GARMIN®



FORERUNNER 70

Owner’s Manual

Rev. A

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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.

Setting Up Your Watch

To take full advantage of the Forerunner features, complete these tasks.

- Hold to turn on the watch (*Button Functions, page 1*).
- Follow the on-screen instructions to complete the initial setup.

  During the initial setup, you can pair your phone with your watch to receive notifications, sync your activities, and more (*Pairing Your Phone, page 31*). If you are upgrading from a compatible watch, you can migrate your watch settings, saved courses, and more when you pair your new Forerunner watch with your phone.
- Charge the watch (*Charging the Watch, page 46*).
- Check for software updates (*System Settings, page 44*).

  For the best experience, you should keep the software on your watch up to date. Software updates provide changes and improvements to privacy, security, and features.
- Set up safety features (*Safety and Tracking Features, page 41*).
- Go for a run (*Going for a Run, page 7*).

Button Functions



TIP: You can customize some button hold functions and create new button shortcuts (*Customizing the Button Shortcuts, page 44*).

① Upper-left button	• Press to illuminate the screen. • Quickly press twice to turn the flashlight on or off (*Using the Flashlight Screen, page 16*). • Hold for two seconds to view the controls menu (*Controls, page 15*). • Hold for three seconds to turn on the device. • Hold for five seconds to request assistance (*Requesting Assistance, page 42*).
② Middle-left button	• From the watch face, press to view the notification center (*Viewing Notifications, page 32*). • Press to scroll through the menus or data screens. • From the watch face, hold to access the main menu.
③ Lower-left button	• From the watch face, press to scroll through the glances list (*Viewing Glances, page 18*). • Press to scroll through the menus or data screens. • Hold to view the music controls (*Listening to Music on Your Phone, page 16*).
④ Upper-right button	• Press to choose an option in a menu. • From the watch face, press to open the apps and activities menu (*Apps and Activities, page 2*). • Press to start or stop an activity (*Starting an Activity, page 6*).
⑤ Lower-right button	• Press to return to the previous screen. • During an activity, press to record a lap, rest, or advance to the next workout step.

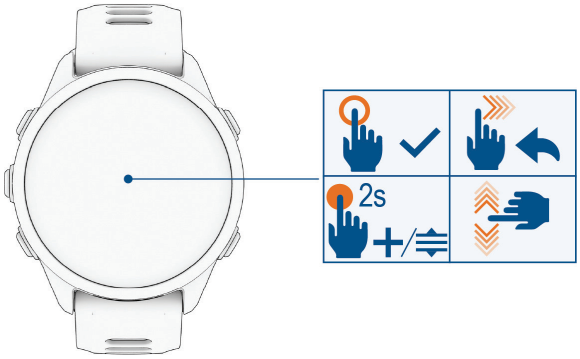
GPS Status and Status Icons

For outdoor activities, the status bar turns green when GPS is ready. A flashing icon means the watch is searching for a signal. A solid icon means the signal was found or the sensor is connected.

GPS	GPS status
	Battery status
	Phone connection status
	LiveTrack status
	Heart rate status
	Running Dynamics Pod status
	Speed and cadence sensor status

	Bike lights status
	Bike radar status
	tempe sensor status

Touchscreen Functions



- Tap to choose an option in a menu.
- Hold the watch face data to open the glance or feature.

  NOTE: This feature is not available on all watch faces.
- Tap an icon at the top of the watch face to resume using the active app or activity.
- From the controls, glances, or apps menu, hold the watch face to edit, add to, or reorder the options.
- From the watch face, swipe down to view the notification center.
- From the watch face, swipe up to scroll through the glances list.
- Swipe up or down to scroll through the menus.
- Swipe right to return to the previous screen.
- Cover the screen with your palm to return to the watch face and turn down the screen brightness.

Enabling and Disabling the Touchscreen

You can customize the touchscreen for general watch use, each activity profile (*Activity Settings, page 12*), and each focus mode (*Focus Modes, page 35*).

NOTE: The touchscreen is not available during swim activities.

- Hold , and select .

  To add this option to the controls menu, see (*Customizing the Controls Menu, page 16*).
- Hold , select **Watch Settings** > **Display & Brightness** > **Touch**, and select an option.

Customizing the Watch Face

You can customize the watch face information and appearance, or activate an installed Connect IQ watch face (*Connect IQ Features, page 35*).

1. From the watch face, hold .
2. Select **Watch Face**.
3. Press or to preview the watch face options.
4. Select **Add New** to choose from additional watch face options.
5. Scroll to a watch face, press , and select .
6. Select an option:

   NOTE: Not all options are available for all watch faces.
   - To activate the watch face, select **Apply**.
   - To change the data that appears on the watch face, select **Data**, select a field to edit, and select an option.
   - To add or change an accent color for the watch face, select **Accent Color**.
   - To change the color of the data that appears on the watch face, select **Data Color**.
   - To remove the watch face, select **Delete**.

Apps and Activities

Your watch includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your watch, such as viewing workouts or checking the weather forecast (*Apps, page 2*).

Activities: Your watch comes preloaded with indoor and outdoor activity apps, including running, cycling, strength training, pool swimming, and more (*Activities, page 6*). When you start an activity, the watch displays and records sensor data, which you can save and share with the Garmin Connect community.

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

Connect IQ Apps: You can add features to your watch by installing apps from the Connect IQ app (*Connect IQ Features, page 35*).

Apps

You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require a Bluetooth connection to a compatible phone. Many apps can also be found in the glances (*Glances, page 16*) or controls (*Controls, page 15*).

From the watch face, press , and press to scroll through the apps.



Name	More Information
Broadcast Heart Rate	Select to broadcast heart rate data to a paired device (*Broadcasting Heart Rate Data, page 37*).
Calculator	Select to use the calculator, including the tip calculator.
Calendar	Select to view upcoming events from your phone calendar.
Clocks	Select to set an alarm, timer, stopwatch, alternate time zone, or countdown event (*Clocks, page 24*).
Connect IQ	Select to use the Connect IQ Store on your watch (*Connect IQ Features, page 35*).
Garmin Share	Select to send or receive data with other Garmin devices (*Garmin Share, page 32*).
Health Snapshot	Select to record several key health metrics, such as your average heart rate, stress level, and respiration rate, while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status.
History	Select to view your recorded activity history, records, and totals (*Using History, page 26*).
Messenger	Select to view and send messages using the Garmin Messenger phone app (*Using the Messenger Feature, page 5*).
Moon Phase	Select to view the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music	Select to control audio playback using your watch (*Listening to Music on Your Phone, page 16*).
Notifications	Select to view your phone notifications (*Viewing Notifications, page 32*).
Nutrition	Select to track your daily nutrition, including calories and macronutrients. You can also log your food intake. You must have an active Garmin Connect+ subscription to track and view your nutrition (*Garmin Connect+ Subscription, page 33*).
Pulse Ox	Select to take a pulse oximeter reading (*Pulse Oximeter, page 37*).
Settings	Select to open the settings menu.
Sports Scores	Select to track college or professional sports teams with scores and live data.
Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
Tips	Select to view interactive watch tips, learn about new features on your watch, and scan a direct link to *support.garmin.com* to access the owner's manual for your watch.
Weather	Select to view the current weather forecast and conditions.
Workouts	Select to view your saved workouts (*Workouts, page 3*).

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. During your activity, you can view workout-specific data screens that contain workout step information, such as the workout step distance or current pace.

On your watch: You can open the workouts app from the apps list to show all workouts currently loaded on your watch (*Apps and Activities, page 2*).

You can also view your workout history.

On the app: You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch (*Following a Workout From Garmin Connect, page 4*).

You can schedule workouts.

You can update and edit your current workouts.

Starting a Workout

Your device can guide you through multiple steps in a workout.

1. From the watch face, press .

   TIP: If you already have a scheduled or suggested workout for today, you can scroll down and select **Workouts**.
2. Select **Activities**, and select an activity.
3. Press , and select **Training**.
4. Select an option:
   - To let the watch suggest a workout after you select your intensity and time targets, select **Quick Workout**.
   - To start an interval workout or to set a training target, select **Targets & Intervals** or **Set a Target** (*Starting an Interval Workout, page 4*, *Setting a Training Target, page 5*).
   - To start a saved workout, select **Workout Library** (*Following a Workout From Garmin Connect, page 4*).

NOTE: To save a workout to your watch, you must download the workout from your Garmin Connect account and sync.

- To start a scheduled workout from your Garmin Connect training calendar, select **Training Calendar** (*About the Training Calendar, page 5*).
  NOTE: Not all options are available for all activity types.

5 Select a workout.

NOTE: Only workouts that are compatible with the selected activity appear in the list.

