# Table of Contents

**Introduction** ................................................................. 1

- Keys ........................................................................ 1
- GPS Status and Status Icons ........................................ 1
- Going for a Run .......................................................... 1

**Activities and Apps** ....................................................... 1

- Starting an Activity ..................................................... 1
- Tips for Recording Activities ......................................... 1
- Stopping an Activity ..................................................... 2
- Creating a Custom Activity ........................................... 2
- Indoor Activities ........................................................ 2
  - Calibrating the Treadmill Distance ............................... 2
- Outdoor Activities ...................................................... 2
  - Triathlon Training .................................................... 2
  - Creating a Multisport Activity .................................... 2
  - Tips for Triathlon Training or Using Multisport Activities .................................................. 2
- Swimming .................................................................... 3
  - Swim Terminology .................................................. 3
  - Stroke Types .......................................................... 3
  - Tips for Swimming Activities ..................................... 3
  - Resting During Pool Swimming ................................ 3
  - Training with the Drill Log ....................................... 3
- Viewing Your Ski Runs ................................................ 3
- Jumpmaster ............................................................... 3
- Golfing ......................................................................... 3
  - Playing Golf .......................................................... 3
  - Hole Information .................................................... 3
  - Moving the Flag ...................................................... 4
  - Viewing Measured Shots ......................................... 4
  - Viewing Layup and Dogleg Distances ......................... 4
  - Keeping Score ....................................................... 4
  - Updating a Score .................................................... 4
  - TruSwing™ ............................................................. 4
  - Using the Golf Odometer ......................................... 4
  - Tracking Statistics .................................................. 4

**Training** ......................................................................... 4

- Workouts ...................................................................... 4
  - Following a Workout From Garmin Connect ................ 4
  - Starting a Workout .................................................. 4
  - About the Training Calendar ..................................... 4
  - Using Garmin Connect Training Plans ....................... 5
  - Interval Workouts .................................................... 5
  - Creating an Interval Workout .................................... 5
  - Starting an Interval Workout ..................................... 5
  - Stopping an Interval Workout ................................... 5
- Using Virtual Partner® ................................................ 5
- Setting a Training Target ............................................. 5
- Cancelling a Training Target ....................................... 5
- Segments ..................................................................... 5
  - Strava™ Segments .................................................. 6
  - Racing a Segment .................................................... 6
  - Viewing Segment Details ....................................... 6
- Racing a Previous Activity ........................................... 6
- Personal Records ........................................................ 6
  - Viewing Your Personal Records ................................. 6
  - Restoring a Personal Record ..................................... 6
  - Clearing a Personal Record ...................................... 6
  - Clearing All Personal Records ................................... 6
- Using the Metronome .................................................. 6
- Extended Display Mode ............................................. 7
- Setting Up Your User Profile ....................................... 7
  - Fitness Goals ......................................................... 7

**Activity Tracking** .......................................................... 8

- Auto Goal ..................................................................... 8
- Using the Move Alert .................................................. 8
- Sleep Tracking .......................................................... 8
  - Using Automated Sleep Tracking ............................. 8
  - Using Do Not Disturb Mode ..................................... 8
- Intensity Minutes ........................................................ 8
  - Earning Intensity Minutes ....................................... 8
  - Garmin Move IQ™ Events ....................................... 8
- Activity Tracking Settings .......................................... 8
  - Turning Off Activity Tracking .................................. 8
  - Menstrual Cycle Tracking ....................................... 9

**Heart Rate Features** ..................................................... 9

- Wrist-based Heart Rate .............................................. 9
  - Wearing the Device ................................................ 9
  - Tips for Erratic Heart Rate Data ............................... 9
  - Viewing the Heart Rate Widget ................................. 9
  - Broadcasting Heart Rate Data to Garmin® Devices ... 9
  - Broadcasting Heart Rate Data During an Activity ...... 9
  - Setting an Abnormal Heart Rate Alert ....................... 9
  - Turning Off the Wrist-based Heart Rate Monitor ....... 9
- HRM-Swim Accessory .................................................. 10
  - Heart Rate While Swimming ..................................... 10
  - Going for a Pool Swim ............................................. 10
  - Swimming in Open Water ........................................ 10
  - Sizing the Heart Rate Monitor .................................. 10
  - Putting On the Heart Rate Monitor ............................ 10
  - Tips for Using the HRM-Swim Accessory .................. 10
  - Caring for the Heart Rate Monitor ........................... 10
- HRM-Tri Accessory ...................................................... 10
  - Pool Swimming ....................................................... 10
  - Putting On the Heart Rate Monitor ............................ 10
  - Data Storage .......................................................... 11
  - Caring for the Heart Rate Monitor ........................... 11
  - Tips for Erratic Heart Rate Data ............................... 11
  - Running Dynamics .................................................. 11
  - Training with Running Dynamics ............................. 11
  - Color Gauges and Running Dynamics Data ............... 12
  - Ground Contact Time Balance Data ......................... 12
  - Vertical Oscillation and Vertical Ratio Data .............. 12
  - Tips for Missing Running Dynamics Data ................. 12
  - Performance Measurements ...................................... 12
  - Turning Off Performance Notifications .................... 13
  - Detecting Performance Measurements Automatically ... 13
  - Training Status ....................................................... 13
  - Tips for Getting Your Training Status ....................... 13
  - About VO2 Max. Estimates ...................................... 14
  - Recovery Time ....................................................... 14
  - Viewing Your Recovery Time ................................... 14
  - Recovery Heart Rate ................................................ 14
  - Training Load ........................................................ 14
  - Viewing Your Predicted Race Times ......................... 14
  - About Training Effect ............................................. 14
  - Viewing Your Heart Rate Variability Stress Score ...... 15
  - Performance Condition ........................................... 15
  - Viewing Your Performance Condition ...................... 15
  - Lactate Threshold .................................................... 15
  - Performing a Guided Test to Determine Your Lactate Threshold .................................................. 15
  - Getting Your FTP Estimate ...................................... 15
# Smart Features

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pairing Your Smartphone with Your Device</td>
</tr>
<tr>
<td>Tips for Existing Garmin Connect Users</td>
</tr>
<tr>
<td>Enabling Bluetooth Notifications</td>
</tr>
<tr>
<td>Viewing Notifications</td>
</tr>
<tr>
<td>Managing Notifications</td>
</tr>
<tr>
<td>Turning Off the Bluetooth Smartphone Connection</td>
</tr>
<tr>
<td>Turning On and Off Smartphone Connection Alerts</td>
</tr>
<tr>
<td>Locating a Lost Mobile Device</td>
</tr>
<tr>
<td>Viewing the Widgets</td>
</tr>
<tr>
<td>Viewing the Controls Menu</td>
</tr>
<tr>
<td>Customizing the Controls Menu</td>
</tr>
<tr>
<td>Viewing the Weather Widget</td>
</tr>
<tr>
<td>Opening the Music Controls</td>
</tr>
<tr>
<td>Bluetooth Connected Features</td>
</tr>
<tr>
<td>Updating the Software Using the Garmin Connect App</td>
</tr>
<tr>
<td>Manually Syncing Data with Garmin Connect</td>
</tr>
<tr>
<td>Starting a GroupTrack Session</td>
</tr>
<tr>
<td>Tips for GroupTrack Sessions</td>
</tr>
<tr>
<td>Connect IQ Features</td>
</tr>
<tr>
<td>Downloading Connect IQ Features Using Your Computer</td>
</tr>
<tr>
<td>Wi-Fi Connected Features</td>
</tr>
<tr>
<td>Using History</td>
</tr>
<tr>
<td>Multisport History</td>
</tr>
<tr>
<td>Viewing Your Time in Each Heart Rate Zone</td>
</tr>
<tr>
<td>Viewing Data Totals</td>
</tr>
<tr>
<td>Using the Odometer</td>
</tr>
<tr>
<td>Deleting History</td>
</tr>
<tr>
<td>Data Management</td>
</tr>
<tr>
<td>Deleting Files</td>
</tr>
<tr>
<td>Disconnecting the USB Cable</td>
</tr>
<tr>
<td>Garmin Connect</td>
</tr>
<tr>
<td>Using Garmin Connect on Your Computer</td>
</tr>
<tr>
<td>Courses</td>
</tr>
<tr>
<td>Creating and Following a Course on Your Device</td>
</tr>
<tr>
<td>Creating a Course on Garmin Connect</td>
</tr>
<tr>
<td>Sending a Course to Your Device</td>
</tr>
<tr>
<td>Viewing Course Details</td>
</tr>
<tr>
<td>Saving Your Location</td>
</tr>
<tr>
<td>Editing Your Saved Locations</td>
</tr>
<tr>
<td>Navigating to the Starting Point of Your Last Saved Activity</td>
</tr>
<tr>
<td>Projecting a Waypoint</td>
</tr>
<tr>
<td>Navigating to Your Starting Point During an Activity</td>
</tr>
<tr>
<td>Navigating to a Destination</td>
</tr>
<tr>
<td>Marking and Starting Navigation to a Man Overboard Location</td>
</tr>
<tr>
<td>Navigating with Sight 'N Go</td>
</tr>
<tr>
<td>Stopping Navigation</td>
</tr>
<tr>
<td>Map</td>
</tr>
<tr>
<td>Panning and Zooming the Map</td>
</tr>
<tr>
<td>Map Settings</td>
</tr>
<tr>
<td>Navigation Settings</td>
</tr>
<tr>
<td>Customizing Map Features</td>
</tr>
<tr>
<td>Heading Settings</td>
</tr>
<tr>
<td>Course Pointer</td>
</tr>
<tr>
<td>Setting Up a Heading Bug</td>
</tr>
<tr>
<td>Setting Navigation Alerts</td>
</tr>
</tbody>
</table>

## ANT+ Sensors

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pairing ANT+ Sensors</td>
</tr>
<tr>
<td>Tips for Pairing ANT+ Accessories with Your Garmin Device</td>
</tr>
<tr>
<td>Foot Pod</td>
</tr>
<tr>
<td>Going for a Run Using a Foot Pod</td>
</tr>
<tr>
<td>Foot Pod Calibration</td>
</tr>
<tr>
<td>Improving Foot Pod Calibration</td>
</tr>
<tr>
<td>Calibrating Your Foot Pod Manually</td>
</tr>
<tr>
<td>Setting Foot Pod Speed and Distance</td>
</tr>
<tr>
<td>Using an Optional Bike Speed or Cadence Sensor</td>
</tr>
<tr>
<td>Training with Power Meters</td>
</tr>
<tr>
<td>Using Electronic Shifters</td>
</tr>
<tr>
<td>Situational Awareness</td>
</tr>
<tr>
<td>tempe</td>
</tr>
</tbody>
</table>

## Customizing Your Device

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customizing Your Activity List</td>
</tr>
<tr>
<td>Customizing the Widget Loop</td>
</tr>
<tr>
<td>Activity Settings</td>
</tr>
<tr>
<td>Customizing the Data Screens</td>
</tr>
<tr>
<td>Adding a Map to an Activity</td>
</tr>
<tr>
<td>Alerts</td>
</tr>
<tr>
<td>Setting an Alert</td>
</tr>
<tr>
<td>Auto Lap</td>
</tr>
<tr>
<td>Marking Laps by Distance</td>
</tr>
<tr>
<td>Enabling Auto Pause®</td>
</tr>
<tr>
<td>Enabling Auto Climb</td>
</tr>
<tr>
<td>3D Speed and Distance</td>
</tr>
<tr>
<td>Using Auto Scroll</td>
</tr>
<tr>
<td>Changing the GPS Setting</td>
</tr>
<tr>
<td>GPS and Other Satellite Systems</td>
</tr>
<tr>
<td>UltraTrac</td>
</tr>
<tr>
<td>Power Save Timeout Settings</td>
</tr>
<tr>
<td>Removing an Activity or App</td>
</tr>
<tr>
<td>GroupTrack Settings</td>
</tr>
<tr>
<td>Watch Face Settings</td>
</tr>
<tr>
<td>Customizing the Watch Face</td>
</tr>
<tr>
<td>System Settings</td>
</tr>
<tr>
<td>Time Settings</td>
</tr>
<tr>
<td>Changing the Backlight Settings</td>
</tr>
<tr>
<td>Customizing the Hot Keys</td>
</tr>
<tr>
<td>Changing the Units of Measure</td>
</tr>
<tr>
<td>Clock</td>
</tr>
<tr>
<td>Setting the Time Manually</td>
</tr>
<tr>
<td>Setting an Alarm</td>
</tr>
<tr>
<td>Deleting an Alarm</td>
</tr>
<tr>
<td>Starting the Countdown Timer</td>
</tr>
<tr>
<td>Using the Stopwatch</td>
</tr>
<tr>
<td>Setting Clock Alerts</td>
</tr>
<tr>
<td>Syncing the Time with GPS</td>
</tr>
<tr>
<td>VIRB Remote</td>
</tr>
<tr>
<td>Controlling a VIRB Action Camera</td>
</tr>
<tr>
<td>Controlling a VIRB Action Camera During an Activity</td>
</tr>
</tbody>
</table>

## Device Information

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charging the Device</td>
</tr>
<tr>
<td>Specifications</td>
</tr>
<tr>
<td>Forerunner Specifications</td>
</tr>
<tr>
<td>HRM-Swim Specifications and HRM-Tri Specifications</td>
</tr>
<tr>
<td>Device Care</td>
</tr>
<tr>
<td>Cleaning the Device</td>
</tr>
<tr>
<td>Replacing the HRM-Swim Battery and the HRM-Tri Battery</td>
</tr>
<tr>
<td>Changing the Bands</td>
</tr>
</tbody>
</table>

## Troubleshooting

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viewing Device Information</td>
</tr>
<tr>
<td>Viewing E-label Regulatory and Compliance Information</td>
</tr>
<tr>
<td>Product Updates</td>
</tr>
<tr>
<td>Setting Up Garmin Express</td>
</tr>
<tr>
<td>Getting More Information</td>
</tr>
</tbody>
</table>
Introduction

WARNING

See the Important Safety and Product Information guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Keys

1. LIGHT  Hold to turn the device on.
   Hold to view the controls menu.
   Select to turn the backlight on and off.

2. START
   STOP  Select to start and stop the timer.
   Select to choose an option or to acknowledge a message.

3. BACK  Select to record a lap, rest, or transition during an activity.
   Select to return to the previous screen.

4. DOWN  Select to scroll through the widgets, data screens, options,
   and settings.
   Hold to manually change sports during an activity.

5. UP  Select to scroll through the widgets, data screens, options,
   and settings.
   Hold to view the menu.

GPS Status and Status Icons

The GPS status ring and icons temporarily overlay each data screen. For outdoor activities, the status ring turns green when GPS is ready. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

| 1 | GPS status
| 2 | Battery status
| 3 | Smartphone connection status
| 4 | Wi-Fi technology status
| 5 | Heart rate status
| 6 | Foot pod status
| 7 | Running Dynamics Pod status
| 8 | Speed and cadence sensor status
| 9 | Bike lights status
| 10 | Bike radar status
| 11 | Power meter status
| 12 | tempe™ sensor status
| 13 | VIRB® camera status

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. You may need to charge the device before starting the activity (Charging the Device, page 28).

1. Select START, and select an activity.
2. Go outside, and wait while the device locates satellites.
3. Select START to start the timer.
4. Go for a run.

5. After you complete your run, select STOP to stop the timer.
6. Select an option:
   • Select Resume to restart the timer.
   • Select Save to save the run and reset the timer. You can select the run to view a summary.
   • Select Resume Later to suspend the run and continue recording later.
   • Select Lap to mark a lap.
   • Select Discard > Yes to delete the run.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect™ community.

You can also add Connect IQ™ activities and apps to your device using the Connect IQ website (Connect IQ Features, page 18).

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1. Select START.
2. Select an activity.
   
   NOTE: Activities set as favorites appear first in the list (Customizing Your Activity List, page 23).
3. If the activity requires GPS signals, go outside to an area with a clear view of the sky.
   
   TIP: If GPS appears in gray text or on a gray background, the activity does not require GPS signals.
4. Wait until Ready appears on the screen.
   
   The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5. Select START to start the timer.
   
   The device records activity data only while the activity timer is running.

Tips for Recording Activities

• Charge the device before starting an activity (Charging the Device, page 28).
• Select LIGHT to record laps.
• Select UP or DOWN to view additional data pages.
Creating a Custom Activity

1 From the watch face, select START > Add.

2 Select an option:
   - Select Copy Activity to create your custom activity starting from one of your saved activities.
   - Select Other to create a new custom activity.

3 If necessary, select an activity type.

4 Select a name or enter a custom name. Duplicate activity names include a number, for example: Bike(2).

5 Select an option:
   - Select an option to customize specific activity settings. For example, you can select an accent color or customize the data screens.
   - Select Done to save and use the custom activity.

6 Select Yes to add the activity to your list of favorites.

Indoor Activities

The Forerunner device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities.

When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

When cycling with GPS turned off, speed and distance are not available unless you have an optional sensor that sends speed and distance data to the device (such as a speed or cadence sensor).

