—reset all your totals.

Resetting the Forerunner

If your Forerunner is not operating properly, press **mode** and **lap/reset** simultaneously until the screen goes

blank.

This does not erase any of your data or settings.

Clearing User Data

⚠ **NOTICE:** This deletes all user-entered information including history.

1. Turn off the Forerunner.
2. Press and hold **mode** and ⏻ until the message appears.
3. Select **Yes** to clear all user data.

Caring for the Heart Rate Monitor

⚠ **NOTICE:** You must unsnap the module before cleaning the strap.

⚠ **NOTICE:** A buildup of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

Go to www.garmin.com/HRMcare for detailed washing instructions.

Getting the Owner's Manual

You can get the latest owner's manual from the web.

1 Go to www.garmin.com/intosports.
2 Select your product.
3 Click **Manuals**.

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