6 If necessary, select **Do Workout**.

7 Press to start the activity 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.

Workout Execution Score

After you complete a workout, the watch displays your workout execution score based on how accurately you completed the workout. The active workout steps are prioritized the highest, measuring how closely your effort level matches the step target, and also that you completed all the steps. Warm up and recovery steps have a lower impact on your score. The cool down step does not impact your workout execution score at all. Your workout execution score appears only for running or cycling workouts.

	Good, 67 to 100%
	Average, 34 to 66%
	Low, 0 to 33%

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 33*).

1 Select an option:
- Open the Garmin Connect app, and select •••.
- Go to *connect.garmin.com*.

2 Select **Training & Planning** > **Workouts**.

3 Find a workout, or create and save a new workout.

4 Select or **Send to Device**.

5 Follow the on-screen instructions.

Following a Daily Suggested Workout

Before the watch can suggest a daily workout, you must have a VO2 max. estimate for that activity (*About VO2 Max. Estimates, page 19*).

1 From the watch face, press .

2 Select **Activities**.

3 Select **Running**, and select an activity.

4 Press , and select the daily suggested workout.

No suggested workout appears if you have a scheduled rest day, or are following another training plan.

5 Scroll down to view details about the workout, such as the steps and estimated benefit.

6 Press , and select an option:
- To do the workout, select **Do Workout**.
- To skip the workout, select **More** > **Dismiss**.
- To view workout suggestions for the upcoming week, select **More** > **More Suggestions**.
- To view the workout settings, such as training days, target type, and workout prompts, select **More** > **Settings**, and select an option.
  TIP: If you disable the **Workout Prompt** option, you can enable prompts again later. From the activity, select **Training** > **Workout Library** > **Daily Suggestions**, select a workout, press , and select **Settings** > **Workout Prompt**.

The suggested workout updates automatically to changes in training habits, recovery time, and VO2 max.

Starting an Interval Workout

NOTE: This feature is not available for all activities.

1 From the watch face, press .

2 Select **Activities**, and select a run or bike activity.

3 Press .

4 Select **Training** > **Targets & Intervals**.

5 Select an option:
- Select **Intervals** > **Open Repeats** to mark your intervals and rest periods manually by pressing .
- Select **Intervals** > **Structured Repeats** > **Do Workout** to use an interval workout based on distance or time.

6 If necessary, select ✓ to include a warm up before the workout.

7 Press to start the activity timer.

8 When your interval workout has a warm up, press to begin the first interval.

9 Follow the on-screen instructions.

10 At any time, press to stop the current interval or rest period and transition to the next interval or rest period (optional).

After you complete all of the intervals, a message appears.

Customizing an Interval Workout

NOTE: This feature is not available for all activities.

1 From the watch face, press .

2 Select **Activities**, and select a run or bike activity.

3 Press .

4 Select **Training** > **Targets & Intervals** > **Intervals** > **Structured Repeats**.

A workout appears.

5 Press .

6 Select **More** > **Edit Workout**.

7 Select one or more options:
- To set the interval duration and type, select

Interval.
- To set the rest duration and type, select **Rest**.
- To set the number of repetitions, select **Repeat**.
- To add an open-ended warm up to your workout, select **Warm Up** > **On**.

8 Press .

Setting a Training Target

The training target feature enables you to train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the watch gives you real-time feedback about how close you are to achieving your training target.

NOTE: This feature is not available for all activities.

1 From the watch face, press .
2 Select **Activities**, and select an activity, such as **Walk** or **Hike**.
3 Press .
4 Select **Training** > **Set a Target**.
5 Select an option:
- Select **Distance and Time** to select a distance and time target.
- Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.
- Select **Distance Only** to enter a custom distance.

NOTE: Not all options are available for all activity types.

6 Press to start the activity timer.

Racing a Previous Activity

You can race a previously recorded or downloaded activity.

NOTE: This feature is not available for all activities.

1 From the watch face, press .
2 Select **Activities**, and select an activity.
3 Scroll down.
4 Select **Training** > **Race Yourself**.
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.
7 Press to start the activity timer.
8 After you complete your activity, press , and select **Save**.

About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch 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, and you must pair your Garmin watch or bike computer with a compatible phone (*Garmin Connect, page 33*).

1 From the Garmin Connect app, select •••.
2 Select **Training & Planning** > **Garmin Coach Plans**.
3 Select and schedule a training plan.
4 Follow the on-screen instructions.
5 Review the training plan in your calendar.

Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glances list on your Forerunner watch.

Using the Messenger Feature

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

To use the Messenger feature, your Forerunner watch must be connected to the Garmin Messenger app on your compatible phone using Bluetooth technology.

The Messenger feature on your watch allows you to view, compose, and reply to messages from the Garmin Messenger phone app.

1 From the watch face, press to view the **Messenger** glance.

TIP: The Messenger feature is available as a glance, app, or controls menu option on your watch.

2 Select the glance.
3 If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
4 On your watch, select an option:
- To compose a new message, select **New Message**, select a recipient, and either select a pre-defined message or compose your own.
- To view a conversation, scroll down, and select a conversation.
- To reply to a message, select a conversation, select **Reply**, and either select a pre-defined message or compose your own.

Activities

From the watch face, press , select **Activities**, and press to scroll through the activities. Your favorite activities list appears at the top of the list (*Customizing Your Favorite Activities List, page 11*).

NOTE: Some activities appear in more than one category.



Category	Activities
Running	Indoor Track, Obstacle Racing, Run, Track Run, Trail Run, Treadmill, Ultra Run, Virtual Run
Cycling	Bike, Bike Commute, Bike Indoor, Bike Tour, Cyclocross, eBike, eMTB, Gravel Bike, MTB, Road Bike
Swimming	Open Water, Pool Swim
Gym	Boxing, Cardio, Elliptical, HIIT, Jump Rope, Mixed Martial Arts, Mobility, Pilates, Row Indoor, Stair Stepper, Strength, Walk Indoor, Yoga
Outdoor	Archery, Disc Golf, Hike, Horseback, Inline Skating, Mountaineering, Rucking, Walk
Winter Sports	Ice Skating, Ski, Snowboard, Snowmobile, Snowshoe, XC Classic Ski, XC Skate Ski
Water Sports	Kayak, Row, Snorkel, SUP
Team Sports	American Football, Baseball, Basketball, Cricket, Field Hockey, Ice Hockey, Lacrosse, Rugby, Soccer/ Football, Softball, Volleyball, Ultimate Disc
Racket Sports	Badminton, Padel, Pickleball, Platform Tennis, Racquetball, Squash, Table Tennis, Tennis
Motorsports	ATV, Motocross, Motorcycle, Overland
Other	Breathwork

Starting an Activity

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

1. From the watch face, press .
2. Select **Activities**.
3. Select an option:
   - Select an activity from your favorites.
   - Scroll to the **More** activities list, select an activity category, and select an activity.
4. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the GPS status bar is filled.

   The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5. Press to start the activity timer.

   The watch records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch, page 46*).
- Press to record laps, start a new set or pose, or advance to the next workout step.

  You can select to discard a lap for certain activities (*How can I undo a lap button press?, page 49*).
- Press or to view additional data screens.
- Swipe up or down to view additional data screens.

  TIP: You can swipe down from the top of the screen to unlock the touchscreen during an activity.
- Swipe right or left to view the music controls or activity settings.

Stopping an Activity

Not all options are available for all activity types.

1. Press .
2. Select an option:
   - To resume your activity, select **Resume**.
   - To save the activity and view the details, select **Save**, and select an option.
     NOTE: After you save the activity, you can enter self-evaluation data (*Evaluating an Activity, page 7*).
   - To suspend your activity and resume it at a later time, select **Resume Later**.
   - To mark a lap, select **Lap**.
     You can select to discard a lap for certain activities (*How can I undo a lap button press?, page 49*).
   - 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.
   - 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.
   - To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery Heart Rate**, and wait while the timer counts down (*Recovery Heart Rate, page 23*).

- To discard the activity, select **Discard**, and press .

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

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Activity Settings, page 12*).

1. After you complete an activity, select **Save** (*Stopping an Activity, page 6*).
2. Select a number that corresponds with your perceived effort.

   NOTE: You can select » to skip the self evaluation.
3. Select how you felt during the activity.

You can view evaluations in the Garmin Connect app.

Running

Going for a Run

The first fitness activity you record on your watch can be a run, ride, or any outdoor activity. You may need to charge the watch before starting the activity (*Charging the Watch, page 46*).

The watch records activity data only while the activity timer is running.

1. Press , and select an activity.
2. Go outside, and wait while the watch locates satellites.
3. Press .
4. Go for a run.



During an activity, you can hold to open the music controls (*Music Playback Controls, page 16*).

5. After you complete your run, press .
6. Select an option:
   - Select **Resume** to restart the activity timer.
   - Select **Save** to save the run and reset the activity timer. You can select the run to view a summary.



For more run options, see *Stopping an Activity, page 6*.

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400 m track.

You can use the track run activity to record your outdoor track data, including distance in meters and lap splits.