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

Stopping an Activity

1 Select STOP.

2 Select an option:
   - To resume your activity, select Resume.
   - To save the activity and return to watch mode, select Save > Done.
   - To suspend your activity and resume it at a later time, select Resume Later.
   - To mark a lap, select Lap.
   - To navigate back to the starting point of your activity along the path you traveled, select Back to Start > TracBack.

NOTE: This feature is available only for activities that use GPS.

1 To navigate back to the starting point of your activity by the most direct path, select Back to Start > Straight Line.

NOTE: This feature is available only for activities that use GPS.

2 To discard the activity and return to watch mode, select Discard > Yes.

NOTE: After stopping the activity, the device saves it automatically after 30 minutes.

Outdoor Activities

The Forerunner device comes preloaded with apps for outdoor activities, such as running and open water swimming. GPS is turned on for outdoor activities. You can add apps using default activities, such as walking or rowing. You can also add custom sport apps to your device (Creating a Custom Activity, page 2).

Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisport activities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time and distance.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standard triathlon.

Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

1 Select START > Triathlon.

2 Select START to start the timer.

3 Select ☄️ at the beginning and end of each transition. The transition feature can be turned on or off for the triathlon activity settings.

4 After you complete your activity, select STOP > Save.

Creating a Multisport Activity

1 From the watch face, select START > Add > Multisport.

2 Select a multisport activity type, or enter a custom name. Duplicate activity names include a number. For example, Triathlon(2).

3 Select two or more activities.

4 Select an option:
   - Select an option to customize specific activity settings. For example, you can select whether to include transitions.
   - Select Done to save and use the multisport activity.

5 Select Yes to add the activity to your list of favorites.

Tips for Triathlon Training or Using Multisport Activities

- Select START to start your first activity.
- Select ☄️ to transition to the next activity.
- If transitions are turned on, the transition time is recorded separately from the activity times.
- If necessary, select ☄️ to start the next activity.
- Select UP or DOWN to view additional data pages.
Swimming

NOTICE
The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

NOTE: The device cannot record wrist heart rate data while swimming.

NOTE: The device is compatible with the HRM-Tri™ accessory and the HRM-Swim™ accessory (Heart Rate While Swimming, page 10).

Swim Terminology
Length: One trip down the pool.
Interval: One or more consecutive lengths. A new interval starts after a rest.
Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.
Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Stroke Types
Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear when you are viewing interval history. You can also select stroke type as a custom data field (Customizing the Data Screens, page 24).

- Free Freestyle
- Back Backstroke
- Breast Breaststroke
- Fly Butterfly
- Mixed More than one stroke type in an interval
- Drill Used with drill logging (Training with the Drill Log, page 3)

Tips for Swimming Activities
- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size. The next time you start a pool swimming activity, the device uses this pool size. You can hold to select the activity settings, and select Pool Size to change the size.
- Select to record a rest during pool swimming. The device automatically records swim intervals and lengths for pool swimming.
- Select to record an interval during open water swimming.

Resting During Pool Swimming
The default rest screen displays two rest timers. It also displays time and distance for the last completed interval.

NOTE: Swim data is not recorded during a rest.

1. During your swim activity, select to start a rest. The display reverses to white text on a black background, and the rest screen appears.
2. During a rest, select UP or DOWN to view other data screens (optional).
3. Select , and continue swimming.
4. Repeat for additional rest intervals.

Training with the Drill Log
The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1. During your pool swim activity, select UP or DOWN to view the drill log screen.
2. Select to start the drill timer.
3. After you complete a drill interval, select . The drill timer stops, but the activity timer continues to record the entire swim session.
4. Select a distance for the completed drill. Distance increments are based on the pool size selected for the activity profile.
5. Select an option:
   - To start another drill interval, select .
   - To start a swim interval, select UP or DOWN to return to the swim training screens.

Viewing Your Ski Runs
Your device records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

1. Start a skiing or snowboarding activity.
2. Hold .
3. Select View Runs.
4. Select UP and DOWN to view details of your last run, your current run, and your total runs.

The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Jumpmaster

WARNING
The jumpmaster feature is for use by experienced skydivers only. The jumpmaster feature should not be used as a primary skydiving altimeter. Failure to input the appropriate jump related information can lead to serious personal injury or death.

The jumpmaster feature follows military guidelines for calculating the high altitude release point (HARP). The device detects automatically when you have jumped to begin navigating toward the desired impact point (DIP) using the barometer and electronic compass.

Golfing

Playing Golf
Before you play a course for the first time, you must download it from the Garmin Connect mobile app (Garmin Connect, page 19). Courses downloaded from the Garmin Connect mobile app are updated automatically.

Before you play golf, you should charge the device (Charging the Device, page 28).

1. From the watch face, select START > Golf.
2. Go outside, and wait while the device locates satellites.
3. Select a course from the list of available courses.
4. Select Yes to keep score.
5. Select UP or DOWN to scroll through the holes.

The device automatically transitions when you move to the next hole.

6. After you complete your activity, select START > End Round > Yes.

Hole Information
Because pin locations change, the device calculates the distance to the front, middle, and back of the green, but not the actual pin location.
Moving the Flag
You can take a closer look at the green and move the pin location.
1. From the hole information screen, select START > Move Flag.
2. Select UP or DOWN to move the pin position.
3. Select START.
   The distances on the hole information screen are updated to show the new pin location. The pin location is saved for only the current round.

Viewing Measured Shots
Before the device can automatically detect and measure shots, you must enable scoring.
Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.
TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.
1. While playing golf, select START > Measure Shot.
   Your last shot distance appears.
   NOTE: The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.
2. Select DOWN to view all recorded shot distances.

Viewing Layup and Dogleg Distances
You can view a list of layup and dogleg distances for par 4 and 5 holes.
Select START > Layups.
Each layup and the distance until you reach each layup appear on the screen.
NOTE: Distances are removed from the list as you pass them.

Keeping Score
1. From the hole information screen, select START > Scorecard.
   The scorecard appears when you are on the green.
2. Select UP or DOWN to scroll through the holes.
3. Select START to select a hole.
4. Select UP or DOWN to set the score.
   Your total score is updated.

Updating a Score
1. From the hole information screen, select START > Scorecard.
   Your last shot distance appears.
2. Select UP or DOWN to scroll through the holes.
3. Select START to select a hole.
4. Select UP or DOWN to change the score for that hole.
   Your total score is updated.

TruSwing™
The TruSwing feature allows you to view swing metrics recorded from your TruSwing device. Go to www.garmin.com/golf to purchase a TruSwing device.

Using the Golf Odometer
You can use the odometer to record the time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round.
1. Select START > Odometer.
2. If necessary, select Reset to reset the odometer to zero.

Tracking Statistics
The Stat Tracking feature enables detailed statistics tracking while playing golf.
1. From the hole information screen, hold INFO.
2. Select Options > Stat Tracking to enable tracking statistics.

Training

Workouts
You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. You can create workouts using Garmin Connect or select a training plan that has built-in workouts from Garmin Connect, and transfer them to your device.
You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

Following a Workout From Garmin Connect
Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (Garmin Connect, page 19).
1. Select an option:
   • Open the Garmin Connect app.
   • Go to connect.garmin.com.
2. Create and save a new workout.
3. Select or Send to Device.
4. Follow the on-screen instructions.

Starting a Workout
Before you can start a workout, you must download a workout from your Garmin Connect account.
1. From the watch face, select START.
2. Select an activity.
3. Hold INFO.
4. Select Training > My Workouts.
5. Select a workout.
   NOTE: Only workouts that are compatible with the selected activity appear in the list.
7. Select START to start the timer.
   After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data.

About the Training Calendar
The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. After you have added a few workouts to the Garmin Connect
Starting an Interval Workout

When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your device whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (Garmin Connect, page 19). You can browse your Garmin Connect account to find a training plan, schedule workouts, and send them to your device.

1 Connect the device to your computer.
2 From your Garmin Connect account, select and schedule a training plan.
3 Review the training plan in your calendar.
4 Select START to start the timer.
5 Select an activity.
6 Select the activity settings.
7 Select Data Screens > Add New > Virtual Partner.
8 Select the activity and a custom distance.
9 Start your activity (Starting an Activity, page 1).
10 Select Distance and Pace or Distance and Speed to select a distance and pace or distance and speed goal. During your training activity, the device gives you real-time feedback about how close you are to achieving your training target.
11 Select Start Target to select a distance or enter a custom distance.
12 Select Time Ahead to select a custom time.
13 Select Distance Only to select a preset distance or enter a custom distance.
14 Select Distance Target to select a distance and time target.
15 Select Distance and Pace or Distance and Speed to select a distance and pace or speed target.
16 The training target screen appears and displays your estimated finish time. The estimated finish time is based on your current performance and the time remaining.
17 Select START to start the timer.
18 Cance...
**Strava™ Segments**

You can download Strava segments to your Forerunner device. Follow Strava segments to compare your performance with your past rides, friends, and pros who have ridden the same segment.

To sign up for a Strava membership, go to the segments widget in your Garmin Connect account. For more information, go to www.strava.com.

The information in this manual applies to both Garmin Connect segments and Strava segments.

**Racing a Segment**

Segments are virtual race courses. You can race a segment, and compare your performance to past activities, others’ performance, connections in your Garmin Connect account, or other members of the running or cycling communities. You can upload your activity data to your Garmin Connect account to view your segment position.

**NOTE:** If your Garmin Connect account and Strava account are linked, your activity is automatically sent to your Strava account so you can review the segment position.

1. Select START.
2. Select an activity.
3. Go for a run or ride.
   When you approach a segment, a message appears, and you can race the segment.
4. Start racing the segment.

A message appears when the segment is complete.

**Viewing Segment Details**

1. Select START.
2. Select an activity.
3. Holdĕ.
4. Select Training > Segments.
5. Select a segment.
6. Select an option:
   - Select Race Time to view the time and average speed or pace for the segment leader.
   - Select Map to view the segment on the map.
   - Select Elevation Plot to view an elevation plot of the segment.

**Racing a Previous Activity**

You can race a previously recorded or downloaded activity. This feature works with the Virtual Partner feature so you can see how far ahead or behind you are during the activity.

**NOTE:** This feature is not available for all activities.

1. From the watch face, select START.
2. Select an activity.
3. Holdĕ.
4. Select Training > Race an Activity.
5. Select an option:
   - Select From History to select a previously recorded activity from your device.
   - Select Downloaded to select an activity you downloaded from your Garmin Connect account.
6. Select the activity.
   The Virtual Partner screen appears indicating your estimated finish time.
7. Select START to start the timer.
8. After you complete your activity, select START > Save.

**Personal Records**

When you complete an activity, the device displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances and longest run, ride, or swim.

**NOTE:** For cycling, personal records also include most ascent and best power (power meter required).

**Viewing Your Personal Records**

1. From the watch face, holdĕ.
2. Select History > Records.
3. Select a sport.
4. Select a record.
5. Select View Record.

**Restoring a Personal Record**

You can set each personal record back to the one previously recorded.

1. From the watch face, holdĕ.
2. Select History > Records.
3. Select a sport.
4. Select a record to restore.
5. Select Previous > Yes.

**NOTE:** This does not delete any saved activities.

**Clearing a Personal Record**

1. From the watch face, holdĕ.
2. Select History > Records.
3. Select a sport.
4. Select a record to delete.
5. Select Clear Record > Yes.

**NOTE:** This does not delete any saved activities.

**Clearing All Personal Records**

1. From the watch face, holdĕ.
2. Select History > Records.
3. Select a sport.
4. Select Clear All Records > Yes.
   The records are deleted for that sport only.

**NOTE:** This does not delete any saved activities.

**Using the Metronome**

The metronome feature plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence.

**NOTE:** This feature is not available for all activities.

1. From the watch face, select START.
2. Select an activity.
3. Holdĕ.
4. Select the activity settings.
5. Select Metronome > Status > On.
6. Select an option:
   - Select Beats Per Minute to enter a value based on the cadence you want to maintain.
   - Select Alert Frequency to customize the frequency of the beats.
   - Select Sounds to customize the metronome tone and vibration.
7. If necessary, select Preview to listen to the metronome feature before you run.
8. Go for a run (Going for a Run, page 1).
The metronome starts automatically.

9 During your run, select **UP** or **DOWN** to view the metronome screen.

10 If necessary, hold **E** to change the metronome settings.

### Extended Display Mode

You can use Extended Display mode to display data screens from your Forerunner device on a compatible Edge device during a ride or triathlon. See your Edge owner's manual for more information.

### Setting Up Your User Profile

You can update your gender, birth year, height, weight, heart rate zone, and power zone settings. The device uses this information to calculate accurate training data.

1 Hold **E**.

2 Select **Settings > User Profile**.

3 Select an option.

### Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 7]) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

### About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

### Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running, cycling, and swimming. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the device or using your Garmin Connect account.

1 Hold **E**.

2 Select **Settings > User Profile > Heart Rate**.

3 Select **Max. HR**, and enter your maximum heart rate.

   You can use the Auto Detect feature to automatically record your maximum heart rate during an activity ([Detecting Performance Measurements Automatically, page 13]).

4 Select **LTHR > Enter Manually**, and enter your lactate threshold heart rate.

   You can perform a guided test to estimate your lactate threshold ([Lactate Threshold, page 15]). You can use the Auto Detect feature to automatically record your lactate threshold during an activity ([Detecting Performance Measurements Automatically, page 13]).

5 Select **Resting HR**, and enter your resting heart rate.

   You can use the average resting heart rate measured by your device, or you can set a custom resting heart rate.

#### Heart Rate Zone Calculations

<table>
<thead>
<tr>
<th>Zone</th>
<th>% of Maximum Heart Rate</th>
<th>Perceived Exertion</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50–60%</td>
<td>Relaxed, easy pace, rhythmic breathing</td>
<td>Beginning-level aerobic training, reduces stress</td>
</tr>
<tr>
<td>2</td>
<td>60–70%</td>
<td>Comfortable pace, slightly deeper breathing, conversation possible</td>
<td>Basic cardiovascular training, good recovery pace</td>
</tr>
<tr>
<td>3</td>
<td>70–80%</td>
<td>Moderate pace, more difficult to hold conversation</td>
<td>Improved aerobic capacity, optimal cardiovascular training</td>
</tr>
<tr>
<td>4</td>
<td>80–90%</td>
<td>Fast pace and a bit uncomfortable, breathing forceful</td>
<td>Improved anaerobic capacity and threshold, improved speed</td>
</tr>
<tr>
<td>5</td>
<td>90–100%</td>
<td>Sprinting pace, unsustainable for long period of time, labored breathing</td>
<td>Anaerobic and muscular endurance, increased power</td>
</tr>
</tbody>
</table>

### About Lifetime Athletes

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.

### Setting Your Power Zones

The values for the zones are default values based on gender, weight, and average ability, and may not match your personal abilities. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically. You can manually adjust your zones on the device or using your Garmin Connect account.

1 Hold **E**.

2 Select **Settings > User Profile > Power Zones > Based On**.

3 Select an option:

   - Select **Watts** to view and edit the zones in watts.
• Select %FTP to view and edit the zones as a percentage of your functional threshold power.
4 Select FTP, and enter your FTP value.
5 Select a zone, and enter a value for each zone.
6 If necessary, select Minimum, and enter a minimum power value.

**Activity Tracking**

The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories. The number of steps taken during the day appears on the steps widget. The step count is updated periodically.

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

**Auto Goal**

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal 🔥.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

**Using the Move Alert**

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on (System Settings, page 26).

> Go for a short walk (at least a couple of minutes) to reset the move alert.

**Sleep Tracking**

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (Using Do Not Disturb Mode, page 8).

**Using Automated Sleep Tracking**

1 Wear your device while sleeping.
2 Upload your sleep tracking data to the Garmin Connect site (Garmin Connect, page 19).

You can view your sleep statistics on your Garmin Connect account.

**Using Do Not Disturb Mode**

You can use do not disturb mode to turn off the backlight, tone alerts, and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

**NOTE:** You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the Sleep Time option in the system settings to automatically enter do not disturb mode during your normal sleep hours (System Settings, page 26).

1 Hold LIGHT.
2 Select Do Not Disturb.

**Intensity Minutes**

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate intensity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

**Earning Intensity Minutes**

Your Forerunner device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

• Start a timed activity for the most accurate calculation of intensity minutes.
• Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.
• Wear your device all day and night for the most accurate resting heart rate.

**Garmin Move IQ™ Events**

The Move IQ feature automatically detects activity patterns, such as walking, running, biking, swimming, and elliptical training, for at least 10 minutes. You can view the event type and duration on your Garmin Connect timeline, but they do not appear in your activities list, snapshots, or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

**Activity Tracking Settings**

Hold ⋆ and select Settings > Activity Tracking.

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (System Settings, page 26).

Goal Alerts: Allows you to turn on and off goal alerts, or turn them off only during activities. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Move IQ: Allows you to turn on and off Move IQ events.

**Turning Off Activity Tracking**

When you turn off activity tracking, your steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events are not recorded.