1. Stand on the outdoor track.
2. From the watch face, press .
3. Select **Activities** > **Running** > **Track Run**.
4. Wait while the watch locates satellites.
5. If you are running in lane 1, skip to step 8.
6. Select **Lane Number**.
7. Select a lane number.
8. Press .
9. Run around the track.
10. After you complete your activity, press , and select **Save**.

Tips for Recording a Track Run

The Garmin track database contains over 10,000 tracks from all over the world.

- Wait until the watch acquires satellite signals before starting a track run.
- If your watch does not recognize the track, run four laps to calibrate your track distance.

  You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.

  NOTE: The default Auto Lap distance is 1600 m, or four laps around the track.
- If you are running in a lane other than lane 1, set the lane number in the activity settings.

Going for a Virtual Run

You can pair your watch with a compatible third-party app to transmit pace, heart rate, or cadence data.

1. From the watch face, press .
2. Select **Activities** > **Running** > **Virtual Run**.
3. On your tablet, laptop, or phone, open the Zwift app or another virtual training app.

4. Follow the on-screen instructions to start a running activity and pair the devices.
5. Press to start the activity timer.
6. After you complete your activity, press , and select **Save**.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity, page 6*).
2. Run on the treadmill until your watch records at least 2.4 km (1.5 mi.).
3. After you finish the activity, press to stop the activity timer.
4. Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.
     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > ✔.
5. Check the treadmill display for the distance traveled, and enter the distance on your watch.

Recording an Ultra Run Activity

1. From the watch face, press .
2. Select **Activities** > **Running** > **Ultra Run**.
3. Press to start the activity timer.
4. Start running.
5. Press to record a lap and start the rest timer.

   TIP: You can configure how the Auto Rest setting records rest splits and laps (*Ultra Run Auto Rest Settings, page 8*).
6. When you are done resting, press to resume running.
7. Press or to view additional data screens (optional).
8. After you complete your activity, press , and select **Save**.

Ultra Run Auto Rest Settings

You can customize the options for automatically starting and stopping the rest timer for the Ultra Run activity.

Status: Enables automatically recording rest splits.

Rest Start: Automatically starts the rest timer when you stop running. You can use the Manual Only option to start the rest timer only when you press .

Rest End: Sets the pace required to end a rest split.

Minimum Time: Sets the amount of time before a rest split starts or ends.

Lap Key: Sets the button to record a lap and start the rest timer, start the rest timer only, or record a lap only.

Recording an Obstacle Racing Activity

When you participate in an obstacle course race, you can use the Obstacle Racing activity to record your time on each obstacle and your time running between obstacles.

1. From the watch face, press .
2. Select **Activities** > **Running** > **Obstacle Racing**.
3. Press to start the activity timer.
4. Press to manually mark the beginning and end of each obstacle.

   NOTE: You can configure the **Obstacle Tracking** setting to save obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals.
5. After you complete your activity, press , and select **Save**.

PacePro Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can also create a pace band for a known course to optimize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect app. You can preview the splits and elevation plot before you run the course.

Downloading a PacePro Plan from Garmin Connect

Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account(*Garmin Connect, page 33*).

1. Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to *connect.garmin.com*.
2. Select **Training & Planning** > **PacePro Pacing Strategies**.
3. Follow the on-screen instructions to create and save a PacePro plan.
4. Select or **Send to Device**.

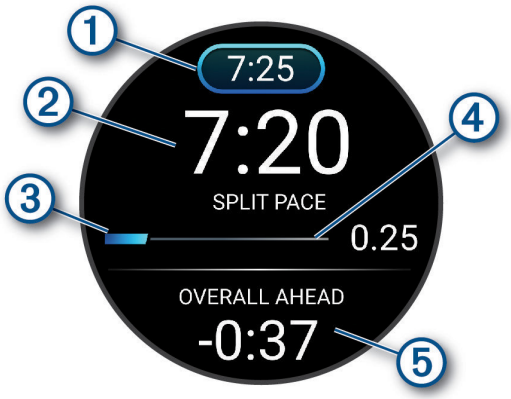
Starting a PacePro Plan

Before you can start a PacePro plan, you must download a plan from your Garmin Connect account (*Downloading a PacePro Plan from Garmin Connect, page 8*).

1. From the watch face, press .
2. Select an outdoor running activity.
3. Scroll down to select **Training** > **PacePro Plans**.
4. Select a plan.

   TIP: You can scroll down to preview the splits and elevation plot before you accept the PacePro plan.

5 Press .
6 Select **Use Plan** to start the plan.
7 If necessary, select ✔ to enable course navigation.
8 Press to start the activity timer.



①	Target split pace
②	Current split pace
③	Completion progress for the split
④	Distance remaining in the split
⑤	Overall time ahead of or behind your target time

TIP: You can hold , and select **Stop PacePro** > ✔ to stop the PacePro plan. The activity timer continues running.

Cycling

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch (*Pairing Your Wireless Sensors, page 29*).

1 Pair your wireless sensors, such as a heart rate monitor or bike lights (optional).
2 From the watch face, press .
3 Select **Activities** > **Cycling**.
4 Select a cycling activity.
5 When using optional wireless sensors, wait while the watch connects to the sensors.
6 Go outside, and wait while the watch locates satellites.
7 Press to start the activity timer.

The watch records activity data only while the activity timer is running.

8 Start your activity.
9 Press or to scroll through the data screens.
10 After you complete your activity, press , and select **Save**.

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 watch has wrist-based heart rate enabled for swim activities.

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 watch 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. 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 in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens, page 12*).

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 10*)

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 watch measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance. The next time you start a pool swimming activity, the watch uses this pool size.

  You can scroll down to select the activity settings, and select **Pool Size** to change the size.
- For accurate results, swim the entire pool length, and use one stroke type for the entire length. Pause the activity timer when resting.
- Press to record a rest during pool swimming (*Swim Auto Rest and Manual Rest, page 10*).

  The watch automatically records swim intervals and lengths for pool swimming.
- To help the watch count your lengths, use a strong push off the wall and glide before your first stroke.
- When doing drills, you must either pause the activity timer or use the drill logging feature (*Training with the Drill Log, page 10*).

Swim Auto Rest and Manual Rest

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval.

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

To use manual rests instead, you can turn off the auto rest feature in the activity options (*Activity Settings, page 12*). During a pool or open water swim activity, you can manually mark a rest interval by pressing . Swim data is not recorded during a rest interval.

TIP: Use manual rests if you are taking short rests or you want very precise swim interval timing.

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, scroll up or down to view the drill log screen.
2. Press to start the drill timer.
3. After you complete a drill interval, press .

   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, press .
   - To start a swim interval, scroll up or down to return to the swim training screens.

   After you complete the drill, the activity enters rest mode.
6. Select an option:
   - To resume the activity, press .
   - To end the activity, press .

Gym Activities

The watch 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 (*Activity Settings, page 12*).

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

TIP: Holding the handrails of the treadmill reduces accuracy.

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

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move. You can create and find strength workouts in your Garmin Connect account and send them to your watch.

1. From the watch face, press .
2. Select **Activities** > **Gym** > **Strength**.
3. Select an option:
   - To do an open-ended workout, select **Free**.
     TIP: You can enable the **Rest Countdown** option to alert you after a specified rest timer duration.
   - To follow a structured workout, select a workout, scroll down and select a step to view the exercise animation (if available), and when you have finished viewing the workout, select **Do Workout**.
     TIP: You can select **More** to view the required equipment, edit the workout, and more before you start the workout.
4. Press to start the activity.
5. Start your first set.

   The watch counts your reps. Your rep count appears when you complete at least four reps.

   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
6. Press to finish the set and move to the next exercise, if available.

   The watch displays the total reps for the set.
7. If necessary, edit the set, the number of reps, and the weight used for the set.
8. If necessary, press when you are done resting to start your next set.
9. Repeat for each strength training set until your activity is complete.

   TIP: During your workout, you can press to edit your previous sets. For structured workouts, you have options to skip a set or change the next set.
10. After your last set, press , and select **Stop Workout**.
11. Select **Save**.

Recording a Mobility Activity

You can record a mobility activity using active and rest intervals, or you can download mobility workouts from Garmin Connect.

1. From the watch face, press .
2. Select **Activities** > **Gym** > **Mobility**.
3. Scroll down, and select **Training**.
4. Select an option:
   - To change the active and rest intervals, select **Intervals**.
   - To download and complete a workout from Garmin Connect, select **Workout Library** >

Browse Workouts, and follow the on-screen instructions.

5 Press to start the activity timer.

The watch guides you through the mobility exercises.

6 Scroll to view additional data screens.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

1 From the watch face, press .

2 Select **Activities** > **Gym** > **HIIT**.

3 Select an option:
- Select **Free** to record an open, unstructured HIIT activity.
- Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
- Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
- Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
- Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
- Select **Workouts** to follow a saved workout.

4 If necessary, follow the on-screen instructions.

5 Press to start your first round.

The watch displays a countdown timer and your current heart rate.

6 If necessary, press to manually move to the next round or rest.

7 After you finish the activity, press to stop the activity timer.

8 Select **Save**.

Winter Sports

Viewing Your Ski Runs

You can use the lap key to record runs while downhill skiing or snowboarding.

1 Start a skiing or snowboarding activity.

2 Press when you complete a run.

3 Hold .

4 Select **View Runs**.

5 Scroll 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.

Other Activities

Recording a Breathwork Activity

1 From the watch face, press .

2 Select **Activities** > **Other** > **Breathwork**.

3 Select an option:
- Select **Coherence** to achieve a state of calm alertness.
- Select **Relax and Focus** to relax your body and focus the mind.
- Select **Relax and Focus (Short)** to relax your body and focus the mind in a shorter time frame.
- Select **Tranquility** to lower your stress level and get ready for sleep.

4 If necessary, select **Do Workout**.

5 Press to start the activity.

6 Follow the on-screen instructions as the watch guides you through the breathing exercises.

7 Press to skip to the next step in the breathwork phase.

8 After you complete your activity, press , and select **Save**.

Your average respiration rate and heart rate appear.

9 Press .

10 Select **All Stats**.

Your average heart rate, maximum heart rate, average respiration rate, and stress change appear.

Customizing Activities and Apps

You can customize the activities and apps list, data screens, data fields, and other settings.

Customizing the App List

1 From the watch face, press .

2 Select **Edit**.

3 Select an option:
- To change the location of an app in the list, select an app, press or to move the app, and press to select the new location.
- To remove an app from the list, select the app, and select .
- To add an app, select **Add**, and select one or more apps.

Customizing Your Favorite Activities List

Your favorite activities list appears at the top of the list, and it provides quick access to the activities you use frequently. You can add or remove favorite activities at any time.

1 From the watch face, press .

2 Select **Activities**.

Your favorite activities appear at the top of the list.

3 Select **Edit**.

4 Select an option:
- To change the location of an activity in the list, select an activity, press or to move the activity, and press to select the new location.
- To remove a favorite activity, select the activity, and select > **Remove**.
- To add a favorite activity, select **Add**, and select one or more activities.

Pinning a Favorite Activity to the List

You can pin up to three favorite activities to the top of the app and activity lists.

1. From the watch face, press .
2. Select **Activities**.
3. Scroll to a favorite activity (*Customizing Your Favorite Activities List, page 11*).
4. Hold , and select **Pin Activity**.

The next time you press from the watch face to open the app and activity lists, the pinned activity appears at the top of the list.

Customizing the Data Screens

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

1. From the watch face, press .
2. Select **Activities**, and select an activity.
3. Scroll down, and select the activity settings.
4. Select **Data Screens**.
5. Scroll to the data screen you want to customize.
6. Select .
7. Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select **Data Fields**, and select a field to change the data that appears in the field.
     TIP: For a list of all the available data fields, go to *Data Fields, page 52*. Not all data fields are available for all activity types.
   - 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 the Map Data Screen

You can add the map to the data screens loop for a GPS activity.

1. From the watch face, press .
2. Select **Activities**, and select a GPS activity.
3. Scroll down, and select the activity settings.
4. Select **Data Screens** > **Add New** > **Map**.

Creating a Custom Activity

1. From the watch face, press .
2. Select **Activities** > **Edit** > **Add**.
3. Select an option:
   - Select **Copy Activity** to create your custom activity starting from one of your saved activities.
   - Select **Other** > **Other** to create a new custom activity.
4. If necessary, select an activity type.
5. Select a name or enter a custom name.

   Duplicate activity names include a number, for example: Bike(2).
6. Select an option:
   - Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
   - Select **Done** to save and use the custom activity.

Activity Settings

These settings allow you to customize each preloaded activity based on your needs. For example, you can customize data screens and enable alerts and training features. Not all settings are available for all activity types.

Select , select an activity, hold , and select the activity settings.

Accent Color: Sets the accent color for the activity icon.

Alerts: Sets the training or navigation alerts for the activity (*Activity Alerts, page 13*).

Audio Output: Enables connected audio devices for voice alerts (*Playing Voice Alerts During Your Activity, page 14*).

Auto Lap: Sets the options for the Auto Lap feature to automatically mark laps. The **By Distance** option marks laps at a specific distance. The **By Position** option marks laps at a location where you previously pressed . When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

Auto Pause: Sets the options for the Auto Pause feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Rest: Automatically creates a rest interval when you stop moving during a pool swim activity (*Swim Auto Rest and Manual Rest, page 10*). Sets the options for automatically starting and stopping the rest timer for the ultra run activity (*Ultra Run Auto Rest Settings, page 8*).

Auto Set: Automatically starts and stops exercise sets during a strength training activity.

Broadcast Heart Rate: Automatically broadcasts heart rate data from your watch to paired devices when you start the activity (*Broadcasting Heart Rate Data, page 37*).

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

Data Screens: Customizes data screens and adds new data screens for the activity (*Customizing the Data Screens, page 12*).

Edit Weight: Prompts you to add the weight used for an exercise set during a strength training or cardio activity.

Gear Selection: After you complete an activity, prompts you to select the gear or equipment you used during the activity. You can add and delete gear in your Garmin Connect account (*Garmin Connect, page 33*).

Jump Mode: Sets the jump rope activity target to a set time, number of reps, or open ended.

Lane Number: Sets your lane number for track running.

Laps: Configures the settings for the **Auto Lap**, **Lap Key**, and **Lap Alert** options.

Lap Alert: Sets the data fields to show for laps.

Lap Key: Enables the button for recording a lap or rest during an activity.

Obstacle Tracking: Saves obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals (*Recording an Obstacle Racing Activity, page 8*).

Pack Weight: Sets the weight of the pack you are carrying.

Pool Size: Sets the pool length for pool swimming.

Power Save Timeout: Sets the timeout limit for the watch to stay in activity mode while waiting for you to start the activity, for example, when you are waiting for a race to start. The **Normal** option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The **Extended** option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Record VO2 Max.: Records a VO2 max. estimate for trail run and ultra run activities.

Rename: Sets the activity name.

Rep Counting: Records rep counts during a workout. The **Workouts Only** option records rep counts during guided workouts only.

Restore Defaults: Resets the activity settings.

Running Power: Records running power data and customizes the settings (*Running Power Settings, page 31*).

Runs: Configures the settings for the **Auto Run**, **Lap Key**, and **Lap Alert** options.

Satellites: Sets the GNSS satellite system to use for the activity (*Satellite Settings, page 14*).

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Evaluating an Activity, page 7*).

Stroke Detection: Automatically detects your stroke type for pool swimming.

Touch: Enables the touchscreen during an activity or only for the map screen.

Touch Lock: Enables swiping down from the top of the screen to unlock the touchscreen.

Track Detection: Automatically detects if you are on a track for running.

Units: Sets the units of measure for the activity.

Vibration Alerts: Notifies you to inhale or exhale during a breathwork activity.

Workout Videos: Plays instructive workout animations for a strength, cardio, yoga, or Pilates activity.

Animations are available for pre-installed workouts and workouts downloaded from your Garmin Connect account.

Activity 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 one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch 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 watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

Recurring alert:

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Event, recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See *About Heart Rate Zones, page 42* and *Heart Rate Zone Calculations, page 43*.
Pace	Range	You can set minimum and maximum pace values.
Power	Range	You can set the high or low power level.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals (*Using Run and Walk Alerts, page 14*).

Alert Name	Alert Type	Description
Running Power	Event, range	You can set minimum and maximum power zone values.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.
Track Timer	Recurring	You can set a track time interval in seconds.

Setting an Alert

1. From the watch face, press .
2. Select **Activities**, and select an activity.

   NOTE: This feature is not available for all activities.
3. Scroll down, and select the activity settings.
4. Select **Alerts**.
5. Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
6. If necessary, select the type of alert.
7. Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
8. 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).

Using Run and Walk Alerts

NOTE: You must set up the run/walk interval alerts before starting a run. After you start the run timer, you cannot change the settings.

1. From the watch face, press .
2. Select a running activity.

   NOTE: Walk break alerts are available only for running activities.
3. Scroll down, and select the activity settings.
4. Select **Alerts** > **Add New** > **Run/Walk**.
5. Set the run time for each alert.
6. Set the walk time for each alert.
7. Go for a run.

Each time you complete an interval, a message appears. The watch also beeps or vibrates if audible tones are turned on (*System Settings, page 44*). After you turn on the run/walk alerts, it is used each time you go for a run until you turn it off or enable a different run mode.

Playing Voice Alerts During Your Activity

You can enable your watch or phone to play motivational status announcements during a run or other activity. During a voice alert, the volume of the primary audio is lowered to play the announcement Voice alerts play on your phone paired through the Garmin Connect app.