1 From the watch face, hold UP.
2 Select Settings > Activity Tracking > Status > Off.
Menstrual Cycle Tracking
Your menstrual cycle is an important part of your health. You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

**NOTE:** If your Forerunner device doesn't have the menstrual cycle tracking widget, you can download it from the Connect IQ app.

Heart Rate Features
The Forerunner device has a wrist-based heart rate monitor and is also compatible with ANT+® chest heart rate monitors. You can view wrist-based heart rate data on the heart rate widget. When both wrist-based heart rate and ANT+ heart rate data are available, your device uses the ANT+ heart rate data.

Wrist-based Heart Rate
Wearing the Device
- Wear the device above your wrist bone.

**NOTE:** The device should be snug but comfortable. For more accurate heart rate readings on the Forerunner device, it should not move while running or exercising.

- Wear the device above your wrist bone.

**NOTE:** The optical sensor is located on the back of the device.
- See Tips for Erratic Heart Rate Data, page 9 for more information about wrist-based heart rate.
- For more information about accuracy, go to garmin.com/ataccuracy.

Tips for Erratic Heart Rate Data
If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the heart icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

**NOTE:** In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Viewing the Heart Rate Widget
The widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.

1. From the watch face, select UP or DOWN to view the heart rate widget.
2. Select START to view your average resting heart rate values for the last 7 days.
3. From the heart rate widget, hold Options > Broadcast Heart Rate.

Broadcasting Heart Rate Data to Garmin® Devices
You can broadcast your heart rate data from your Forerunner device and view it on paired Garmin devices.

**NOTE:** Broadcasting heart rate data decreases battery life.

1. From the heart rate widget, hold Options > Broadcast Heart Rate.
2. Select Options > Broadcast During Activity.

Broadcasting Heart Rate Data During an Activity
You can set up your Forerunner device to broadcast your heart rate data automatically when you begin an activity. For example, you can broadcast your heart rate data to an Edge device or a VIRB action camera during an activity.

**NOTE:** Broadcasting heart rate data decreases battery life.

1. From the heart rate widget, hold Options > Broadcast During Activity.
2. Select Options > Broadcast During Activity.
3. Begin an activity (Starting an Activity, page 1).

**NOTE:** There is no indication that the device is broadcasting your heart rate data during an activity.

4. If necessary, pair your Forerunner device with your Garmin ANT+® compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

**TIP:** To stop broadcasting your heart rate data, select any key, and select Yes.

Setting an Abnormal Heart Rate Alert
You can set the device to alert you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity.

1. From the heart rate widget, hold Options > Abnormal HR Alert > Status > On.
2. Select Options > Abnormal HR Alert > Status > On.
3. Select Alert Threshold.
4. Select a heart rate threshold value.

Each time you exceed the threshold value, a message appears and the device vibrates.

Turning Off the Wrist-based Heart Rate Monitor
The default value for the Wrist Heart Rate setting is Auto. The device automatically uses the wrist-based heart rate monitor unless you pair an ANT+® heart rate monitor to the device.

1. From the heart rate widget, hold Options > Status > Off.
HRM-Swim Accessory

Heart Rate While Swimming

NOTE: Wrist-based heart rate is not available while swimming.

The HRM-Tri accessory and the HRM-Swim accessory record and store your heart rate data while swimming. Heart rate data is not visible on compatible Forerunner devices while the heart rate monitor is underwater.

You must start a timed activity on your paired Forerunner device to view stored heart rate data later. During rest intervals when out of the water, the heart rate monitor sends your heart rate data to your Forerunner device.

Your Forerunner device automatically downloads stored heart rate data when you save your timed swim activity. Your heart rate monitor must be out of the water, active, and within range of the device (3 m) while data is downloaded. You can review your heart rate data in the device history and on your Garmin Connect account.

**Going for a Pool Swim**
1. Select START > Pool Swim.
2. Select your pool size, or enter a custom size.
3. Select START.
   - The device records swim data only while the activity timer is running.
4. Start your activity.
   - The device automatically records swim intervals and lengths.
5. Select UP or DOWN to view additional data pages (optional).
6. When resting, select to pause the activity timer.
7. Select to restart the activity timer.
8. After you finish the activity, select STOP > Save.

**Swimming in Open Water**
You can use the device for open water swimming. You can record swim data including distance, pace, and stroke rate. You can add data screens to the default open water swimming activity ([Customizing the Data Screens, page 24]).
1. Select START > Open Water.
2. Go outside and wait while the device locates satellites.
3. Select START to start the timer.
   - History is recorded only while the timer is running.
4. After you finish the activity, select STOP > Save.

**Sizing the Heart Rate Monitor**
Before your first swim, take some time sizing the heart rate monitor. It should be tight enough to stay in place when pushing off the pool wall.

- Select a strap extender, and attach it to the elastic end of the heart rate monitor.

  The heart rate monitor comes with three extender straps to fit different chest sizes.

  **TIP:** The medium strap extender works for most shirt sizes (from medium to extra-large).

- Put on the heart rate monitor backward to easily adjust the slider on the strap extender.

- Put on the heart rate monitor forward to easily adjust the slider on the heart rate monitor.

**Putting On the Heart Rate Monitor**
You should wear the heart rate monitor directly on your skin, just below your sternum.

1. Select a strap extender for the best fit.
2. Wear the heart rate monitor with the Garmin logo facing right-side up.

3. Wrap the heart rate monitor around your chest, and connect the strap hook to the loop.

4. Tighten the heart rate monitor so it is snug around your chest, but not restrictive.

**Tips for Using the HRM-Swim Accessory**
- Adjust the tightness of the heart rate monitor and strap extender if the heart rate monitor slides down your chest when pushing off the pool wall.
- Stand up between intervals so that the heart rate monitor is out of the water to see your heart rate data.

**Caring for the Heart Rate Monitor**
A buildup of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Rinse the heart rate monitor after every use.
- Hand wash the heart rate monitor after every seven uses, using a tiny amount of mild detergent, such as dishwashing liquid.

**NOTE:** Using too much detergent may damage the heart rate monitor.
- Do not put the heart rate monitor in a washing machine or dryer.
- When drying the heart rate monitor, hang it up or lay it flat.

**HRM-Tri Accessory**
The HRM-Swim section of this manual explains recording heart rate during your swim ([Heart Rate While Swimming, page 10]).

**Pool Swimming**

**NOTICE**
Hand wash the heart rate monitor after exposure to chlorine or other pool chemicals. Prolonged exposure to these substances can damage the heart rate monitor.

The HRM-Tri accessory is designed primarily for open water swimming, but it can be used occasionally for pool swimming. The heart rate monitor should be worn under a swim suit or triathlon top during pool swimming. Otherwise, it may slide down your chest when pushing off the pool wall.

**Putting On the Heart Rate Monitor**
You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

1. If necessary, attach the strap extender to the heart rate monitor.
2 Wet the electrodes ① on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.

3 Wear the heart rate monitor with the Garmin logo facing right-side up.

The loop ② and hook ③ connection should be on your right side.

4 Wrap the heart rate monitor around your chest, and connect the strap hook to the loop.

NOTE: Make sure the care tag does not fold over.

After you put on the heart rate monitor, it is active and sending data.

Data Storage
The heart rate monitor can store up to 20 hours of data in a single activity. When the heart rate monitor memory is full, your oldest data is overwritten.

You can start a timed activity on your paired Forerunner device, and the heart rate monitor records your heart rate data even if you move away from your device. For example, you can record heart rate data during fitness activities or team sports where watches cannot be worn. Your heart rate monitor automatically sends your stored heart rate data to your Forerunner device when you save your activity. Your heart rate monitor must be active and within range (3 m) of the device while data is uploaded.

Caring for the Heart Rate Monitor

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

- Rinse the heart rate monitor after every use.
- Hand wash the heart rate monitor after every seven uses or one pool swim, using a tiny amount of mild detergent, such as dishwashing liquid.

NOTE: Using too much detergent may damage the heart rate monitor.
- Do not put the heart rate monitor in a washing machine or dryer.
- When drying the heart rate monitor, hang it up or lay it flat.

Tips for Erratic Heart Rate Data
If the heart rate data is erratic or does not appear, you can try these tips.
- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.
- Follow the care instructions (Caring for the Heart Rate Monitor, page 11).

• Wear a cotton shirt or thoroughly wet both sides of the strap. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.
• Move away from sources that can interfere with your heart rate monitor.

Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Running Dynamics
You can use your compatible Forerunner device paired with the HRM-Tri accessory or other running dynamics accessory to provide real-time feedback about your running form. If your Forerunner device was packaged with the HRM-Tri accessory, the devices are already paired.

The running dynamics accessory has an accelerometer that measures torso movement in order to calculate six running metrics.

Cadence: Cadence is the number of steps per minute. It displays the total steps (right and left combined).

Vertical oscillation: Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.

Ground contact time: Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

NOTE: Ground contact time and balance are not available while walking.

Ground contact time balance: Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

Stride length: Stride length is the length of your stride from one footfall to the next. It is measured in meters.

Vertical ratio: Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

Training with Running Dynamics
Before you can view running dynamics, you must put on the HRM-Run™ accessory, HRM-Tri accessory, or Running Dynamics Pod, and pair it with your device (Pairing ANT+ Sensors, page 22).

If your Forerunner was packaged with the heart rate monitor, the devices are already paired, and the Forerunner is set to display running dynamics.

1 Select START, and select a running activity.
2 Select START.
3 Go for a run.
4 Scroll to the running dynamics screens to view your metrics.
If necessary, hold UP to edit how the running dynamics data appears.

Color Gauges and Running Dynamics Data
The running dynamics screens display a color gauge for the primary metric. You can display cadence, vertical oscillation, ground contact time, ground contact time balance, or vertical ratio as the primary metric. The color gauge shows you how your running dynamics data compare to those of other runners. The color zones are based on percentiles.

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

Go to www.garmin.com/runningdynamics for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Percentile in Zone</th>
<th>Cadence Range</th>
<th>Ground Contact Time Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>&gt;95</td>
<td>&gt;183 spm</td>
<td>&lt;218 ms</td>
</tr>
<tr>
<td>Blue</td>
<td>70–95</td>
<td>174–183 spm</td>
<td>218–248 ms</td>
</tr>
<tr>
<td>Green</td>
<td>30–69</td>
<td>164–173 spm</td>
<td>249–277 ms</td>
</tr>
<tr>
<td>Orange</td>
<td>5–29</td>
<td>153–163 spm</td>
<td>278–308 ms</td>
</tr>
<tr>
<td>Red</td>
<td>&lt;5</td>
<td>&lt;153 spm</td>
<td>&gt;308 ms</td>
</tr>
</tbody>
</table>

Ground Contact Time Balance Data
Ground contact time balance measures your running symmetry and appears as a percentage of your total ground contact time. For example, 51.3% with an arrow pointing left indicates the runner is spending more time on the ground when on the left foot. If your data screen displays both numbers, for example 48–52, 48% is the left foot and 52% is the right foot.

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Symmetry</th>
<th>Percent of Other Runners</th>
<th>Ground Contact Time Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Poor</td>
<td>5%</td>
<td>&gt;52.2% R</td>
</tr>
<tr>
<td>Orange</td>
<td>Fair</td>
<td>25%</td>
<td>50.8–52.2% L</td>
</tr>
<tr>
<td>Green</td>
<td>Good</td>
<td>40%</td>
<td>50.7% L–50.7% R</td>
</tr>
<tr>
<td>Orange</td>
<td>Fair</td>
<td>25%</td>
<td>50.8–52.2% R</td>
</tr>
<tr>
<td>Red</td>
<td>Poor</td>
<td>5%</td>
<td>&gt;52.2% R</td>
</tr>
</tbody>
</table>

While developing and testing running dynamics, the Garmin team found correlations between injuries and greater imbalances with certain runners. For many runners, ground contact time balance tends to deviate further from 50–50 when running up or down hills. Most running coaches agree that a symmetrical running form is good. Elite runners tend to have quick and balanced strides.

You can watch the color gauge or data field during your run or view the summary on your Garmin Connect account after your run. As with the other running dynamics data, ground contact time balance is a quantitative measurement to help you learn about your running form.

Vertical Oscillation and Vertical Ratio Data
The data ranges for vertical oscillation and vertical ratio are slightly different depending on the sensor and whether it is positioned at the chest (HRM-Tri or HRM-Run accessories) or at the waist (Running Dynamics Pod accessory).

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Percentile in Zone</th>
<th>Vertical Oscillation Range at Chest</th>
<th>Vertical Oscillation Range at Waist</th>
<th>Vertical Ratio at Chest</th>
<th>Vertical Ratio at Waist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>&gt;95</td>
<td>&lt;6.4 cm</td>
<td>&lt;6.8 cm</td>
<td>&lt;6.1%</td>
<td>&lt;6.5%</td>
</tr>
<tr>
<td>Blue</td>
<td>70–95</td>
<td>6.4–8.1 cm</td>
<td>6.8–8.9 cm</td>
<td>6.1–7.4%</td>
<td>6.5–8.3%</td>
</tr>
<tr>
<td>Green</td>
<td>30–69</td>
<td>8.2–9.7 cm</td>
<td>9.0–10.9 cm</td>
<td>7.5–8.6%</td>
<td>8.4–10.0%</td>
</tr>
<tr>
<td>Orange</td>
<td>5–29</td>
<td>9.8–11.5 cm</td>
<td>11.0–13.0 cm</td>
<td>8.7–10.1%</td>
<td>10.1–11.9%</td>
</tr>
<tr>
<td>Red</td>
<td>&lt;5</td>
<td>&gt;11.5 cm</td>
<td>&gt;13.0 cm</td>
<td>&gt;10.1%</td>
<td>&gt;11.9%</td>
</tr>
</tbody>
</table>

Tips for Missing Running Dynamics Data
If running dynamics data does not appear, you can try these tips.
- Make sure you have a running dynamics accessory, such as the HRM-Tri accessory.
- Accessories with running dynamics have * on the front of the module.
- Pair the running dynamics accessory with your Forerunner device again, according to the instructions.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

NOTE: Ground contact time and balance appears only while running. It is not calculated while walking.

Performance Measurements
These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor.
Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat. For more information, go to [www.garmin.com/physio](http://www.garmin.com/physio).

**NOTE:** The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

**Training status:** Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period.

**VO2 max.** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. Your device adjusts the VO2 max. values for heat and altitude, such as when you are acclimating to high heat environments or high altitude.

**Recovery time:** The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout.

**Training load:** Training load is the sum of your excess post-exercise oxygen consumption (EPOC) over the last 7 days. EPOC is an estimate of how much energy it takes for your body to recover after exercise.

**Predicted race times:** Your device uses your training history, your VO2 max. estimate, and published data sources to provide a target race time based on your current state of fitness. This projection also presumes you have completed the proper training for the race.

**HRV stress test:** The HRV (heart rate variability) stress test requires a Garmin chest heart rate monitor. The device records your heart rate variability while standing still for 3 minutes. It provides your overall stress level. The scale is 1 to 100, and a lower score indicates a lower stress level.

**Performance condition:** Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level.

**Functional threshold power (FTP):** The device uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test.

**Lactate threshold:** Lactate threshold requires a chest heart rate monitor. Lactate threshold is the point where your muscles start to rapidly fatigue. Your device measures your lactate threshold level using heart rate data and pace.

### Turning Off Performance Notifications

Performance notifications are turned on by default. Some performance notifications are alerts that appear upon completion of your activity. Some performance notifications appear during an activity or when you achieve a new performance measurement, such as a new VO2 max. estimate.

1. From the watch face, hold 
2. Select Settings > Physiological Metrics > Performance Notifications.
3. Select an option.

### Detecting Performance Measurements Automatically

The Auto Detect feature is turned on by default. The device can automatically detect your maximum heart rate, and lactate threshold during an activity. When paired with a compatible power meter, the device can automatically detect your functional threshold power (FTP) during an activity.

**NOTE:** The device detects a maximum heart rate only when your heart rate is higher than the value set in your user profile.

1. Hold 
2. Select Settings > Physiological Metrics > Auto Detect.
3. Select an option.

### Training Status

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

**Peaking:** Peaking means that you are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

**Productive:** Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

**Maintaining:** Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

**Recovery:** Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

**Unproductive:** Your training load is at a good level, but your fitness is decreasing. Your body may be struggling to recover, so you should pay attention to your overall health including stress, nutrition, and rest.

**Detraining:** Detraining occurs when you are training much less than usual for a week or more, and it is affecting your fitness level. You can try increasing your training load to see improvement.

**Overreaching:** Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

**No Status:** The device needs one or two weeks of training history, including activities with VO2 max. results from running or cycling, to determine your training status.

### Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least two VO2 max. measurements per week. Your VO2 max. estimate is updated after outdoor runs or rides with power during which your heart rate reached at least 70% of your maximum heart rate for several minutes. The trail run and indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend.

To get the most out of the training status feature, you can try these tips.

- At least two times per week, run or ride outdoors with a power meter, and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

After using the device for one week, your training status should be available.
• Record all of your fitness activities on this device, or enable the Physio TrueUp™ feature, allowing your device to learn about your performance.

About VO2 Max. Estimates
VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The Forerunner device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate. The device has separate VO2 max. estimates for running and cycling. You must run either outside with GPS or ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate VO2 max. estimate.

On the device, your VO2 max. estimate appears as a number, description, and position on the color gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time.

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (VO2 Max. Standard Ratings, page 35), and go to www.CooperInstitute.org.

Recovery Time
You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

NOTE: The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout.

Viewing Your Recovery Time
For the most accurate estimate, complete the user profile setup (Setting Up Your User Profile, page 7), and set your maximum heart rate (Setting Your Heart Rate Zones, page 7).

1 Go for a run.
2 After your run, select Save.

The recovery time appears. The maximum time is 4 days.

NOTE: From the watch face, you can select UP or DOWN to view the performance widget, and select START to scroll through the performance measurements to view your recovery time.

Recovery Heart Rate
If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm.

Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

TIP: For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value. You can save or discard the activity after this value appears.

Training Load
Training load is a measurement of your training volume over the last seven days. It is the sum of your excess post-exercise oxygen consumption (EPOC) measurements for the last seven days. The gauge indicates whether your current load is low, high, or within the optimal range to maintain or improve your fitness level. The optimal range is determined based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

Viewing Your Predicted Race Times
For the most accurate estimate, complete the user profile setup (Setting Up Your User Profile, page 7), and set your maximum heart rate (Setting Your Heart Rate Zones, page 7).

Your device uses the VO2 max. estimate (About VO2 Max. Estimates, page 14) and published data sources to provide a target race time based on your current state of fitness. This projection also assumes you have completed the proper training for the race.

NOTE: The projections may seem inaccurate at first. The device requires a few runs to learn about your running performance.

1 Select UP or DOWN to view the performance widget.
2 Select START to scroll through the performance measurements.

Your projected race times appear for 5K, 10K, half marathon, and marathon distances.

About Training Effect
Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases, telling you how the activity has improved your fitness. Training Effect is determined by your user profile information, heart rate, duration, and intensity of your activity.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your EPOC accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

It is important to know that your Training Effect numbers (from 0.0 to 5.0) may seem abnormally high during your first few
It takes several activities for the device to learn your aerobic and anaerobic fitness.

You can add Training Effect as a data field to one of your training screens to monitor your numbers throughout the activity.

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Training Effect</th>
<th>Aerobic Benefit</th>
<th>Anaerobic Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>From 0.0 to 0.9</td>
<td>No benefit.</td>
<td>No benefit.</td>
</tr>
<tr>
<td></td>
<td>From 1.0 to 1.9</td>
<td>Minor benefit.</td>
<td>Minor benefit.</td>
</tr>
<tr>
<td></td>
<td>From 2.0 to 2.9</td>
<td>Maintains your</td>
<td>Maintains your</td>
</tr>
<tr>
<td></td>
<td></td>
<td>aerobic fitness.</td>
<td>anaerobic fitness.</td>
</tr>
<tr>
<td></td>
<td>From 3.0 to 3.9</td>
<td>Improves your</td>
<td>Improves your</td>
</tr>
<tr>
<td></td>
<td></td>
<td>aerobic fitness.</td>
<td>anaerobic fitness.</td>
</tr>
<tr>
<td></td>
<td>From 4.0 to 4.9</td>
<td>Highly improves</td>
<td>Highly improves</td>
</tr>
<tr>
<td></td>
<td></td>
<td>your aerobic</td>
<td>your anaerobic</td>
</tr>
<tr>
<td></td>
<td>5.0</td>
<td>fitness.</td>
<td>fitness.</td>
</tr>
</tbody>
</table>

Training Effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeat.com.

Viewing Your Heart Rate Variability Stress Score
Before you can perform the heart rate variability (HRV) stress test, you must put on a Garmin chest heart rate monitor and pair it with your device (Pairing ANT+ Sensors, page 22).

Your HRV stress score is the result of a three-minute test performed while standing still, where the Forerunner device analyzes heart rate variability to determine your overall stress. Training, sleep, nutrition, and general life stress all impact how you perform. The stress score range is 1 to 100, where 1 is a very low stress state, and 100 is a very high stress state.

Knowing your stress score can help you decide if your body is ready for a tough training run or yoga.

TIP: Garmin recommends that you measure your stress score before you exercise, at approximately the same time, and under the same conditions every day. You can view previous results on your Garmin Connect account.

1 Select START > DOWN > HRV Stress > START.
2 Follow the onscreen instructions.

Performance Condition
As you complete your activity, such as running or cycling, the performance condition feature analyzes your pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run or ride.

You can add performance condition as a data field to one of your training screens to monitor your ability throughout the activity. Performance condition can also be an indicator of fatigue level, especially at the end of a long training run or ride.

NOTE: The device requires a few runs or rides with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability (About VO2 Max. Estimates, page 14).

Viewing Your Performance Condition
This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

1 Add Perform. Cond. to a data screen (Customizing the Data Screens, page 24).
2 Go for a run or ride.
3 Scroll to the data screen to view your performance condition throughout the run or ride.

Lactate Threshold
Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, it is the estimated level of effort or pace. When a runner exceeds the threshold, fatigue starts to increase at an accelerating rate. For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10k and half-marathon race pace. For average runners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.

If you already know your lactate threshold heart rate value, you can enter it in your user profile settings (Setting Your Heart Rate Zones, page 7).

Performing a Guided Test to Determine Your Lactate Threshold
This feature requires a Garmin chest heart rate monitor. Before you can perform the guided test, you must put on a heart rate monitor and pair it with your device (Pairing ANT+ Sensors, page 22).

The device uses your user profile information from the initial setup and your VO2 max. estimate to estimate your lactate threshold. The device will automatically detect your lactate threshold during runs at a steady, high intensity with heart rate.

TIP: The device requires a few runs with a chest heart rate monitor to get an accurate maximum heart rate value and VO2 max. estimate. If you are having trouble getting a lactate threshold estimate, try manually lowering your maximum heart rate value.

1 From the watch face, select START.
2 Select an outdoor running activity.
3 Hold.
4 Select Training > Lactate Threshold.
5 Start the timer, and follow the on-screen instructions.

After you begin your run, the device displays each step duration, the target, and current heart rate data. A message appears when the test is complete.

6 After you complete the guided test, stop the timer and save the activity.

If this is your first lactate threshold estimate, the device prompts you to update your heart rate zones based on your lactate threshold heart rate. For each additional lactate threshold estimate, the device prompts you to accept or decline the estimate.

Getting Your FTP Estimate
Before you can get your functional threshold power (FTP) estimate, you must pair a chest heart rate monitor and power meter with your device (Pairing ANT+ Sensors, page 22), and you must get your VO2 max. estimate (About VO2 Max. Estimates, page 14).

The device uses your user profile information from the initial setup and your VO2 max. estimate to estimate your FTP. The device will automatically detect your FTP during rides at a steady, high intensity with heart rate and power.

1 Select UP or DOWN to view the performance widget.
2 Select START to scroll through the performance measurements.
Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

<table>
<thead>
<tr>
<th>Color</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>Superior</td>
</tr>
<tr>
<td>Blue</td>
<td>Excellent</td>
</tr>
<tr>
<td>Green</td>
<td>Good</td>
</tr>
<tr>
<td>Orange</td>
<td>Fair</td>
</tr>
<tr>
<td>Red</td>
<td>Untrained</td>
</tr>
</tbody>
</table>

For more information, see the appendix (FTP Ratings, page 35).

**NOTE:** When a performance notification alerts you to a new FTP, you can select Accept to save the new FTP, or Decline to keep your current FTP (Turning Off Performance Notifications, page 13).

**Conducting an FTP Test**
Before you can conduct a test to determine your functional threshold power (FTP), you must pair a chest heart rate monitor and a power meter with your device (Pairing ANT+ Sensors, page 22), and you must get your VO2 max. estimate (About VO2 Max. Estimates, page 14).

**NOTE:** The FTP test is a challenging workout that takes about 30 minutes to complete. Choose a practical and mostly flat route that allows you to ride at a steadily increasing effort, similar to a time trial.

1. From the watch face, select START.
2. Select a cycling activity.
3. Hold ≡.
4. Select Training > FTP Guided Test.
5. Follow the on-screen instructions.
   - After you begin your ride, the device displays each step duration, the target, and current power data. A message appears when the test is complete.
6. After you complete the guided test, complete the cool down, stop the timer, and save the activity.
   - Your FTP appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.
7. Select an option:
   - Select Accept to save the new FTP.
   - Select Decline to keep your current FTP.

**Smart Features**

**Pairing Your Smartphone with Your Device**
To use the connected features of the Forerunner device, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your smartphone.

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Bring your smartphone within 10 m (33 ft.) of your device.
3. Select LIGHT to turn on the device.
   - **TIP:** You can hold LIGHT, and select ⋯ to manually enter pairing mode.
4. Select an option to add your device to your Garmin Connect account:
   - If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions.
   - If you already paired another device with the Garmin Connect app, from the ≡ or ⋯ menu, select Garmin Devices > Add Device, and follow the on-screen instructions.

**Tips for Existing Garmin Connect Users**

1. From the Garmin Connect app, select ≡ or ⋯.
2. Select Garmin Devices > Add Device.

**Enabling Bluetooth Notifications**
Before you can enable notifications, you must pair the Forerunner device with a compatible mobile device (Pairing Your Smartphone with Your Device, page 16).

1. From the watch face, hold ≡.
2. Select Settings > Phone > Smart Notifications > Status > On.
3. Select During Activity.
4. Select a notification preference.
5. Select a sound preference.
6. Select Not During Activity.
7. Select a notification preference.
8. Select a sound preference.
9. Select Timeout.
10. Select the amount of time the alert for a new notification appears on the screen.

**Viewing Notifications**

1. From the watch face, select UP or DOWN to view the notifications widget.
2. Select START.
3. Select a notification.
4. Select DOWN for more options.
5. Select BACK to return to the previous screen.

**Playing Audio Prompts on Your Smartphone**
Before you can set up audio prompts, you must have a smartphone with the Garmin Connect app paired to your Forerunner device.

You can set the Garmin Connect app to play motivational status announcements on your smartphone during a ride or other activity. Audio prompts include the lap number and lap time, navigation, power, pace or speed, and heart-rate data. During an audio prompt, the Garmin Connect app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect app.

1. From the Garmin Connect app, select ≡ or ⋯.
2. Select Garmin Devices.
3. Select your device.
4. Select Device Settings > Audio Prompts.

**Managing Notifications**
You can use your compatible smartphone to manage notifications that appear on your Forerunner device.

- Select an option:
  - If you are using an iPhone® device, go to the notifications settings to select the items to show on the device.
  - If you are using an Android™ smartphone, from the Garmin Connect app, select Settings > Smart Notifications.

**Turning Off the Bluetooth Smartphone Connection**

1. Hold LIGHT to view the controls menu.
2. Select ⋯ to turn off the Bluetooth smartphone connection on your Forerunner device.

Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.
Turning On and Off Smartphone Connection Alerts
You can set the Forerunner device to alert you when your paired smartphone connects and disconnects using Bluetooth wireless technology.

NOTE: Smartphone connection alerts are turned off by default.
1 From the watch face, hold epilepsy.
2 Select Settings > Phone > Alerts.

Locating a Lost Mobile Device
You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.
1 Hold LIGHT to view the controls menu.
2 Select the selection icon.
The Forerunner device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength displays on the Forerunner device screen. The Bluetooth signal strength increases as you move closer to your mobile device.
3 Select BACK to stop searching.

Widgets
Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually.

ABC: Displays combined altimeter, barometer, and compass information.
Alternate time zones: Displays the current time of day in additional time zones.
Calendar: Displays upcoming meetings from your smartphone calendar.
Calories: Displays your calorie information for the current day.
Compass: Displays an electronic compass.
Controls: Allows you to turn on and off the Bluetooth connectivity and features including do not disturb, find my phone, and manual syncing.
Dog tracking: Displays your dog’s location information when you have a compatible dog tracking device paired with your Forerunner device.
Floors climbed: Tracks your floors climbed and progress toward your goal.
Golf: Displays golf information for your last round.
Heart rate: Displays your current heart rate in beats per minute (bpm) and a graph of your heart rate.
Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
inReach™ controls: Allows you to send messages on your paired inReach device.
Last activity: Displays a brief summary of your last recorded activity, such as your last run, last ride, or last swim.
Last sport: Displays a brief summary of your last recorded sport.
Music controls: Provides music player controls for your smartphone.
My day: Displays a dynamic summary of your activity today. The metrics include timed activities, intensity minutes, floors climbed, steps, calories burned, and more.
Notifications: Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.
Performance: Displays your current training status, training load, VO2 max. estimates, recovery time, FTP estimate, lactate threshold, and predicted race times.
Steps: Tracks your daily step count, step goal, and data for previous days.
Stress: Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax.
Sunrise and sunset: Displays sunrise, sunset, and civil twilight times.
VIRB controls: Provides camera controls when you have a VIRB device paired with your Forerunner device.
Weather: Displays the current temperature and weather forecast.
Xero™ bow sight: Displays laser location information when you have a Xero bow sight paired with your Forerunner device.

Viewing the Controls Menu
The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.
NOTE: You can add, reorder, and remove the options in the controls menu (Customizing the Controls Menu, page 17).
1 From any screen, hold LIGHT.
2 Select UP or DOWN to scroll through the options.

Customizing the Controls Menu
You can add, remove, and change the order of the shortcut menu options in the controls menu (Viewing the Controls Menu, page 17).
1 From the watch face, hold epilepsy.
2 Select Settings > Controls.
3 Select a shortcut to customize.
4 Select an option:
   • Select Reorder to change the location of the shortcut in the controls menu.
   • Select Remove to remove the shortcut from the controls menu.
5 If necessary, select Add New to add an additional shortcut to the controls menu.

Viewing the Weather Widget
Weather requires a Bluetooth connection to a compatible smartphone.
1 From the watch face, select UP or DOWN to view the weather widget.
2 Select START to view hourly weather data.
3 Select DOWN to view daily weather data.

Opening the Music Controls
Music controls require a Bluetooth connection to a compatible smartphone.
1 From the watch face, hold LIGHT.
2 Select 🎶
3 Select UP or DOWN to use the music controls.

Bluetooth Connected Features
The Forerunner device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app.

Activity uploads: Automatically sends your activity to the Garmin Connect app as soon as you finish recording the activity.

Audio prompts: Allows the Garmin Connect app to play status announcements, such as mile splits and other data, on your smartphone during a run or other activity.

Bluetooth sensors: Allows you to connect Bluetooth compatible sensors, such as a heart rate monitor.

Connect IQ: Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

Find my phone: Locates your lost smartphone that is paired with your Forerunner device and currently within range.

Find my watch: Locates your lost Forerunner device that is paired with your smartphone and currently within range.

GroupTrack: Allows you to keep track of other connections in your group using LiveTrack directly on screen and in real time.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

Music controls: Allows you to control the music player on your smartphone.

Phone notifications: Displays phone notifications and messages on your Forerunner device.

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to the Garmin Connect app.

Software updates: Allows you to update your device software.

Weather updates: Sends real-time weather conditions and notifications to your device.

Workout and course downloads: Allows you to browse for workouts and courses in the Garmin Connect app and wirelessly send them to your device.

Updating the Software Using the Garmin Connect App
Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone. (Pairing Your Smartphone with Your Device, page 16).

Sync your device with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 18).
When new software is available, the Garmin Connect app automatically sends the update to your device.

Manually Syncing Data with Garmin Connect
1 Hold LIGHT to view the controls menu.
2 Select ⏰.

Starting a GroupTrack Session
Before you can start a GroupTrack session, you must have a Garmin Connect account, a compatible smartphone, and the Garmin Connect Mobile app.

These instructions are for starting a GroupTrack session with Forerunner devices. If your connections have other compatible devices, you can see them on the map. The other devices may not be able to display GroupTrack riders on the map.
1 Go outside, and turn on the Forerunner device.
2 Pair your smartphone with the Forerunner device (Pairing Your Smartphone with Your Device, page 16).
3 On the Forerunner device, hold 📸 and select Settings > GroupTrack > Show on Map to enable viewing connections on the map screen.
4 In the Garmin Connect Mobile app, from the settings menu, select LiveTrack > GroupTrack.
5 If you have more than one compatible device, select a device for the GroupTrack session.
6 Select Visible to > All Connections.
7 Select Start LiveTrack.
8 On the Forerunner device, start an activity.
9 Scroll to the map to view your connections.
   TIP: From the map, you can hold 📸 and select Nearby Connections to view distance, direction, and pace or speed information for other connections in the GroupTrack session.

Tips for GroupTrack Sessions
The GroupTrack feature allows you to keep track of other connections in your group using LiveTrack directly on the screen. All members of the group must be your connections in your Garmin Connect account.

- Start your activity outside using GPS.
- Pair your Forerunner device with your smartphone using Bluetooth technology.
- In the Garmin Connect app, from the settings menu, select Connections to update the list of connections for your GroupTrack session.
- Make sure all of your connections pair to their smartphones and start a LiveTrack session in the Garmin Connect app.
- Make sure all your connections are in range (40 km or 25 mi.).
- During a GroupTrack session, scroll to the map to view your connections (Adding a Map to an Activity, page 24).