NOTE: This feature is not available for all activities.

1. From the watch face, hold .
2. Select **Watch Settings** > **Focus Modes** > **Activity** > **Voice Alerts**.
3. Select an option:
   - To set voice alerts to play through your phone, select **Audio Output** > **Connected Devices**.
   - To hear an alert for each lap, select **Lap Alert**.
   - To customize alerts with your pace and speed information, select **Pace/Speed Alert**.
   - To customize alerts with your heart rate information, select **Heart Rate Alert**.
   - To customize alerts with power data, select **Power Alert**.
   - To hear alerts when you start and stop the activity timer, including the Auto Pause feature, select **Timer Events**.
   - To hear workout alerts play as a voice alert, select **Workout Alerts**.
   - To hear activity alerts play as a voice alert, select **Activity Alerts** (*Activity Alerts, page 13*).

Satellite Settings

You can change the GNSS satellite settings to customize the satellite systems used for each activity. For more information about GNSS satellite systems, go to *garmin.com/aboutGPS*.

From the watch face, press , select **Activities**, select an activity, scroll down and select the activity settings, and select **Satellites**.

NOTE: This feature is not available for all activities.

Off: Disables GNSS satellite systems for the activity.

Use Default: Enables the watch to use the default activity focus mode setting for GNSS satellites (*Customizing a Default Focus Mode, page 35*).

GPS Only: Enables the GPS satellite system.

All Systems: Enables multiple GNSS satellite systems. Using multiple GNSS satellite systems together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple GNSS systems can reduce battery life more quickly than using GPS only.

UltraTrac: 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.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu, page 16*).

From any screen, hold .



Icon	Name	Description
	Airplane Mode	Select to enable airplane mode to turn off all wireless communications.
	Alarm Clock	Select to add or edit an alarm (*Setting an Alarm, page 24*).
	Alt. Time Zones	Select to view the current time of day in additional time zones (*Adding Alternate Time Zones, page 25*).
	Assistance	Select to send an assistance request (*Requesting Assistance, page 42*).
	Battery Saver	Select to enable the battery saver feature (*Customizing the Battery Saver Feature, page 44*).
	Brightness	Select to adjust the screen brightness (*Display and Brightness Settings, page 28*).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate Data, page 37*).
	Calculator	Select to use the calculator, including the tip calculator.
	Calendar	Select to view upcoming events from your phone calendar.
	Camera Controls	Select to manually take a photo and record a video clip (*Using the Varia Camera Controls, page 31*).
	Clocks	Select to open the Clocks app to set an alarm, timer, stopwatch, or view alternate time zones (*Clocks, page 24*).
	Color Shift	Select to turn the screen to shades of red, green, or orange to use the watch in low light conditions.
	Display	Select to turn off the screen for alerts, gestures, and Always On Display mode (*Display and Brightness Settings, page 28*).
	Do Not Disturb	Select to enable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Forerunner watch screen, and it increases as you move closer to your phone.
	Flashlight	Select to turn on the screen to use your watch as a flashlight (*Using the Flashlight Screen, page 16*).
	Focus Mode	Select to change the current focus mode (*Focus Modes, page 35*).
	Garmin Share	Select to open the Garmin Share app (*Garmin Share, page 32*).
	History	Select to view your activity history, records, and totals.
	Lock Device	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Messenger	Select to view and send messages using the Messenger app (*Using the Messenger Feature, page 5*).
	Music	Select to control music playback (*Listening to Music on Your Phone, page 16*).
	Notifications	Select to view calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Phone Notifications, page 31*).
	Phone	Select to disable Bluetooth technology and your connection to your paired phone.
	Power Off	Select to turn off the watch.
	Pulse Oximeter	Select to open the pulse oximeter app (*Pulse Oximeter, page 37*).

Icon	Name	Description
	Save Location	Select to save your current location to navigate back to it later.
	Settings	Select to open the settings menu.
	Stopwatch	Select to start the stopwatch (*Using the Stopwatch, page 25*).
	Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
	Sync	Select to sync your watch with your paired phone.
	Time Sync	Select to sync your watch with the time on your phone or using satellites.
	Timer	Select to set a countdown timer (*Using the Countdown Timer, page 25*).
	Touch	Select to disable touchscreen controls.
	Touch Lock	Select to enable swiping down from the top of the screen to unlock the touchscreen.
	Weather	Select to view the current weather forecast and current conditions.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Controls, page 15*).

1. Hold to open the controls menu.
2. Hold .
3. Select an option:
   - To add a control to the menu, select **Add Controls**, and select a control to add.
   - To change the location of a shortcut in the controls menu, select **Reorder Controls**, select a control to move, press or to move the control to a new position, and press to select the new location.
   - To remove shortcut from the controls menu, select **Remove Controls**, and select a control to remove.

Using the Flashlight Screen

Using the flashlight can reduce battery life.

1. Hold .

   NOTE: You can customize the controls menu (*Customizing the Controls Menu, page 16*).
2. Select .
3. Press or to adjust the brightness and color.

Listening to Music on Your Phone

You can control music playback on your phone from your Forerunner 70 watch.

1. Hold from any screen to open the music controls.
2. Select an option:
   - Select ▶ to play and pause the current music track.
   - Select ▶| to skip to the next music track.
   - Select ⋮ to access more music controls and volume.
3. Start listening to music from your paired phone.

Music Playback Controls

During an activity, you can swipe left to view the music playback controls. You can also press to open the music controls.

⋮	Select to view more music playback controls.
🔊	Select to adjust the volume.
▶	Select to play and pause the current audio file.
▶|	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
|◀	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing Glances, page 18*). Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glances list manually (*Customizing the Glances List, page 18*). Some glances appear in a grouping of related metrics, such as health or activity performance.

TIP: You can also download glances from the Connect IQ Store (*Connect IQ Features, page 35*).

Name	Description
Alternate time zones	Displays the current time of day in additional time zones (*Adding Alternate Time Zones, page 25*).
Battery	Displays the estimated battery life and recent battery usage data, including a breakdown of battery use by activity and feature.
Body Battery	With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours (*Body Battery, page 18*).

Name	Description
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Countdowns	Displays upcoming countdown events.
Garmin coach	Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date if applicable.
Health Snapshot	Starts a Health Snapshot session on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. Displays summaries of your saved Health Snapshot sessions.
Health status	Displays health metrics, such as your respiration and heart rate variability.
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
History	Displays your activity history and a graph of your recorded activities (*Using History, page 26*).
HRV status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status, page 20*).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Last activity	Displays a brief summary of your last recorded activity.
Last ride Last run Last swim	Displays a brief summary of your last recorded activity and history of the specified sport.
Lifestyle logging	Tracks your day-to-day behaviors, and allows you to see how the behaviors affect certain health metrics in the Garmin Connect app (*Lifestyle Logging, page 24*).
Messenger	Displays your Garmin Messenger app conversations and allows you to reply to messages from your watch (*Garmin Messenger App, page 35*).
Moon phase	Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.

Name	Description
Naps	Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up (*Focus Modes, page 35*).
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Phone Notifications, page 31*).
Nutrition	Displays your daily nutritional overview, including calories and macronutrients. You can also log your food intake. You must have an active Garmin Connect+ subscription to track and view your nutrition (*Garmin Connect+ Subscription, page 33*).
Primary race	Displays the race event you designate as the primary race in your Garmin Connect calendar (*Race Calendar and Primary Race, page 23*).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings, page 38*). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Race calendar	Displays your upcoming race events set in your Garmin Connect calendar (*Race Calendar and Primary Race, page 23*).
Recovery	Displays your recovery time. The maximum time is four days.
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.
Running performance	Displays running performance metrics, such as your VO2 max. estimate and lactacte threshold (*Performance Measurements, page 19*).
Sleep coach	Provides recommendations for your sleep need based on sleep and activity history, circadian rhythm, HRV status, and naps. **NOTE:** You can view sleep insights, enable sleep mode, set alarms, and update sleep settings.
Sleep score	Displays total sleep time, a sleep score, and sleep stage information for the previous night. You can also view any overnight breathing variations (*Sleep Tracking, page 39*).
Sports scores	Tracks college or professional sports teams with scores and live data.

Name	Description
Steps	Tracks your daily step count, step goal, and data for previous days.
Stocks	Displays a customizable list of stocks (*Adding a Stock, page 24*).
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded.
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Training readiness	Displays a score and a short message that helps you determine how ready you are for training each day (*Training Readiness, page 23*).
Training status	Displays your current training status and training load, which shows you how your training affects your fitness level and performance (*Training Status, page 20*).
Weather	Displays the current temperature and weather forecast.
Weight tracking	Displays your recent weight trends and history. You can enter your weight manually. If you have an Index scale paired to your Garmin Connect account, your weight data appears in the glance.