Connect IQ Features
You can add Connect IQ features to your watch from Garmin and other providers using the Connect IQ website. You can customize your device with watch faces, data fields, widgets, and apps.

Watch Faces: Allow you to customize the appearance of the clock.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Widgets: Provide information at a glance, including sensor data and notifications.

Apps: Add interactive features to your watch, such as new outdoor and fitness activity types.

Downloading Connect IQ Features Using Your Computer
1 Connect the device to your computer using a USB cable.
2 Go to apps.garmin.com, and sign in.
3 Select a Connect IQ feature, and download it.
4 Follow the on-screen instructions.

**Wi-Fi Connected Features**

**Activity uploads to your Garmin Connect account:**
Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

**Software updates:** Your device downloads and installs the latest software update automatically when a Wi-Fi connection is available.

**Workouts and training plans:** You can browse for and select workouts and training plans on the Garmin Connect site. The next time your device has a Wi-Fi connection, the files are wirelessly sent to your device.

**History**

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

**NOTE:** When the device memory is full, your oldest data is overwritten.

**Using History**

History contains previous activities you have saved on your device.

1. Hold .
2. Select History > Activities.
3. Select an activity.
4. Select an option:
   - To view additional information about the activity, select Details.
   - To select a lap and view additional information about each lap, select Laps.
   - To select an interval and view additional information about each interval, select Intervals.
   - To view the activity on a map, select Map.
   - To view the impact of the activity on your aerobic and anaerobic fitness, select Training Effect (About Training Effect, page 14).
   - To view your time in each heart rate zone, select Time in Zone (Viewing Your Time in Each Heart Rate Zone, page 19).
   - To view an elevation plot of the activity, select Elevation Plot.
   - To delete the selected activity, select Delete.

**Multisport History**

Your device stores the overall multisport summary of the activity, including overall distance, time, calories, and optional accessory data. Your device also separates the activity data for each sport segment and transition so you can compare similar training activities and track how quickly you move through the transitions. Transition history includes distance, time, average speed, and calories.

**Viewing Your Time in Each Heart Rate Zone**

Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity.

Viewing your time in each heart rate zone can help you adjust your training intensity.

1. From the watch face, hold .
2. Select History > Activities.
3. Select an activity.
4. Select Time in Zone.

**Viewing Data Totals**

You can view the accumulated distance and time data saved to your device.

1. Hold .
2. Select History > Totals.
3. If necessary, select an activity.
4. Select an option to view weekly or monthly totals.

**Using the Odometer**

The odometer automatically records the total distance traveled, elevation gained, and time in activities.

1. From the watch face, hold .
2. Select History > Totals > Odometer.
3. Select UP or DOWN to view odometer totals.

**Deleting History**

1. Hold .
2. Select History > Options.
3. Select an option:
   - Select Delete All Activities to delete all activities from the history.
   - Select Reset Totals to reset all distance and time totals.
   **NOTE:** This does not delete any saved activities.
4. Confirm your selection.

**Data Management**

**NOTE:** The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

**Deleting Files**

**NOTICE**

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1. Open the Garmin drive or volume.
2. If necessary, open a folder or volume.
4. Press the Delete key on your keyboard.

**Disconnecting the USB Cable**

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect the device.

1. Complete an action:
   - For Windows computers, select the Safely Remove Hardware icon in the system tray, and select your device.
   - For Apple® computers, select the device, and select File > Eject.
2. Disconnect the cable from your computer.

**Garmin Connect**

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to connect.garmin.com.

**Store your activities:** After you complete and save an activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.
Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, running dynamics, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.

Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Manage your settings: You can customize your device and user settings on your Garmin Connect account.

Access the Connect IQ store: You can download apps, watch faces, data fields, and widgets.

Using Garmin Connect on Your Computer
The Garmin Express™ application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your device. You can also install device software updates and manage your Connect IQ apps.

1. Connect the device to your computer using the USB cable.
2. Go to www.garmin.com/express.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select Add Device.
5. Follow the on-screen instructions.

Navigation
You can use the GPS navigation features on your device to view your path on a map, save locations, and find your way home.

Courses
You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike friendly commute to work.

You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner trying to complete the course in under 30 minutes.

Creating and Following a Course on Your Device
1. From the watch face, select START > Navigate > Courses > Create New.
2. Enter a name for the course, and select ✓.
3. Select Add Location.
4. Select an option.
5. If necessary, repeat steps 3 and 4.
6. Select Done > Do Course.
   Navigation information appears.
7. Select START to begin navigation.

Creating a Course on Garmin Connect
Before you can create a course on the Garmin Connect app, you must have a Garmin Connect account (Garmin Connect, page 19).

1. From the Garmin Connect app, select ☰ or •••.
2. Select Training > Courses > Create Course.
3. Select a course type.
4. Follow the on-screen instructions.
5. Select Done.
   NOTE: You can send this course to your device (Sending a Course to Your Device, page 20).

Sending a Course to Your Device
You can send a course you created using the Garmin Connect app to your device (Creating a Course on Garmin Connect, page 20).

1. From the Garmin Connect app, select ☰ or •••.
2. Select Training > Courses.
3. Select a course.
4. Select > Send to Device.
5. Select your compatible device.
6. Follow the on-screen instructions.

Viewing Course Details
1. Select START > Navigate > Courses.
2. Select a course.
3. Select an option:
   • Select Map to view the course on the map.
   • Select Elevation Plot to view an elevation plot of the course.
   • Select Name to view and edit the name of the course.

Saving Your Location
You can save your current location to navigate back to it later.
NOTE: You can add options to the controls menu (Customizing the Controls Menu, page 17).

1. Hold LIGHT.
2. Select ¶.
3. Follow the on-screen instructions.

Editing Your Saved Locations
You can delete a saved location or edit its name, elevation, and position information.

1. From the watch face, select START > Navigate > Saved Locations.
2. Select a saved location.
3. Select an option to edit the location.
Navigating to the Starting Point of Your Last Saved Activity
You can navigate back to the starting point of your last saved activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.
1. Select START > Navigate > Activities.
2. Select your last saved activity.
3. Select Back to Start.
4. Select an option:
   - To navigate back to the starting point of your activity along the path you traveled, select TracBack.
   - To navigate back to the starting point of your activity in a straight line, select Straight Line.
5. Select DOWN to view the compass (optional).
   - The arrows point toward your starting point.

Projecting a Waypoint
You can create a new location by projecting the distance and bearing from your current location to a new location.
1. If necessary, select START > Add > Project Wpt. to add the project waypoint app to the apps list.
2. Select Yes to add the app to your list of favorites.
3. From the watch face, select START > Project Wpt..
4. Select UP or DOWN to set the heading.
5. Select START.
6. Select DOWN to select a unit of measure.
7. Select UP to enter the distance.
8. Select START to save.
The projected waypoint is saved with a default name.

Navigating to Your Starting Point During an Activity
You can navigate back to the starting point of your current activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.
1. During an activity, select STOP > Back to Start.
2. Select an option:
   - To navigate back to the starting point of your activity along the path you traveled, select TracBack.
   - To navigate back to the starting point of your activity in a straight line, select Straight Line.

Navigating to a Destination
You can use your device to navigate to a destination or follow a course.
1. From the watch face, select START > Navigate.
2. Select a category.
3. Respond to the on-screen prompts to choose a destination.
4. Select Go To.

Your current location (1), the track to follow (2), and your destination (3) appear on the map.

Navigating with Sight 'N Go
You can point the device at an object in the distance, such as a water tower, lock in the direction, and then navigate to the object.
1. From the watch face, select START > Navigate > Sight 'N Go.
2. Point the top of the watch at an object, and select START.
   - Navigation information appears.
3. Select START to begin navigation.

Stopping Navigation
1. During an activity, hold \[.\]
2. Select Stop Navigation.

Map
\[ represents your location on the map. Location names and symbols appear on the map. When you are navigating to a destination, your route is marked with a line on the map.
- Map navigation (Panning and Zooming the Map, page 21)
- Map settings (Map Settings, page 21)

Panning and Zooming the Map
1. While navigating, select UP or DOWN to view the map.
2. Hold \[.
3. Select Pan/Zoom.
4. Select an option:
   - To toggle between panning up and down, panning left and right, or zooming, select START.
   - To pan or zoom the map, select UP and DOWN.
   - To quit, select BACK.

Map Settings
You can customize how the map appears in the map app and data screens.
From the watch face, hold \[, and select Settings > Map.
Orientation: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.
User Locations: Shows or hides saved locations on the map.
Auto Zoom: Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

Navigation Settings
You can customize the map features and appearance when navigating to a destination.

Customizing Map Features
1. Hold \[.
2. Select Settings > Navigation > Data Screens.
You can set alerts to help you navigate to your destination.

1. Install the sensor or put on the heart rate monitor.
2. Bring the device within 1 cm of the sensor, and wait while the device connects to the sensor.
   When the device detects the sensor, a message appears. You can customize a data field to display sensor data.
3. If necessary, select \( \equiv \) > Settings > Sensors and Accessories to manage ANT+ sensors.

**Heading Settings**

You can set the behavior of the pointer that appears when navigating.

- **Hold** \( \equiv \) and select **Settings** > **Navigation** > **Type**.
- **Bearing**: Points in the direction of your destination.
- **Course**: Shows your relationship to the course line leading to the destination (Course Pointer, page 22).

**Course Pointer**
The course pointer is most useful when you are navigating to your destination in a straight line, such as when you are navigating on water. It can help you navigate back to the course line when you go off-course to avoid obstacles or hazards.

![Course Pointer Diagram]

- **\( \equiv \)** indicates your relationship to the course line leading to the destination. The course deviation indicator (CDI) \( \equiv \) provides the indication of drift (right or left) from the course. The dots \( \equiv \) tell you how far off course you are.

**Setting Up a Heading Bug**

You can set up a heading indicator to display on your data pages while navigating. The indicator points to your target heading.

1. Hold \( \equiv \)
2. Select **Settings** > **Navigation** > **Heading Bug**.

**Setting Navigation Alerts**

You can set alerts to help you navigate to your destination.

1. Hold \( \equiv \)
2. Select **Settings** > **Navigation** > **Alerts**.
3. Select an option:
   - To set an alert for a specified distance from your final destination, select **Final Distance**.
   - To set an alert for the estimated time remaining until you reach your final destination, select **Final ETE**.
   - To set an alert when you stray from the course, select **Off Course**.
4. If necessary, select **Status** to turn on the alert.
5. If necessary, enter a distance or time value, and select \( \checkmark \).

**Foot Pod**

Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

**Going for a Run Using a Foot Pod**

Before you go for a run, you must pair the foot pod with your Forerunner device (Pairing ANT+ Sensors, page 22). You can run indoors using a foot pod to record pace, distance, and cadence. You can also run outdoors using a foot pod to record cadence data with your GPS pace and distance.

1. Install your foot pod according to the accessory instructions.
2. Select a running activity.
3. Go for a run.

**Foot Pod Calibration**
The foot pod is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs using GPS.

**Improving Foot Pod Calibration**

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (Pairing ANT+ Sensors, page 22). The foot pod is self-calibrating, but you can improve the accuracy of the speed and distance data with a few outdoor runs using GPS.

1. Stand outside for 5 minutes with a clear view of the sky.
2. Start a running activity.
3. Run on a track without stopping for 10 minutes.

**ANT+ Sensors**

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to [http://buy.garmin.com](http://buy.garmin.com).

**Pairing ANT+ Sensors**

Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin device. The first time you connect an ANT+ sensor to your device, you must pair the device and sensor. After the initial pairing, the device automatically connects to the sensor when you start your activity and the sensor is active and within range.

**NOTE**: If your device was packaged with an ANT+ sensor, they are already paired.

1. Connect the ANT+ sensor to your heart rate monitor.
2. Pair the device and sensor. After the initial pairing, the device automatically connects to the sensor when you start your activity and the sensor is active and within range.

**Tips for Pairing ANT+ Accessories with Your Garmin Device**

- Verify that the ANT+ accessory is compatible with your Garmin device.
- Before you pair the ANT+ accessory with your Garmin device, move 10 m (33 ft.) away from other ANT+ accessories.
- Bring the Garmin device within range 3 m (10 ft.) of the ANT+ accessory.
- After you pair the first time, your Garmin device automatically recognizes the ANT+ accessory each time it is activated. This process occurs automatically when you turn on the Garmin device and only takes a few seconds when the accessories are activated and functioning correctly.
- When paired, your Garmin device receives data from only your accessory, and you can go near other accessories.
4 Stop your activity, and save it.
   Based on the recorded data, the foot pod calibration value changes, if necessary. You should not need to calibrate the foot pod again unless your running style changes.

Calibrating Your Foot Pod Manually
Before you can calibrate your device, you must pair your device with the foot pod sensor (Pairing ANT+ Sensors, page 22).
Manual calibration is recommended if you know your calibration factor. If you have calibrated a foot pod with another Garmin product, you may know your calibration factor.
1 From the watch face, hold 
2 Select Settings > Sensors and Accessories.
3 Select your foot pod.
4 Select Cal. Factor > Set Value.
5 Adjust the calibration factor:
   • Increase the calibration factor if your distance is too low.
   • Decrease the calibration factor if your distance is too high.

Setting Foot Pod Speed and Distance
Before you can customize the foot pod speed and distance, you must pair your device with the foot pod sensor (Pairing ANT+ Sensors, page 22).
You can set your device to calculate speed and distance using your foot pod data instead of GPS data.
1 From the watch face, hold 
2 Select Settings > Sensors and Accessories.
3 Select your foot pod.
4 Select Speed or Distance.
5 Select an option:
   • Select Indoor when you are training with GPS turned off, usually indoors.
   • Select Always to use your foot pod data regardless of the GPS setting.

Using an Optional Bike Speed or Cadence Sensor
You can use a compatible bike speed or cadence sensor to send data to your device.
   • Pair the sensor with your device (Pairing ANT+ Sensors, page 22).
   • Set your wheel size (Wheel Size and Circumference, page 35).
   • Go for a ride (Starting an Activity, page 1).

Training with Power Meters
   • Go to www.garmin.com/intosports for a list of ANT+ sensors that are compatible with your device (such as Vector™).
   • For more information, see the owner’s manual for your power meter.
   • Adjust your power zones to match your goals and abilities (Setting Your Power Zones, page 7).
   • Use range alerts to be notified when you reach a specified power zone (Setting an Alert, page 24).
   • Customize the power data fields (Customizing the Data Screens, page 24).

Using Electronic Shifters
Before you can use compatible electronic shifters, such as Shimano® Di2™ shifters, you must pair them with your device (Pairing ANT+ Sensors, page 22). You can customize the optional data fields (Customizing the Data Screens, page 24).

The Forerunner device displays current adjustment values when the sensor is in adjustment mode.

Situational Awareness
Your Forerunner device can be used with the Varia Vision™ device, Varia™ smart bike lights, and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.
NOTE: You may need to update the Forerunner software before pairing Varia devices (Updating the Software Using Garmin Express, page 31).

tempe
The tempe is an ANT+ wireless temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data. You must pair the tempe with your device to display temperature data from the tempe.

Customizing Your Device

Customizing Your Activity List
1 From the watch face, hold 
2 Select Settings > Activities & Apps.
3 Select an option:
   • Select an activity to customize the settings, set the activity as a favorite, change the order of appearance, and more.
   • Select Add Apps to add more activities or create custom activities.

Customizing the Widget Loop
You can change the order of widgets in the widget loop, remove widgets, and add new widgets.
1 From the watch face, hold 
2 Select Settings > Widgets.
3 Select a widget.
4 Select an option:
   • Select Reorder to change the location of the widget in the widget loop.
   • Select Remove to remove the widget from the widget loop.
5 Select Add Widgets.
6 Select a widget.
   The widget is added to the widget loop.