Viewing Glances

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as health information, weather, and calendar events.

1. From the watch face, press to scroll through the glances list.



   TIP: You can also swipe to scroll or tap to select options.
2. Press to view more information.
3. Select an option:
   - Press to view details about a glance.
   - Press to view additional options and functions for a glance.

Customizing the Glances List

1. From the watch face, press to view the glances list.
2. Select **Edit**.
3. Select an option:
   - To change the location of a glance in the list, select a glance, press or to move the glance, and press to select the new location.
   - To remove a glance from the list, select a glance, and select .
   - To add a glance to the list, select **Add**, and select one or more glances.
     TIP: You can select **Create Folder** to create a folder that contains multiple glances (*Creating a Glances Folder, page 18*).

Creating a Glances Folder

You can customize the glances list to create folders of related glances.

1. From the watch face, press to view the glances list.
2. Select **Edit** > **Add** > **Create Folder**.
3. Select the glances to include in the folder, and select **Done**.
   NOTE: If the glances are already in the glance list, you can move or copy them into the folder.
4. Select or enter a name for the folder.
5. Select an icon for the folder.
6. If necessary, select an option:
   - To edit the folder, scroll to the folder in the glances list, and hold .
   - To edit the glances in the folder, open the folder and select **Edit** (*Customizing the Glances List, page 18*).

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data, page 18*).

Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.

- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

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.

These estimates are provided and supported by Garmin Human Performance Lab. For more information, go to *garmin.com/performance-data/running*.

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

HRV status: The watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV) status based on your personal, long-term HRV averages (*Heart Rate Variability Status, page 20*).

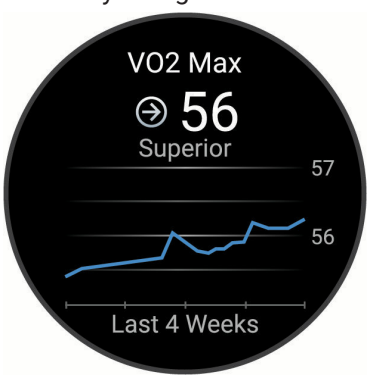
Predicted race times: The watch uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness (*Viewing Your Predicted Race Times, page 19*).

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 (*About VO2 Max. Estimates, page 19*).

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.

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, such as where it ranks for your age and sex.



Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data is provided by Garmin Human Performance Lab. VO2 max. analysis is provided with permission from The Cooper Institute. For more information, see the appendix (*VO2 Max. Standard Ratings, page 50*), and go to *www.CooperInstitute.org*.

Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your watch (*Pairing Your Wireless Sensors, page 29*).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 42*), and set your maximum heart rate (*Setting Your Heart Rate Zones, page 43*). The estimate may seem inaccurate at first. The watch requires a few runs to learn about your running performance. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activity Settings, page 12*).

1. Start a running activity.
2. Run outdoors at a moderate or high intensity, reaching at least 70% of your maximum heart rate.
3. After at least 10 minutes, select **Save**.
4. Press or to scroll through the performance measurements.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 42*), and set your maximum heart rate (*Setting Your Heart Rate Zones, page 43*).

Your watch uses the VO2 max. estimate and your training history to provide a target race time (*About VO2 Max. Estimates, page 19*). The watch analyzes several weeks of your training data to refine the race time estimates.

1. From the watch face, press to view the running performance glance.
2. Press .
3. Scroll to view a predicted race time.
4. Press to view more details.



5 Scroll to view predictions for other distances.

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

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.



Color Zone	Status	Description
Green	Balanced	Your seven-day average HRV is within your baseline range.
Orange	Unbalanced	Your seven-day average HRV is above or below your baseline range.
Red	Low	Your seven-day average HRV is well below your baseline range.
No color	Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require you to complete activities for two weeks using wrist-based heart rate or a compatible chest heart rate monitor. The measurements may seem inaccurate at first when the watch is still learning about your performance.

These estimates are provided and supported by Garmin Human Performance Lab. For more information, go to *garmin.com/performance-data/running*.



Training status: Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status 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 (*About VO2 Max. Estimates, page 19*).

HRV: HRV is your heart rate variability status over the last seven days (*Heart Rate Variability Status, page 20*).

Acute load: Acute load is a weighted sum of your recent exercise load scores including exercise duration and intensity (*Acute Load, page 21*).

Training load focus: Your watch analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated per category, and the focus of the training. Your watch displays your load

distribution over the last 4 weeks (*Training Load Focus, page 21*).

Recovery time: The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout (*Recovery Time, page 22*).

Training Status Levels

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

No Status: The watch needs you to record multiple activities over two weeks, with VO2 max. results from running or cycling, to determine your training status.

Detraining: You have a break in your training routine or you are training much less than usual for a week or more. Detraining means that you are unable to maintain your fitness level. You can try increasing your training load to see improvement.

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.

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.

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.

Peaking: 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.

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.

Unproductive: Your training load is at a good level, but your fitness is decreasing. Try focusing on rest, nutrition, and stress management.

Strained: There is imbalance between your recovery and training load. It is a normal result after a hard training or major event. Your body may be struggling to recover, so you should pay attention to your overall health.

Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least one VO2 max. measurement per week (*About VO2 Max. Estimates, page 19*). Indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activity Settings, page 12*).

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

- At least one time 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 watch for one or two weeks, your training status should be available.
- Record all of your fitness activities on your primary training device, allowing your watch to learn about your performance (*Syncing Activities and Performance Measurements, page 34*).
- Wear the watch consistently while you sleep, to continue generating an up-to-date HRV status. Having a valid HRV status can help maintain a valid training status when you do not have as many activities with VO2 max.measurements.

Acute Load

Acute load is a weighted sum of your excess post-exercise oxygen consumption (EPOC) for the last several days. The gauge indicates whether your current load is low, optimal, high, or very high. The optimal range is based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

Below targets: Your 4-week training load is lower than optimal in all intensity categories.

Low aerobic shortage: Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

High aerobic shortage: Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

Anaerobic shortage: Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

Balanced: Your training load is balanced and provides all-around fitness benefits as you continue training.

Low aerobic focus: Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

High aerobic focus: Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

Anaerobic focus: Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

Above targets: Your 4-week training load is higher than optimal.

Load Ratio

Load ratio is the ratio of your acute (short-term) training load to your chronic (long-term) training load. It's helpful for tracking your training load changes.

Status	Value	Description
No Status	None	Load ratio will be visible after 2 weeks of training.
Low	Lower than 0.8	Your short-term training load is lower than your long-term training load.
Optimal	0.8 to 1.4	The short-term and long-term training loads are balanced. The optimal range is based on your individual fitness level and training history.
High	1.5 to 1.9	Your short-term training load is higher than your long-term training load.
Very High	2.0 or higher	Your short-term training load is significantly higher than your long-term training load.

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. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus, page 21*). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connectactivity details.

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 excess post-exercise oxygen consumption (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 seconds) 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.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Garmin Human Performance Lab. For more information, go to *firstbeat.com*.

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.

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. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

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.

NOTE: Your recovery heart rate is not calculated for low-impact activities, such as yoga.

Pausing and Resuming Your Training Status

If you are injured or sick, you can pause your training status. You can continue to record fitness activities, but your training status, training load focus, recovery feedback, and workout recommendations are temporarily disabled.

You can resume your training status when you are ready to start training again. For best results, you need at least one VO2 max. measurement each week (*About VO2 Max. Estimates, page 19*).

1. When you want to pause your training status, select an option:
   - From the training status glance, hold •◯, and select **Pause Training Status**.
   - From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Pause Training Status**.
2. Sync your watch with your Garmin Connect account.
3. When you want to resume your training status, select an option:
   - From the training status glance, hold •◯, and select **Resume Training Status**.
   - From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Resume Training Status**.
4. Sync your watch with your Garmin Connect account.

Training Readiness

Your training readiness is a score and a short message that helps you determine how ready you are for training each day. The score is continuously calculated and updated throughout the day using these factors:

- Sleep score (last night)
- Recovery time
- HRV status
- Acute load
- Sleep history (last 3 nights)
- Stress history (last 3 days)

Color Zone	Score	Description
Purple	95 to 100	Prime Best possible
Blue	75 to 94	High Ready for challenges
Green	50 to 74	Moderate Good to go
Orange	25 to 49	Low Time to slow down
Red	1 to 24	Poor Let your body recover



To view historical training readiness scores, go to your Garmin Connect account.

Race Calendar and Primary Race

When you add a race event to your Garmin Connect calendar, you can view the event on your watch by adding the primary race glance (*Glances, page 16*). The event date must be in the next 365 days. The watch displays a countdown to the event, your goal time or predicted finish time (running events only), and weather information.



NOTE: Historical weather information for the location and date is available right away. Local forecast data appears approximately 14 days before the event.

If you add more than one race event, you are prompted to choose a primary event.