Activity Settings
These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.
Hold select Settings > Activities & Apps, select an activity, and select the activity settings.
3D Distance: Calculates your distance traveled using your elevation change and your horizontal movement over ground.
3D Speed: Calculates your speed using your elevation change and your horizontal movement over ground (3D Speed and Distance, page 25).
Accent Color: Sets the accent color of each activity to help identify which activity is active.
Alerts: Sets the training or navigation alerts for the activity.
Auto Climb: Enables the device to detect elevation changes automatically using the built-in altimeter.
**Auto Lap:** Sets the options for the Auto Lap feature *(Marking Laps by Distance, page 25).*

**Auto Pause:** Sets the device to stop recording data when you stop moving or when you drop below a specified speed *(Enabling Auto Pause, page 25).*

**Auto Run:** Enables the device to detect ski runs automatically using the built-in accelerometer.

**Auto Scroll:** Enables you to move through all of the activity data screens automatically while the timer is running *(Using Auto Scroll, page 25).*

**Auto Set:** Enables the device to start and stop exercise sets automatically during a strength training activity.

**Background Color:** Sets the background color of each activity to black or white.

**Countdown Start:** Enables a countdown timer for pool swimming intervals.

**Data Screens:** Enables you to customize data screens and add new data screens for the activity *(Customizing the Data Screens, page 24).*

**Edit Weight:** Allows the user to add and edit the weight used during a rep counting activity.

**GPS:** Sets the mode for the GPS antenna. Using GPS + GLONASS or GPS + GALILEO provides increased performance in challenging environments and faster position acquisition *(GPS and Other Satellite Systems, page 26).* Using the UltraTrac option records track points and sensor data less frequently *(UltraTrac, page 26).*

**Lock Keys:** Locks the keys during multisport activities to prevent accidental key presses.

**Metronome:** Plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence *(Using the Metronome, page 6).*

**Pool Size:** Sets the pool length for pool swimming.

**Power Save Timeout:** Sets the power-save timeout setting for the activity *(Power Save Timeout Settings, page 26).*

**Rename:** Sets the activity name.

**Rep Counting:** Enables the device to count your reps during a strength training activity.

**Repeat:** Enables the repeat option for multisport activities. For example, you can use this option for activities that include multiple transitions, such as a swimrun.

**Restore Defaults:** Allows you to reset the activity settings.

**Segment Alerts:** Enables prompts that alert you to approaching segments.

**Stroke Detect.:** Enables stroke detection for pool swimming.

**Transitions:** Enables transitions for multisport activities.

### Customizing the Data Screens
You can show, hide, and change the layout and content of data screens for each activity.

1. Select **START**.
2. Select an activity.
3. Hold [ ]
4. Select the activity settings.
5. Select **Data Screens**.
6. Select a data screen to customize.
7. Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select a field to change the data that appears in the field.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.

8. If necessary, select **Add New** to add a data screen to the loop.
   You can add a custom data screen, or select one of the predefined data screens.

### Adding a Map to an Activity
You can add the map to the data screens loop for an activity.

1. From the watch face, hold [ ]
2. Select **Settings > Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **Data Screens > Add New > Map**.

### Alerts
You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. There are three types of alerts: event alerts, range alerts, and recurring alerts.

**Event alert:** An event alert notifies you once. The event is a specific value. For example, you can set the device to alert you when you reach a specified elevation.

**Range alert:** A range alert notifies you each time the device is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

**Recurring alert:** A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

<table>
<thead>
<tr>
<th>Alert Name</th>
<th>Alert Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cadence</td>
<td>Range</td>
<td>You can set minimum and maximum cadence values.</td>
</tr>
<tr>
<td>Calories</td>
<td>Event, recurring</td>
<td>You can set the number of calories.</td>
</tr>
<tr>
<td>Custom</td>
<td>Event, recurring</td>
<td>You can select an existing message or create a custom message and select an alert type.</td>
</tr>
<tr>
<td>Distance</td>
<td>Recurring</td>
<td>You can set a distance interval.</td>
</tr>
<tr>
<td>Elevations</td>
<td>Range</td>
<td>You can set minimum and maximum elevation values.</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>Range</td>
<td>You can set minimum and maximum heart rate values or select zone changes. See About Heart Rate Zones, page 7 and Heart Rate Zone Calculations, page 7.</td>
</tr>
<tr>
<td>Pace</td>
<td>Range</td>
<td>You can set minimum and maximum pace values.</td>
</tr>
<tr>
<td>Power</td>
<td>Range</td>
<td>You can set the high or low power level.</td>
</tr>
<tr>
<td>Proximity</td>
<td>Event</td>
<td>You can set a radius from a saved location.</td>
</tr>
<tr>
<td>Run/Walk</td>
<td>Recurring</td>
<td>You can set timed walking breaks at regular intervals.</td>
</tr>
<tr>
<td>Speed</td>
<td>Range</td>
<td>You can set minimum and maximum speed values.</td>
</tr>
<tr>
<td>Stroke Rate</td>
<td>Range</td>
<td>You can set high or low strokes per minute.</td>
</tr>
<tr>
<td>Time</td>
<td>Event, recurring</td>
<td>You can set a time interval.</td>
</tr>
</tbody>
</table>

### Setting an Alert
1. Hold [ ]
2. Select **Settings > Activities & Apps**.
3. Select an activity.
4. Select the activity settings.
5. Select **Alerts**.
6 Select an option:
   - Select Add New to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
7 If necessary, select the type of alert.
8 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
9 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Auto Lap

Marking Laps by Distance
You can use Auto Lap to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).
1 Hold ☐
2 Select Settings > Activities & Apps.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select Auto Lap.
6 Select an option:
   - Select Auto Lap to turn Auto Lap on or off.
   - Select Auto Distance to adjust the distance between laps.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (System Settings, page 26).

If necessary, you can customize the data pages to display additional lap data (Customizing the Data Screens, page 24).

Customizing the Lap Alert Message
You can customize one or two data fields that appear in the lap alert message.
1 Hold ☐
2 Select Settings > Activities & Apps.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select Auto Lap > Lap Alert.
6 Select a data field to change it.
7 Select Preview (optional).

Enabling Auto Pause®
You can use the Auto Pause feature to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you must stop.

   NOTE: History is not recorded while the timer is stopped or paused.
1 Hold ☐
2 Select Settings > Activities & Apps.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select Auto Pause.
6 Select an option:
   - To pause the timer automatically when you stop moving, select When Stopped.
   • To pause the timer automatically when your pace or speed drops below a specified level, select Custom.

Enabling Auto Climb
You can use the auto climb feature to detect elevation changes automatically. You can use it during activities such as climbing, hiking, running, or biking.
1 Hold ☐
2 Select Settings > Activities & Apps.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select Auto Climb > Status > On.
6 Select an option:
   - Select Run Screen to identify which data screen appears while running.
   - Select Climb Screen to identify which data screen appears while climbing.
   - Select Invert Colors to reverse the display colors when changing modes.
   - Select Vertical Speed to set the rate of ascent over time.
   - Select Mode Switch to set how quickly the device changes modes.

3D Speed and Distance
You can set 3D speed and distance to calculate your speed or distance using both your elevation change and your horizontal movement over ground. You can use it during activities such as skiing, climbing, navigating, hiking, running, or biking.

Using Auto Scroll
You can use the auto scroll feature to cycle through all of the activity data screens automatically while the timer is running.
1 Hold ☐
2 Select Settings > Activities & Apps.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select Auto Scroll.
6 Select a display speed.

Changing the GPS Setting
By default, the device uses GPS to locate satellites. For more information about GPS, go to www.garmin.com/aboutGPS.
1 Hold ☐
2 Select Settings > Activities & Apps.
3 Select the activity to customize.
4 Select the activity settings.
5 Select GPS.
6 Select an option:
   - Select Normal (GPS Only) to enable the default GPS satellite system.
   - Select GPS + GLONASS (Russian satellite system) for more accurate position information in situations with poor sky visibility.
   - Select GPS + GALILEO (European Union satellite system) for more accurate position information in situations with poor sky visibility.
   - Select UltraTrac to record track points and sensor data less frequently (UltraTrac, page 26).

   NOTE: Using GPS and another satellite together can reduce battery life more quickly than using GPS only (GPS and Other Satellite Systems, page 26).
GPS and Other Satellite Systems
The default satellite system setting is GPS. The GPS + GLONASS or GPS + GALILEO options offer increased performance in challenging environments and faster position acquisition. Using GPS and another satellite together can reduce battery life more quickly than using GPS only.

UltraTrac
The UltraTrac feature is a GPS setting that records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

Power Save Timeout Settings
The timeout settings affects how long your device stays in training mode, for example, when you are waiting for a race to start. Hold \( \mathbf{SEL} \), select \( \mathbf{Menu} \) > \( \mathbf{Activities & Apps} \), select an activity, and select the activity settings. Select \( \mathbf{Power Save Timeout} \) to adjust the timeout settings for the activity.

Normal: Sets the device to enter low-power watch mode after 5 minutes of inactivity.

Extended: Sets the device to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Removing an Activity or App
1. From the watch face, hold \( \mathbf{SEL} \).
2. Select \( \mathbf{Settings} \) > \( \mathbf{Activities & Apps} \).
3. Select an activity.
4. Select an option:
   a. To remove an activity from your list of favorites, select \( \mathbf{Remove from Favorites} \).
   b. To delete the activity from the apps list, select \( \mathbf{Remove} \).

GroupTrack Settings
Hold \( \mathbf{SEL} \), and select \( \mathbf{Settings} \) > \( \mathbf{GroupTrack} \).

Show on Map: Enables you to view connections on the map screen during a GroupTrack session.

Activity Types: Allows you to select which activity types appear on the map screen during a GroupTrack session.

Watch Face Settings
You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also download custom watch faces from the Connect IQ store.

Customizing the Watch Face
Before you can activate a Connect IQ watch face, you must install a watch face from the Connect IQ store (Connect IQ Features, page 18).

You can customize the watch face information and appearance, or activate an installed Connect IQ watch face.

1. From the watch face, hold \( \mathbf{SEL} \).
2. Select \( \mathbf{Watch Face} \).
3. Select \( \mathbf{UP} \) or \( \mathbf{DOWN} \) to preview the watch face options.
4. Select \( \mathbf{Add New} \) to scroll through additional pre-loaded watch faces.
5. Select \( \mathbf{START} \) > \( \mathbf{Apply} \) to activate a pre-loaded watch face or an installed Connect IQ watch face.
6. If using a pre-loaded watch face, select \( \mathbf{START} \) > \( \mathbf{Customize} \).
7. Select an option:
   a. To change the style of the hands for the analog watch face, select \( \mathbf{Dial} \).
   b. To change the style of the numbers for the digital watch face, select \( \mathbf{Hands} \).
   c. To change the style of the seconds for the digital watch face, select \( \mathbf{Layout} \).
   d. To change the data that appears on the watch face, select \( \mathbf{Additional Data} \).
   e. To add or change an accent color for the watch face, select \( \mathbf{Accent Color} \).
   f. To change the background color, select \( \mathbf{Bkgd. Color} \).
   g. To save the changes, select \( \mathbf{Done} \).

System Settings
Hold \( \mathbf{SEL} \), and select \( \mathbf{Settings} \) > \( \mathbf{System} \).

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (Time Settings, page 26).

Backlight: Adjusts the backlight settings (Changing the Backlight Settings, page 27).

Sounds: Sets the device sounds, such as key tones, alerts, and vibrations.

Do Not Disturb: Turns on or off do not disturb mode. Use the Sleep Time option to turn on do not disturb mode automatically during your normal sleep hours. You can set your normal sleep hours on your Garmin Connect account.

Hot Keys: Allows you to assign shortcuts to device keys (Customizing the Hot Keys, page 27).

Auto Lock: Allows you to lock the keys automatically to prevent accidental key presses. Use the During Activity option to lock the keys during a timed activity. Use the Not During Activity option to lock the keys when you are not recording a timed activity.

Units: Sets the units of measure used on the device (Changing the Units of Measure, page 27).

Format: Sets general format preferences, such as the pace and speed shown during activities, the start of the week, and geographical position format and datum options.

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

USB Mode: Sets the device to use mass storage mode or Garmin mode when connected to a computer.

Restore Defaults: Allows you to reset user data and settings (Restoring All Default Settings, page 30).

Software Update: Allows you to install software updates downloaded using Garmin Express.

Time Settings
Hold \( \mathbf{SEL} \), and select \( \mathbf{Settings} \) > \( \mathbf{System} \) > \( \mathbf{Time} \).

Time Format: Sets the device to show time in a 12-hour, 24-hour, or military format.

Set Time: Sets the time zone for the device. The Auto option sets the time zone automatically based on your GPS position.

Time: Allows you to adjust the time if it is set to the Manual option.

Alerts: Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs.

Sync With GPS: Allows you to manually sync the time with GPS when you change time zones, and to update for daylight saving time.
Changing the Backlight Settings
1 From the watch face, hold 📡.
2 Select Settings > System > Backlight.
3 Select an option:
   • Select During Activity.
   • Select Not During Activity.
4 Select an option:
   • Select Keys to turn on the backlit key for key presses.
   • Select Alerts to turn on the backlit key for alerts.
   • Select Gesture to turn on the backlit by raising and turning your arm to look at your wrist.
   • Select Timeout to set the length of time before the backlight turns off.
   • Select Brightness to set the brightness level of the backlight.

Customizing the Hot Keys
You can custom the hold function of individual keys and combinations of keys.
1 From the watch face, hold 📡.
2 Select Settings > System > Hot Keys.
3 Select a key or combination of keys to customize.
4 Select a function.

Changing the Units of Measure
You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.
1 From the watch face. hold 📡.
2 Select Settings > System > Units.
3 Select a measurement type.
4 Select a unit of measure.

Clock
Setting the Time Manually
1 From the watch face, hold 📡.
2 Select Settings > System > Time > Set Time > Manual.
3 Select Time, and enter the time of day.

Setting an Alarm
You can set up to ten separate alarms. You can set each alarm to sound once or to repeat regularly.
1 From the watch face, hold 📡.
2 Select Clock > Alarm Clock > Add Alarm.
3 Select Time, and enter the alarm time.
4 Select Repeat, and select when the alarm should repeat (optional).
5 Select Sounds, and select a type of notification (optional).
6 Select Backlight > On to turn on the backlight with the alarm.
7 Select Label, and select a description for the alarm (optional).

Deleting an Alarm
1 From the watch face, hold 📡.
2 Select Clock > Alarm Clock.
3 Select an alarm.
4 Select Delete.

Starting the Countdown Timer
1 From the watch face, hold 📡.
2 Select Clock > Timer.
3 Enter the time.
4 If necessary, select Restart > On to automatically restart the timer after it expires.
5 If necessary, select Sounds, and select a type of notification.
6 Select Start Timer.

Using the Stopwatch
1 From any screen, hold LIGHT.
2 Select Stopwatch.
   • NOTE: You may need to add this item to the controls menu (Customizing the Controls Menu, page 17).
3 Select START to start the timer.
4 Select ☐ to restart the lap timer ☒.

The total stopwatch time ☒ continues running.
5 Select START to stop both timers.
6 Select an option.
7 Save the recorded time as an activity in your history (optional).

Setting Clock Alerts
1 From the watch face, hold 📡.
2 Select Clock > Alerts.
3 Select an option:
   • To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select Til Sunset > Status > On, select Time, and enter the time.
   • To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select Til Sunrise > Status > On, select Time, and enter the time.
   • To set an alert to sound every hour, select Hourly > On.

Syncing the Time with GPS
Each time you turn on the device and acquire satellites, the device automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones, and to update for daylight saving time.
1 From the watch face, hold 📡.
2 Select Clock > Sync With GPS.
3 Wait while the device locates satellites (Acquiring Satellite Signals, page 30).

VIRB Remote
The VIRB remote function allows you to control your VIRB action camera using your device. Go to www.garmin.com/VIRB to purchase a VIRB action camera.

Controlling a VIRB Action Camera
Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the VIRB Series Owner's Manual for more information. You must also set the VIRB widget to be shown in the widget loop (Customizing the Widget Loop, page 23).
1 Turn on your VIRB camera.
2 On your Forerunner device, select UP or DOWN from the watch face to view the VIRB widget.
3 Wait while the device connects to your VIRB camera.
4 Select START.
5 Select an option:
   • To record video, select **Start Recording**. The video counter appears on the Forerunner screen.
   • To take a photo while recording video, select **DOWN**.
   • To stop recording video, select **STOP**.
   • To take a photo, select **Take Photo**.
   • To change video and photo settings, select **Settings**.

Controlling a VIRB Action Camera During an Activity
Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the VIRB Series Owner's Manual for more information. You must also set the VIRB widget to be shown in the widget loop (Customizing the Widget Loop, page 23).

1 Turn on your VIRB camera.
2 On your Forerunner device, select **UP** or **DOWN** from the watch face to view the VIRB widget.
3 Wait while the device connects to your VIRB camera. When the camera is connected, a VIRB data screen is automatically added to the activity apps.
4 During an activity, select **UP** or **DOWN** to view the VIRB data screen.
5 Hold **.**
6 Select **VIRB Remote**.
7 Select an option:
   • To control the camera using the activity timer, select **Settings > Timer Start/Stop**.
     **NOTE:** Video recording automatically starts and stops when you start and stop an activity.
   • To control the camera using the menu options, select **Settings > Manual**.
   • To manually record video, select **Start Recording**. The video counter appears on the Forerunner screen.
   • To take a photo while recording video, select **DOWN**.
   • To manually stop recording video, select **STOP**.
   • To take a photo, select **Take Photo**.

Device Information

Charging the Device

**WARNING**
This device contains a lithium-ion battery. See the Important Safety and Product Information guide in the product box for product warnings and other important information.

**NOTICE**
To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1 Plug the small end of the USB cable into the charging port on your device.

2 Plug the large end of the USB cable into a USB charging port.
3 Charge the device completely.

Specifications

**Forerunner Specifications**

<table>
<thead>
<tr>
<th>Battery type</th>
<th>Rechargeable, built-in lithium-ion battery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch mode battery life</td>
<td>Up to 2 wk. with activity tracking, smartphone notifications, and wrist-based heart rate</td>
</tr>
<tr>
<td>Activity mode battery life</td>
<td>Up to 24 hr. in GPS mode and wrist-based heart rate</td>
</tr>
<tr>
<td>UltraTrac mode battery life</td>
<td>Up to 60 hr.</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From -20º to 60ºC (from -4º to 140ºF)</td>
</tr>
<tr>
<td>Charging temperature range</td>
<td>From 0º to 45ºC (from 32º to 113ºF)</td>
</tr>
<tr>
<td>Wireless frequencies/protocols</td>
<td>2.4 GHz ANT+ wireless communications protocol, Bluetooth wireless technology, Wi-Fi wireless technology</td>
</tr>
</tbody>
</table>
| Water rating | Swim, 5 ATM

**HRM-Swim Specifications and HRM-Tri Specifications**

<table>
<thead>
<tr>
<th>Battery type</th>
<th>User-replaceable CR2032 (3 V)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HRM-Swim battery life</td>
<td>Up to 18 mo. (approximately 3 hr./wk.)</td>
</tr>
<tr>
<td>HRM-Tri battery life</td>
<td>Up to 10 mo. for triathlon training (approximately 1 hr./day)</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From -10° to 50°C (from 14° to 122°F)</td>
</tr>
<tr>
<td>Wireless frequency/protocol</td>
<td>2.4 GHz @ +1 dBm nominal</td>
</tr>
</tbody>
</table>
| Water rating | Swim, 5 ATM

Device Care

**NOTICE**
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Avoid pressing the keys under water.
Do not use a sharp object to clean the device.
Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.
Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

---

1 *The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).
2 *The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

### Cleaning the Device

**NOTICE**

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1. Wipe the device using a cloth dampened with a mild detergent solution.
2. Wipe it dry.

After cleaning, allow the device to dry completely.

**TIP:** For more information, go to [www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

### Replacing the HRM-Swim Battery and the HRM-Tri Battery

1. Remove the sleeve from the heart rate monitor module.

2. Use a small Phillips (00) screwdriver to remove the four screws on the front of the module.
3. Remove the cover and battery.
4. Wait 30 seconds.
5. Insert the new battery under the two plastic tabs with the positive side facing up.

**NOTE:** Do not damage or lose the O-ring gasket. The O-ring gasket should remain around the outside of the raised plastic ring.

6. Replace the front cover and the four screws.

   **NOTE:** Do not overtighten.

7. Replace the sleeve.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

### Changing the Bands

You can replace the bands with new Forerunner bands or compatible QuickFit™ bands.

1. Use the two screwdrivers to loosen the pins.

2. Remove the pins.
3. Select an option:
   - To install Forerunner bands, align the new bands, and replace the pins using the two screwdrivers.
   - To install QuickFit bands, replace the pins, and press the new bands into place.

**NOTE:** Make sure the band is secure. The latch should close over the watch pin.

### Troubleshooting

### Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1. Hold 
2. Select Settings > About.
Getting More Information

Activity Tracking
My step count does not seem accurate
The step counts on my device and my Connect account don't match
The floors climbed amount does not seem accurate

Product Updates
On your computer, install Garmin Express (www.garmin.com/express). On your smartphone, install the Garmin Connect app. This provides easy access to these services for Garmin devices:
• Software updates
• Data uploads to Garmin Connect
• Product registration

Setting Up Garmin Express
1 Connect the device to your computer using a USB cable.
2 Go to www.garmin.com/express.
3 Follow the on-screen instructions.

Getting More Information
• Go to support.garmin.com for additional manuals, articles, and software updates.
• Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Activity Tracking
For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My daily step count does not appear
The daily step count is reset every night at midnight.
If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate
If your step count does not seem accurate, you can try these tips.
• Wear the device on your non-dominant wrist.
• Carry the device in your pocket when pushing a stroller or lawn mower.
• Carry the device in your pocket when actively using your hands or arms only.
  NOTE: The device may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my device and my Garmin Connect account don't match
The step count on your Garmin Connect account updates when you sync your device.
1 Select an option:
   • Sync your step count with the Garmin Connect application (Using Garmin Connect on Your Computer, page 20).
   • Sync your step count with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 18).
2 Wait while the device syncs your data.
Syncing can take several minutes.
NOTE: Refreshing the Garmin Connect app or the Garmin Connect application does not sync your data or update your step count.

The floors climbed amount does not seem accurate
Your device uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).
• Avoid holding handrails or skipping steps while climbing stairs.
• In windy environments, cover the device with your sleeve or jacket as strong gusts can cause erratic readings.

My intensity minutes are flashing
When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.
Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Acquiring Satellite Signals
The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.
TIP: For more information about GPS, go to www.garmin.com/aboutGPS.
1 Go outdoors to an open area.
   The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.
   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception
• Frequently sync the device to your Garmin Connect account:
  ◦ Connect your device to a computer using the USB cable and the Garmin Express application.
  ◦ Sync your device to the Garmin Connect app using your Bluetooth enabled smartphone.
  ◦ Connect your device to your Garmin Connect account using a Wi-Fi wireless network.
   While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
• Take your device outside to an open area away from tall buildings and trees.
• Remain stationary for a few minutes.

Restarting the Device
If the device stops responding, you may need to restart it.
NOTE: Restarting the device may erase your data or settings.
1 Hold for 15 seconds.
   The device turns off.
2 Hold for one second to turn on the device.

Clearing User Data
NOTE: This deletes all user-entered information, but it does not delete your history.
You can restore all of the device settings to the factory default values.
1 Hold for one second.
2 Select > Yes to turn off the device.
3 While holding , hold to turn on the device.
4 Select Yes.

Restoring All Default Settings
NOTE: This deletes all user-entered information and activity history.
You can restore all of the device settings to the factory default values.
1. Hold 𝔼.
2. Select Settings > System > Restore Defaults > Yes.

**Updating the Software Using Garmin Express**

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

1. Connect the device to your computer using the USB cable.
   - When new software is available, Garmin Express sends it to your device.
2. Follow the on-screen instructions.
3. Do not disconnect your device from the computer during the update process.
   - **NOTE:** If you have already set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

**My device is in the wrong language**

You can change the device language selection if you have accidently selected the wrong language on the device.

1. Hold 𝔼.
2. Scroll down to the last item in the list, and select START.
3. Scroll down to the second to last item in the list, and select START.
4. Select START.
5. Select your language.

**Is my smartphone compatible with my device?**

The Forerunner device is compatible with smartphones using Bluetooth wireless technology.

Go to [www.garmin.com/ble](http://www.garmin.com/ble) for compatibility information.

**My phone will not connect to the device**

If your phone will not connect to the device, you can try these tips.

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your smartphone to retry the pairing process.
- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select 𝔼 or ⋆⋆⋆, and select Garmin Devices > Add Device to enter pairing mode.
- On your device, select 𝔼 > Settings > Phone > Pair Phone.

**Maximizing the Battery Life**

You can do several things to extend the life of the battery.

- Reduce the backlight timeout ([Changing the Backlight Settings, page 27](#)).
- Reduce the backlight brightness.
- Use UltraTrac GPS mode for your activity ([UltraTrac, page 26](#)).
- Turn off Bluetooth wireless technology when you are not using connected features ([Bluetooth Connected Features, page 18](#)).
- When pausing your activity for a longer period of time, use the resume later option ([Stopping an Activity, page 2](#)).
- Turn off activity tracking ([Activity Tracking Settings, page 8](#)).
- Use a watch face that is not updated every second.
- **For example**, use a watch face without a second hand ([Customizing the Watch Face, page 26](#)).
- Limit the smartphone notifications the device displays ([Managing Notifications, page 16](#)).
- Stop broadcasting heart rate data to paired Garmin devices ([Broadcasting Heart Rate Data to Garmin Devices, page 9](#)).
- Turn off wrist-based heart rate monitoring ([Turning Off the Wrist-based Heart Rate Monitor, page 9](#)).
   - **NOTE:** Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.

**The temperature reading is not accurate**

Your body temperature affects the temperature reading for the internal temperature sensor. To get the most accurate temperature reading, you should remove the watch from your wrist and wait 20 to 30 minutes.

You can also use an optional tempe external temperature sensor to view accurate ambient temperature readings while wearing the watch.

**How can I manually pair ANT+ sensors?**

You can use the device settings to manually pair ANT+ sensors. The first time you connect a sensor to your device using ANT+ wireless technology, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
2. If you are pairing a heart rate monitor, put on the heart rate monitor.
   - The heart rate monitor does not send or receive data until you put it on.
3. Hold 𝔼.
5. Select an option:
   - **Select Search All.**
   - Select your sensor type.
   - After the sensor is paired with your device, a message appears. Sensor data appears in the data page loop or a custom data field.

**Can I use my Bluetooth sensor with my watch?**

The device is compatible with some Bluetooth sensors. The first time you connect a sensor to your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. Hold 𝔼.
2. Select Settings > Sensors and Accessories > Add New.
3. Select an option:
   - **Select Search All.**
   - Select your sensor type.
   - You can customize the optional data fields ([Customizing the Data Screens, page 24](#)).
Appendix

Data Fields

%FTP: The current power output as a percentage of functional threshold power.
%HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).
10s Avg. Power: The 10-second moving average of power output.
10s Avg Balance: The 10-second moving average of the left/right power balance.
24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.
24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.
30s Avg. Power: The 30-second moving average of power output.
30s Avg Balance: The 30-second moving average of the left/right power balance.
3s Avg. Balance: The three-second moving average of the left/right power balance.
3s Avg. Power: The 3-second moving average of power output.
500m Pace: The current rowing pace per 500 meters.
Aerobic TE: The impact of the current activity on your aerobic fitness level.
Ambient Press.: The uncalibrated ambient pressure.
Anaerobic TE: The impact of the current activity on your anaerobic fitness level.
Average HR: The average heart rate for the current activity.
Average Pace: The average pace for the current activity.
Average Power: The average power output for the current activity.
Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length. (Swim Terminology, page 3). In open water swimming, 25 meters is used to calculate your swolf score.
Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.
Avg. 500m Pace: The average rowing pace per 500 meters for the current activity.
Avg. Ascent: The average vertical distance of ascent since the last reset.
Avg. Balance: The average left/right power balance for the current activity.
Avg. Cadence: Cycling. The average cadence for the current activity.
Avg. Cadence: Running. The average cadence for the current activity.
Avg. Descent: The average vertical distance of descent since the last reset.
Avg. GCT Bal.: The average ground contact time balance for the current session.
Avg. L. PP: The average power phase angle for the left leg for the current activity.
Avg. L. PPP: The average power phase peak angle for the left leg for the current activity.
Avg. Lap Time: The average lap time for the current activity.
Avg. Moving Speed: The average speed when moving for the current activity.

Avg. Overall Speed: The average speed for the current activity, including both moving and stopped speeds.
Avg. PCO: The average platform center offset for the current activity.
Avg. R. PP: The average power phase angle for the right leg for the current activity.
Avg. R. PPP: The average power phase peak angle for the right leg for the current activity.
Avg. Speed: The average speed for the current activity.
Avg. Stride Len.: The average stride length for the current session.
Avg. Strk/Len: The average number of strokes per pool length during the current activity.
Avg. Strk Rate: Swimming. The average number of strokes per minute (spm) during the current activity.
Avg. Strk Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.
Avg. Vert. Osc.: The average amount of vertical oscillation for the current activity.
Avg. Vert. Ratio: The average ratio of vertical oscillation to stride length for the current session.
Avg Dist Per Stk: Swimming. The average distance traveled per stroke during the current activity.
Avg Dist Per Stk: Paddle sports. The average distance traveled per stroke during the current activity.
Avg GCT: The average amount of ground contact time for the current activity.
Avg HR %Max.: The average percentage of maximum heart rate for the current activity.
Balance: The current left/right power balance.
Baro. Pressure: The calibrated current pressure.
Battery Level: The remaining battery power.
Bearing: The direction from your current location to a destination. You must be navigating for this data to appear.
Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.
Cadence: Running. The steps per minute (right and left).
Calories: The amount of total calories burned.
Compass Hdg.: The direction you are moving based on the compass.
Course: The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.
Dest. Location: The position of your final destination.
Dest. Wpt: The last point on the route to the destination. You must be navigating for this data to appear.
Di2 Battery: The remaining battery power of a Di2 sensor.
Dist. Per Stroke: Swimming. The distance traveled per stroke.
Dist. Per Stroke: Paddle sports. The distance traveled per stroke.
Dist. Remaining: The remaining distance to the final destination. You must be navigating for this data to appear.
Distance: The distance traveled for the current track or activity.
Distance To Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.
Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.
Elevation: The altitude of your current location above or below sea level.
ETA: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

ETE: The estimated time remaining until you reach the final destination. You must be navigating for this data to appear.

Front: The front bike gear from a gear position sensor.

GCT: The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time is not calculated while walking.

GCT Balance: The left/right balance of ground contact time while running.

Gear Combo: The current gear combination from a gear position sensor.

Gear Ratio: The number of teeth on the front and rear bike gears, as detected by a gear position sensor.

Gears: The front and rear bike gears from a gear position sensor.

Glide Ratio: The ratio of horizontal distance traveled to the change in vertical distance.

Glide Ratio Dest.: The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.

GPS: The strength of the GPS satellite signal.

GPS Elevation: The altitude of your current location using GPS.

GPS Heading: The direction you are moving based on GPS.

Grade: The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Int. Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current interval.

Int. Avg. %Max.: The average percentage of maximum heart rate for the current interval.

Int. Avg. HR: The average heart rate for the current interval.

Int. Distance: The distance traveled for the current interval.

Int. Max. %HRR: The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current interval.

Int. Max. %Max.: The maximum percentage of maximum heart rate for the current interval.

Int. Max. HR: The maximum heart rate for the current interval.

Int. Pace: The average pace for the current interval.

Int. Swolf: The average swolf score for the current interval.

Intensity Factor: The Intensity Factor™ for the current activity.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk/Len: The average number of strokes per pool length during the current interval.

Int Strk Rate: The average number of strokes per minute (spm) during the current interval.

Int Strk Type: The current stroke type for the interval.

L. Lap Stk. Rate: Swimming. The average number of strokes per minute (spm) during the last completed lap.

L. Lap Stk. Rate: Paddle sports. The average number of strokes per minute (spm) during the last completed lap.

L. Lap Strokes: Swimming. The total number of strokes for the last completed lap.

L. Lap Strokes: Paddle sports. The total number of strokes for the last completed lap.

L. Lap Swolf: The swolf score for the last completed lap.

L. Len. Stk. Rate: The average number strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

Lap 500m Pace: The average rowing pace per 500 meters for the current lap.

Lap Ascent: The vertical distance of ascent for the current lap.

Lap Balance: The average left/right power balance for the current lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Descent: The vertical distance of descent for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap Dist Per Stk: Swimming. The average distance traveled per stroke during the current lap.

Lap Dist Per Stk: Paddle sports. The average distance traveled per stroke during the current lap.

Lap GCT: The average amount of ground contact time for the current lap.

Lap GCT Bal.: The average ground contact time balance for the current lap.

Lap HR: The average heart rate for the current lap.

Lap HR %Max.: The average percentage of maximum heart rate for the current lap.

Lap L. PP: The average power phase angle for the left leg for the current lap.

Lap L. PPP: The average power phase peak angle for the left leg for the current lap.

Lap L. NP: The average Normalized Power for the current lap.

Lap Pace: The average pace for the current lap.

Lap PCO: The average platform center offset for the current lap.

Lap Power: The average power output for the current lap.

Lap R. PP: The average power phase angle for the right leg for the current lap.

Lap R. PPP: The average power phase peak angle for the right leg for the current lap.

Laps: The number of laps completed for the current leg for the current lap.

Lap Stride Len.: The average stride length for the current lap.