Depending on the available course data for your event, you can view elevation data, the course map, and add a PacePro plan (*PacePro Training, page 8*).

Training for a Race Event

Your watch can suggest daily workouts to help you train for a running or cycling event, if you have a VO2 max. estimate (*About VO2 Max. Estimates, page 19*).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Races & Events** > **Find an Event**.
3. Search for an event in your area.

   You can also select **Create an Event** to create your own event.
4. Select **Add to Calendar**.
5. Sync your watch with your Garmin Connect account.
6. On your watch, scroll to the primary race glance to see a countdown to your primary race event.
7. From the watch face, press ◯, and select a running or cycling activity.

   NOTE: If you have completed at least one outdoor run with heart rate data or one ride with heart rate and power data, daily suggested workouts appear on your watch.

Adding a Stock

Before you can customize the stocks list, you must add the stocks glance to the glances list (*Customizing the Glances List, page 18*).

1. From the watch face, press ◯ to view the stocks glance.
2. Press ◯.
3. Select **Edit** > **Add**.
4. Enter the company name or stock symbol for the stock you want to add, and select ✓.

   The watch displays search results.
5. Select the stock you want to add.
6. Select the stock to view more information.

   TIP: To display the stock on the glances list, you can press ◯, and select **Set as Favorite**.

Lifestyle Logging

Use the lifestyle logging glance on your Forerunner watch to discover how everyday behaviors affect several health metrics, such as your sleep score, resting heart rate, and more. You can log and track behaviors that reflect your daily habits and actions, such as late caffeine intake, cold plunges, or reading before bedtime, on the Garmin Connect app (*Tracking Lifestyle Logging Behaviors, page 24*). You can even create and track custom behaviors.

Tracking Lifestyle Logging Behaviors

Before you can use the lifestyle logging feature, you must have a Garmin Connect account, download the Garmin Connect app, and pair your Garmin watch with the Garmin Connect app.

1. From the Garmin Connect app, select •••.
2. Select **Health Stats** > **Lifestyle Logging**.
3. Follow the on-screen instructions.
4. Set up logging reminders (optional).

You can view detailed lifestyle logging reports on the Garmin Connect app.

TIP: You can enable the lifestyle logging glance on your watch to view and log lifestyle behaviors (*Customizing the Glances List, page 18*).

Clocks

Setting an Alarm

You can set multiple alarms.

1. Select an option:
   - From the watch face, hold ◯.
   - From the watch face, press ◯.
   - Hold ◯.
2. Select **Clocks** > **Alarms**.
3. Select an option:
   - To set and save an alarm for the first time, enter the alarm time.
   - To set and save additional alarms, select **Add Alarm**, and enter the alarm time.
4. Scroll down for more options.
5. Select **Save**.

Editing an Alarm

1. Select an option:
   - From the watch face, hold ◯.
   - From the watch face, press ◯.
   - Hold ◯.
2. Select **Clocks** > **Alarms**.
3. Select an alarm.
4. Select an option:
   - To turn the alarm on or off, select **Status**.
   - To change the alarm time, select **Time**.
   - To set an alarm to gently wake you in the 30-minute window before your scheduled alarm based on optimal sleep timing, select **Smart Wake**.

     NOTE: Your alarm will always go off at your selected time in addition to any earlier alarms. For example, if you set your alarm for 8:00 am, the alarm may gently alert you to wake up some time between 7:30 and 8:00 am.
   - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
   - To select the type of alarm notification, select **Sound & Vibe**.

     NOTE: You can also preview the alarm sound and select vibration options. You can select **Quiet Start** if you want your alarm to start vibrating softly and then get stronger.

- To select a description for the alarm, select **Label**.

5 Select an option:
- To save your edits, select **Done**.
- To delete the alarm, select **Delete**.

Using the Countdown Timer

1 Select an option:
- From the watch face, hold .
- From the watch face, press .
- Hold .

2 Select **Clocks** > **Timers**.

3 If you have never saved a timer, enter the time using the touchscreen or and the and buttons.

4 If you previously saved a timer, select an option:
- To set a new countdown timer without saving it, select **Quick Timer**, and enter the time.
- To set and save a new countdown timer, select **Edit** > **Add Timer**, and enter the time.
- To set a saved countdown timer, select the saved timer.

5 Press to start the timer.

6 If necessary, select an option:
- To stop the timer, select .
- To restart the timer, select .
- To cancel the timer, select > **Cancel Timer**.
- To save the timer, select > **Save Timer**.
- To automatically restart the timer after it expires, select > **Auto Restart** > **On**.
- To customize the timer notification, select > **Sound & Vibe**.

Deleting a Countdown Timer

1 Select an option:
- From the watch face, hold .
- From the watch face, press .
- Hold .

2 Select **Clocks** > **Timers** > **Edit**.

3 Select a timer.

4 Select **Delete**.

Using the Stopwatch

1 Select an option:
- From the watch face, hold .
- From the watch face, press .
- Hold .

2 Select **Clocks** > **Stopwatch**.

3 Press to start the timer.

4 Press to restart the lap timer ①.



The total stopwatch time ② continues running.

5 Press to stop both timers.

6 Select an option:
- To reset both timers, press .
- To save the stopwatch time as an activity, press , and select **Save Activity**.
- To reset the timers and exit the stopwatch, press , and select **Done**.
- To review the lap timers, press , and select **Review**.
  NOTE: The **Review** option only appears if there have been multiple laps.
- To return to the watch face without resetting the timers, press , and select **Go to Watchface**.
- To enable or disable lap recording, press , and select **Lap Key**.

Adding Alternate Time Zones

You can display the current time of day in additional time zones.

1 Select an option:
- From the watch face, hold .
- From the watch face, press .
- Hold .

  TIP: You can also view your alternate time zones in the glances list (*Customizing the Glances List, page 18*).

2 Select **Clocks** > **Alt. Time Zones** > **Add Zone**.

3 Press or to highlight a region, and press to select it.

4 Select a time zone.

Editing an Alternate Time Zone

1 Select an option:
- From the watch face, hold .
- From the watch face, press .
- Hold .

  TIP: You can also view your alternate time zones in the glances list (*Customizing the Glances List, page 18*).

2 Select **Clocks** > **Alt. Time Zones**.

3 Select a time zone.

4 Press .

5 Select an option:

- To set the time zone to display on the glances list, select **Set as Favorite**.
- To enter a custom name for the time zone, select **Rename**.
- To enter a custom abbreviation for the time zone, select **Abbreviate**.
- To change the time zone, select **Change Zone**.
- To delete the time zone, select **Delete**.

Adding a Countdown Event

1. Select an option:
   - From the watch face, hold .
   - From the watch face, press .
   - Hold .

   TIP: You can also view your alternate time zones in the glances list (*Customizing the Glances List, page 18*).
2. Select **Clocks** > **Countdowns** > **Add**.
3. Enter a name.
4. Select a year, month, and day.
5. Select an option:
   - Select **All Day**.
   - Select **Specific Time**, and enter a time.
6. Select an icon.

Editing a Countdown Event

1. Select an option:
   - From the watch face, hold .
   - From the watch face, press .
   - Hold .

   TIP: You can also view your alternate time zones in the glances list (*Customizing the Glances List, page 18*).
2. Select **Clocks** > **Countdowns**.
3. Select a countdown event.
4. Press , and select **Set as Favorite** to show the countdown event in the glances list (optional).
5. Press , and select **Edit Countdown**.
6. Select an option to edit:
   - To rename the event, select **Name**.
   - To change the date, select **Date**.
   - To change the time, select **Time**.
   - To change the icon, select **Icon**.
   - To add an abbreviated name for the event, select **Abbreviation**.
   - To add event reminders, select **Reminders**.
   - To repeat the event every year, select **Repeat Annually**.
   - To remove the event, select **Delete Countdown**.

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 saved activity data, records, and totals.

The watch has a history glance for quick access to your activity data (*Glances, page 16*).

1. From the watch face, hold .
2. Select **History**.

   A bar graph of your recent activities appears.
3. Select an option:
   - To change the time period for the bar graph, press , and select **Graph Options**.
   - To view your personal records by sport, press , and select **Records** (*Personal Records, page 26*).
   - To view your weekly or monthly totals, press , and select **Totals** (*Viewing Data Totals, page 27*).
   - To view your activity history, press , and select an activity.

Personal Records

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

Viewing Your Personal Records

1. From the watch face, hold .
2. Select **History**.
3. Press , and select **Records**.
4. Select a sport.
5. Select a record.
6. Select **View Record**.

Restoring a Personal Record

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

1. From the watch face, hold .
2. Select **History**.
3. Press , and select **Records**.
4. Select a sport.
5. Select a record to restore.
6. Select **Previous** > ✓.

   NOTE: This does not delete any saved activities.