Lap Strk Rate: Swimming. The average number of strokes per minute (spm) during the current lap.
<table>
<thead>
<tr>
<th>Metric</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Strk Rate</td>
<td>Paddle sports. The average number of strokes per minute (spm) during the current lap.</td>
</tr>
<tr>
<td>Lap Strokes</td>
<td>Swimming. The total number of strokes for the current lap.</td>
</tr>
<tr>
<td>Lap Strokes</td>
<td>Paddle sports. The total number of strokes for the current lap.</td>
</tr>
<tr>
<td>Lap Swolf</td>
<td>The swolf score for the current lap.</td>
</tr>
<tr>
<td>Lap Time</td>
<td>The stopwatch time for the current lap.</td>
</tr>
<tr>
<td>Lap Vert. Osc.</td>
<td>The average amount of vertical oscillation for the current lap.</td>
</tr>
<tr>
<td>Lap Vert. Ratio</td>
<td>The average ratio of vertical oscillation to stride length for the current lap.</td>
</tr>
<tr>
<td>Last Lap Ascent</td>
<td>The vertical distance of ascent for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Cad.</td>
<td>Cycling. The average cadence for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Cad.</td>
<td>Running. The average cadence for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Descent</td>
<td>The vertical distance of descent for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Dist.</td>
<td>The distance traveled for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap NP</td>
<td>The average Normalized Power for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Pace</td>
<td>The average pace for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Power</td>
<td>The average power output for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Speed</td>
<td>The average speed for the last completed lap.</td>
</tr>
<tr>
<td>Last Lap Time</td>
<td>The stopwatch time for the last completed lap.</td>
</tr>
<tr>
<td>Last Len. Pace</td>
<td>The average pace for your last completed pool length.</td>
</tr>
<tr>
<td>Last Len. Swolf</td>
<td>The swolf score for the last completed pool length.</td>
</tr>
<tr>
<td>Lat/Lon</td>
<td>The current position in latitude and longitude regardless of the selected position format setting.</td>
</tr>
<tr>
<td>Left PP</td>
<td>The current power phase angle for the left leg. Power phase is the pedal stroke region where positive power is produced.</td>
</tr>
<tr>
<td>Left PPP</td>
<td>The current power phase peak angle for the left leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.</td>
</tr>
<tr>
<td>Lengths</td>
<td>The number of pool lengths completed during the current activity.</td>
</tr>
<tr>
<td>LL 500m Pace</td>
<td>The average rowing pace per 500 meters for the last lap.</td>
</tr>
<tr>
<td>L Lap Dist P Stk</td>
<td>Swimming. The average distance traveled per stroke during the last completed lap.</td>
</tr>
<tr>
<td>L Lap Dist P Stk</td>
<td>Paddle sports. The average distance traveled per stroke during the last completed lap.</td>
</tr>
<tr>
<td>Location</td>
<td>The current position using the selected position format setting.</td>
</tr>
<tr>
<td>Max. Ascent</td>
<td>The maximum rate of ascent in feet per minute or meters per minute since the last reset.</td>
</tr>
<tr>
<td>Max. Descent</td>
<td>The maximum rate of descent in meters per minute or feet per minute since the last reset.</td>
</tr>
<tr>
<td>Max. Elevation</td>
<td>The highest elevation reached since the last reset.</td>
</tr>
<tr>
<td>Max. Lap Power</td>
<td>The top power output for the current lap.</td>
</tr>
<tr>
<td>Maximum Speed</td>
<td>The top speed for the current activity.</td>
</tr>
<tr>
<td>Max Power</td>
<td>The top power output for the current activity.</td>
</tr>
<tr>
<td>Min. Elevation</td>
<td>The lowest elevation reached since the last reset.</td>
</tr>
<tr>
<td>Moving Time</td>
<td>The total time moving for the current activity.</td>
</tr>
<tr>
<td>Multisport Time</td>
<td>The total time for all sports in a multisport activity, including transitions.</td>
</tr>
<tr>
<td>Muscle O2 Sat. %</td>
<td>The estimated muscle oxygen saturation percentage for the current activity.</td>
</tr>
<tr>
<td>Nautical Dist</td>
<td>The distance traveled in nautical meters or nautical feet.</td>
</tr>
<tr>
<td>Nautical Speed</td>
<td>The current speed in knots.</td>
</tr>
<tr>
<td>Next Waypoint</td>
<td>The next point on the route. You must be navigating for this data to appear.</td>
</tr>
<tr>
<td>NP</td>
<td>The Normalized Power™ for the current activity.</td>
</tr>
<tr>
<td>Off Course</td>
<td>The distance to the left or right by which you have strayed from the original path of travel.</td>
</tr>
<tr>
<td>Pace</td>
<td>The current pace.</td>
</tr>
<tr>
<td>PCO</td>
<td>Platform center offset. Platform center offset is the location on the pedal platform where force is applied.</td>
</tr>
<tr>
<td>Pedal Smooth.</td>
<td>The measurement of how evenly a rider is applying force to the pedals throughout each pedal stroke.</td>
</tr>
<tr>
<td>Perform. Cond.</td>
<td>The performance condition score is a real-time assessment of your ability to perform.</td>
</tr>
<tr>
<td>Power</td>
<td>The current power output in watts.</td>
</tr>
<tr>
<td>Power to Weight</td>
<td>The current power measured in watts per kilogram.</td>
</tr>
<tr>
<td>Power Zone</td>
<td>The current range of power output (1 to 7) based on your FTP or custom settings.</td>
</tr>
<tr>
<td>Rear</td>
<td>The rear bike gear from a gear position sensor.</td>
</tr>
<tr>
<td>Repeat On</td>
<td>The timer for the last interval plus the current rest (pool swimming).</td>
</tr>
<tr>
<td>Rest Timer</td>
<td>The timer for the current rest (pool swimming).</td>
</tr>
<tr>
<td>Right PP</td>
<td>The current power phase angle for the right leg. Power phase is the pedal stroke region where positive power is produced.</td>
</tr>
<tr>
<td>Right PPP</td>
<td>The current power phase peak angle for the right leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.</td>
</tr>
<tr>
<td>Speed</td>
<td>The current rate of travel.</td>
</tr>
<tr>
<td>Stopped Time</td>
<td>The total time stopped for the current activity.</td>
</tr>
<tr>
<td>Stride Length</td>
<td>The length of your stride from one footfall to the next, measured in meters.</td>
</tr>
<tr>
<td>Stroke Rate</td>
<td>Swimming. The number of strokes per minute (spm).</td>
</tr>
<tr>
<td>Stroke Rate</td>
<td>Paddle sports. The number of strokes per minute (spm).</td>
</tr>
<tr>
<td>Strokes</td>
<td>Swimming. The total number of strokes for the current activity.</td>
</tr>
<tr>
<td>Strokes</td>
<td>Paddle sports. The total number of strokes for the current activity.</td>
</tr>
<tr>
<td>Sunrise</td>
<td>The time of sunrise based on your GPS position.</td>
</tr>
<tr>
<td>Sunset</td>
<td>The time of sunset based on your GPS position.</td>
</tr>
<tr>
<td>Temperature</td>
<td>The temperature affects the temperature sensor. You can pair a tempe sensor with your device to provide a consistent source of accurate temperature data.</td>
</tr>
<tr>
<td>Time in Zone</td>
<td>The time elapsed in each heart rate or power zone.</td>
</tr>
<tr>
<td>Time of Day</td>
<td>The time of day based on your current location and time settings (format, time zone, daylight saving time).</td>
</tr>
<tr>
<td>Timer</td>
<td>The current time of the countdown timer.</td>
</tr>
<tr>
<td>Time Seat.</td>
<td>The time spent seated while pedaling for the current activity.</td>
</tr>
<tr>
<td>Time Seat. Lap</td>
<td>The time spent seated while pedaling for the current lap.</td>
</tr>
</tbody>
</table>
**Time Stand.**: The time spent standing while pedaling for the current activity.

**Time Stand. Lap**: The time spent standing while pedaling for the current lap.

**Time to Next**: The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

**Torque Eff.**: The measurement of how efficiently a rider is pedaling.

**Total Ascent**: The total elevation distance ascended since the last reset.

**Total Descent**: The total elevation distance descended since the last reset.

**Total Hemoglobin**: The estimated muscle oxygen total for the current activity.

**TSS**: The **Training Stress Score™** for the current activity.

**V Dist to Dest**: The elevation distance between your current position and the final destination. You must be navigating for this data to appear.

**Vert. Spd.**: The rate of ascent or descent over time.

**Vertical Osc.**: The amount of bounce while you are running. The vertical motion of your torso, measured in centimeters for each step.

**Vertical Ratio**: The ratio of vertical oscillation to stride length.

**Vert Spd to Tgt**: The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.

**VMG**: The speed at which you are closing on a destination along a route. You must be navigating for this data to appear.

**Work**: The accumulated work performed (power output) in kilojoules.

**VO2 Max. Standard Ratings**
These tables include standardized classifications for VO2 max. estimates by age and gender.

<table>
<thead>
<tr>
<th>Males</th>
<th>Percentile</th>
<th>20–29</th>
<th>30–39</th>
<th>40–49</th>
<th>50–59</th>
<th>60–69</th>
<th>70–79</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>95</td>
<td>55.4</td>
<td>54</td>
<td>52.5</td>
<td>48.9</td>
<td>45.7</td>
<td>42.1</td>
</tr>
<tr>
<td>Excellent</td>
<td>80</td>
<td>51.1</td>
<td>48.3</td>
<td>46.4</td>
<td>43.4</td>
<td>39.5</td>
<td>36.7</td>
</tr>
<tr>
<td>Good</td>
<td>60</td>
<td>45.4</td>
<td>44</td>
<td>42.4</td>
<td>39.2</td>
<td>35.5</td>
<td>32.3</td>
</tr>
<tr>
<td>Fair</td>
<td>40</td>
<td>41.7</td>
<td>40.5</td>
<td>38.5</td>
<td>35.6</td>
<td>32.3</td>
<td>29.4</td>
</tr>
<tr>
<td>Poor</td>
<td>0–40</td>
<td>&lt;41.7</td>
<td>&lt;40.5</td>
<td>&lt;38.5</td>
<td>&lt;35.6</td>
<td>&lt;32.3</td>
<td>&lt;29.4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Females</th>
<th>Percentile</th>
<th>20–29</th>
<th>30–39</th>
<th>40–49</th>
<th>50–59</th>
<th>60–69</th>
<th>70–79</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>95</td>
<td>49.6</td>
<td>47.4</td>
<td>45.3</td>
<td>41.1</td>
<td>37.8</td>
<td>36.7</td>
</tr>
<tr>
<td>Excellent</td>
<td>80</td>
<td>43.9</td>
<td>42.4</td>
<td>39.7</td>
<td>36.7</td>
<td>33</td>
<td>30.9</td>
</tr>
<tr>
<td>Good</td>
<td>60</td>
<td>39.5</td>
<td>37.8</td>
<td>36.3</td>
<td>33</td>
<td>30</td>
<td>28.1</td>
</tr>
<tr>
<td>Fair</td>
<td>40</td>
<td>36.1</td>
<td>34.4</td>
<td>33</td>
<td>30.1</td>
<td>27.5</td>
<td>25.9</td>
</tr>
<tr>
<td>Poor</td>
<td>0–40</td>
<td>&lt;36.1</td>
<td>&lt;34.4</td>
<td>&lt;33</td>
<td>&lt;30.1</td>
<td>&lt;27.5</td>
<td>&lt;25.9</td>
</tr>
</tbody>
</table>

Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.org.

**FTP Ratings**
These tables include classifications for functional threshold power (FTP) estimates by gender.

<table>
<thead>
<tr>
<th>Males</th>
<th>Watts per Kilogram (W/kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>5.05 and greater</td>
</tr>
<tr>
<td>Excellent</td>
<td>From 3.93 to 5.04</td>
</tr>
<tr>
<td>Good</td>
<td>From 2.79 to 3.92</td>
</tr>
<tr>
<td>Fair</td>
<td>From 2.23 to 2.78</td>
</tr>
<tr>
<td>Untrained</td>
<td>Less than 2.23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Females</th>
<th>Watts per Kilogram (W/kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>4.30 and greater</td>
</tr>
<tr>
<td>Excellent</td>
<td>From 3.33 to 4.29</td>
</tr>
<tr>
<td>Good</td>
<td>From 2.36 to 3.32</td>
</tr>
<tr>
<td>Fair</td>
<td>From 1.90 to 2.35</td>
</tr>
<tr>
<td>Untrained</td>
<td>Less than 1.90</td>
</tr>
</tbody>
</table>

FTP ratings are based on research by Hunter Allen and Andrew Coggan, PhD, *Training and Racing with a Power Meter* (Boulder, CO: VeloPress, 2010).

**Wheel Size and Circumference**
Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.
The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

<table>
<thead>
<tr>
<th>Tire Size</th>
<th>Wheel Circumference (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 × 1.75</td>
<td>1515</td>
</tr>
<tr>
<td>20 × 1-3/8</td>
<td>1615</td>
</tr>
<tr>
<td>22 × 1-3/8</td>
<td>1770</td>
</tr>
<tr>
<td>22 × 1-1/2</td>
<td>1785</td>
</tr>
<tr>
<td>24 × 1</td>
<td>1753</td>
</tr>
<tr>
<td>24 × 3/4 Tubular</td>
<td>1785</td>
</tr>
<tr>
<td>24 × 1-1/8</td>
<td>1795</td>
</tr>
<tr>
<td>24 × 1-1/4</td>
<td>1890</td>
</tr>
<tr>
<td>24 × 1-1/4</td>
<td>1905</td>
</tr>
<tr>
<td>24 × 1-1/4</td>
<td>1920</td>
</tr>
<tr>
<td>26 × 1-1.0</td>
<td>1913</td>
</tr>
<tr>
<td>26 × 1</td>
<td>1952</td>
</tr>
<tr>
<td>26 × 1.25</td>
<td>1953</td>
</tr>
<tr>
<td>26 × 1.25</td>
<td>1970</td>
</tr>
<tr>
<td>26 × 1.40</td>
<td>2005</td>
</tr>
<tr>
<td>26 × 1.50</td>
<td>2010</td>
</tr>
<tr>
<td>26 × 1.75</td>
<td>2023</td>
</tr>
<tr>
<td>26 × 1.95</td>
<td>2050</td>
</tr>
<tr>
<td>26 × 2.00</td>
<td>2055</td>
</tr>
<tr>
<td>26 × 1-3/8</td>
<td>2068</td>
</tr>
<tr>
<td>26 × 2.10</td>
<td>2068</td>
</tr>
<tr>
<td>Tire Size</td>
<td>Wheel Circumference (mm)</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>26 × 2.125</td>
<td>2070</td>
</tr>
<tr>
<td>26 × 2.35</td>
<td>2083</td>
</tr>
<tr>
<td>26 × 1-1/2</td>
<td>2100</td>
</tr>
<tr>
<td>26 × 3.00</td>
<td>2170</td>
</tr>
<tr>
<td>27 × 1</td>
<td>2145</td>
</tr>
<tr>
<td>27 × 1-1/8</td>
<td>2155</td>
</tr>
<tr>
<td>27 × 1-1/4</td>
<td>2161</td>
</tr>
<tr>
<td>27 × 1-3/8</td>
<td>2169</td>
</tr>
<tr>
<td>29 × 2.1</td>
<td>2288</td>
</tr>
<tr>
<td>29 × 2.2</td>
<td>2298</td>
</tr>
<tr>
<td>29 × 2.3</td>
<td>2326</td>
</tr>
<tr>
<td>650 × 20C</td>
<td>1938</td>
</tr>
<tr>
<td>650 × 23C</td>
<td>1944</td>
</tr>
<tr>
<td>650 × 35A</td>
<td>2090</td>
</tr>
<tr>
<td>650 × 38B</td>
<td>2105</td>
</tr>
<tr>
<td>650 × 38A</td>
<td>2125</td>
</tr>
<tr>
<td>700 × 18C</td>
<td>2070</td>
</tr>
<tr>
<td>700 × 19C</td>
<td>2080</td>
</tr>
<tr>
<td>700 × 20C</td>
<td>2086</td>
</tr>
<tr>
<td>700 × 23C</td>
<td>2096</td>
</tr>
<tr>
<td>700 × 25C</td>
<td>2105</td>
</tr>
<tr>
<td>700C Tubular</td>
<td>2130</td>
</tr>
<tr>
<td>700 × 28C</td>
<td>2136</td>
</tr>
<tr>
<td>700 × 30C</td>
<td>2146</td>
</tr>
<tr>
<td>700 × 32C</td>
<td>2155</td>
</tr>
<tr>
<td>700 × 35C</td>
<td>2168</td>
</tr>
<tr>
<td>700 × 38C</td>
<td>2180</td>
</tr>
<tr>
<td>700 × 40C</td>
<td>2200</td>
</tr>
<tr>
<td>700 × 44C</td>
<td>2235</td>
</tr>
<tr>
<td>700 × 45C</td>
<td>2242</td>
</tr>
<tr>
<td>700 × 47C</td>
<td>2268</td>
</tr>
</tbody>
</table>

**Symbol Definitions**

These symbols may appear on the device or accessory labels.

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>~</td>
<td>Alternating current. The device is suitable for alternating current.</td>
</tr>
<tr>
<td>≈</td>
<td>Direct current. The device is suitable for direct current only.</td>
</tr>
<tr>
<td>⚡</td>
<td>Fuse. Indicates a fuse specification or location.</td>
</tr>
<tr>
<td>⚡️</td>
<td>WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.</td>
</tr>
</tbody>
</table>
training load 12, 14
training status 12, 13
treadmill 2
triathlon training 2
troubleshooting 9–12, 16, 30, 31

U
UltraTrac 25, 26
unit ID 29
units of measure 27
uploading data 18
USB 31
disconnecting 19
user data, deleting 19
user profile 7

V
vertical oscillation 11, 12
vertical ratio 11, 12
VIRB remote 27, 28
Virtual Partner 5, 6
VO2 max. 12–14, 35

W
watch faces 18, 26
watch mode 26
waypoints, projecting 21
weather 17
wheel sizes 35
Wi-Fi 31
disconnecting 19
widgets 9, 17, 18
workouts 4
loading 4

Z
zones
  heart rate 7
  power 7
  time 27