Clearing Personal Records

1. From the watch face, hold .
2. Select **History**.
3. Press , and select **Records**.
4. Select a sport.
5. Select an option:
   - To delete one record, select a record, and select **Clear Record** > ✓.
   - To delete all records for the sport, select **Clear**

All Records > ✓.

NOTE: This does not delete any saved activities.

Viewing Data Totals

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

1. From the watch face, hold •◯.
2. Select **History**.
3. Press ◯•, and select **Totals**.
4. Select an activity.
5. Select an option to view weekly or monthly totals.

Notifications and Alerts Settings

From the watch face, hold •◯, and select **Watch Settings** > **Notifications & Alerts**.

Smart Notifications: Customizes the smart notifications that appear on your watch (*Enabling Phone Notifications, page 31*).

Health & Wellness: Customizes the health and wellness alerts that appear on your watch (*Health and Wellness Alerts, page 27*).

Report Settings: Enables reports, and customizes the report data and theme. You can select **Morning Report** to create and edit daily messages in the morning report (*Customizing Your Morning Report, page 28*). You can select **Evening Report** to set the schedule for the evening report (*Customizing Your Evening Report, page 28*). You can select **Choose Theme** to customize the background theme for your reports.

System Alerts: Sets time (*Setting Time Alerts, page 28*), or phone connection alerts (*Turning On Phone Connection Alerts, page 28*).

Notification Center: Enables the notification center for viewing new notifications (*Viewing Notifications, page 32*).

Health and Wellness Alerts

From the watch face, hold •◯, and select **Watch Settings** > **Notifications & Alerts** > **Health & Wellness**.

Daily Summary: A Body Battery daily summary appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery level (*Body Battery, page 18*).

Stress Alerts: Notifies you when periods of stress have drained your Body Battery level.

Rest Alerts: Notifies you after you have a restful period and its impact on your Body Battery level.

Abnormal Heart Rate Alerts: Notifies you when your heart rate exceeds or drops below a target value (*Setting an Abnormal Heart Rate Alert, page 27*).

Move Alert: Reminds you to keep moving (*Customizing Move Alerts, page 27*).

Goal Alerts: Notifies you when you reach your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after at least ten minutes of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect app. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Notifications & Alerts** > **Health & Wellness** > **Abnormal Heart Rate Alerts**.
3. Select **High Alert** or **Low Alert**.
4. Set the heart rate threshold value.

Each time your heart rate exceeds or drops below the threshold value, a message appears and the watch vibrates.

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, a message appears. The watch also beeps or vibrates if audible tones are turned on (*System Settings, page 44*). You can customize your move alert to be dismissed by walking or other types of movement.

Customizing Move Alerts

1. Hold •◯.
2. Select **Watch Settings** > **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.
3. Select an option:
   - Select **Alert Type** to set the alert based on steps or other types of movement.
   - Select **Movements** to allow sitting moves or free motion moves to clear the alert.
   - Select **Movement Duration** to set the alert to be cleared after 30, 45, or 60 seconds.

Morning Report

Your watch displays a morning report based on your normal wake time. Scroll to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report, page 28*).

Customizing Your Morning Report

NOTE: You can customize these settings on your watch or in your Garmin Connect account.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Notifications & Alerts** > **Report Settings** > **Morning Report**.
3. Select an option:
   - To enable or disable the morning report, select **Show Report**.
   - To customize the order and type of data that appears in your morning report, select **Edit Report**.
   - To write and add custom messages to your morning report, select **Customize Daily Messages** > **Edit Messages**.

Evening Report

Your watch displays an evening report prior to your sleep time. Scroll to view the report, which includes your Body Battery details, tomorrow's workout and weather, sleep coach recommendation, and more (*Customizing Your Evening Report, page 28*).

Customizing Your Evening Report

NOTE: You can customize these settings on your watch or in your Garmin Connect account.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Notifications & Alerts** > **Report Settings** > **Evening Report**.
3. Select an option:
   - Select **Show Report** to enable or disable the evening report.
   - Select **Edit Report** to customize the order and type of data that appears in your evening report.
   - Select **Schedule Report** to set the amount of time between the report and your sleep start (*Focus Modes, page 35*).

Setting Time Alerts

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Notifications & Alerts** > **System Alerts** > **Time**.
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**.

Turning On Phone Connection Alerts

You can set your watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Notifications & Alerts** > **System Alerts** > **Phone**.

Sound and Vibration Settings

From the watch face, hold •◯, and select **Watch Settings** > **Sound & Vibe**. You can also customize these settings for different situations, such as sleep and activities (*Focus Modes, page 35*).

Alert Tones: Plays a tone for alerts.

Button Tones: Plays a tone when you press a button.

Vibration: Sets watch vibrations for alerts and button presses.

Display and Brightness Settings

From the watch face, hold •◯, and select **Watch Settings** > **Display & Brightness**. You can also customize these settings for different situations, such as sleep and activities (*Focus Modes, page 35*).

Brightness: Sets the brightness level of the screen.

Always On Display: Sets the watch face data to remain visible and turn down the brightness and background.
This option impacts the battery and display life (*About the AMOLED Display, page 46*).

Watch Face Seconds: Sets how often the watch face seconds appear when the Always On Display setting is turned on. This option impacts the battery and display life (*About the AMOLED Display, page 46*).

Text Size: Adjusts the size of the text on the screen.

Color Shift: Turns the screen to shades of red, green, or orange so that you can use the watch in low light conditions and help preserve your night vision or reduce eye strain. You can select **Mode** > **Blue Light Filter** to reduce the amount of blue light emitting from the watch. You can select **Schedule** to set the timing of the filters, such as **Before Sleep Start**.

Wake On Alert: Turns on the screen when you receive a notification or alert.

Wake On Gesture: Turns on the screen when you raise and turn your arm to look at your wrist.

Timeout: Sets the length of time before the screen turns off.

Touch: Enables the touchscreen.

Touch Lock: Locks the touchscreen after the screen turns off. When this setting is enabled, you can swipe down to unlock the touchscreen.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone, page 31*).

Sensors and Accessories

The Forerunner watch has several internal sensors, and you can pair additional wireless sensors for your activities.

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+ or Bluetooth technology (*Pairing Your Wireless Sensors, page 29*). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens, page 12*). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to *Garmin.com.sg/buy* for that sensor.

Sensor Type	Description
External HR	You can use an external sensor, such as the HRM 200, HRM 600, HRM-Fit, or HRM-Pro series heart rate monitor, to view heart rate data during your activities. Some heart rate monitors can also store data or provide advanced running data (*Running Dynamics, page 30*) (*Running Power, page 30*).
Foot Pod	You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.
Lights	You can use Varia smart bike lights to improve situational awareness. With a Varia headlight camera, you can also take photos and record video during a ride (*Using the Varia Camera Controls, page 31*).
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride (*Using the Varia Camera Controls, page 31*).
RD Pod	You can use a Running Dynamics Pod to record running dynamics data and view it on your watch (*Running Dynamics, page 30*).
Spd./Cad.	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference (*Wheel Size and Circumference, page 51*).
Tempe	You can attach the tempe temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your watch using ANT+ or Bluetooth technology, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range. For more information about connection types, go to *garmin.com/hrm_connection_types*.

1. Put on the heart rate monitor, install the sensor, or press the button to wake up the sensor.

   NOTE: See your wireless sensor owner's manual for pairing information.
2. Bring the watch within 3 m (10 ft.) of the sensor.

   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3. From the watch face, hold •◯.
4. Select **Watch Settings** > **Connectivity** > **Sensors & Accessories** > **Add New**.
5. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields (*Customizing the Data Screens, page 12*).

Heart Rate Accessory Running Pace and Distance

The HRM 600, HRM-Fit, and HRM-Pro series accessories calculate your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Forerunner watch when connected using ANT+ technology or secure Bluetooth technology. You can also view it on compatible third-party training apps.

The pace and distance accuracy improves with calibration.

Automatic calibration: The default setting for your watch is **Auto Calibrate**. The heart rate accessory calibrates each time you run outside with it connected to your compatible Forerunner watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activities (*Tips for Recording Running Pace and Distance, page 30*).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory (*Calibrating the Treadmill Distance, page 8*).

Tips for Recording Running Pace and Distance

- Update your Forerunner watch software (*Product Updates, page 48*).
- Complete several outdoor runs with GPS and your connected HRM 600, HRM-Fit, or HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance, page 8*).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance** > **Reset Calibration Data**.

  NOTE: You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance, page 8*).

Running Dynamics

Running dynamics is real-time feedback about your running form. Your Forerunner watch has an accelerometer to calculate five running form metrics. To view all of the running form metrics, you must pair your Forerunner watch with the HRM 600, HRM-Fit, HRM-Pro series accessory, or other running dynamics accessory that measures torso movement. For more information, go to *garmin.com/performance-data/running*.

Metric	Sensor Type	Description
Cadence	Watch or compatible accessory	Cadence is the number of steps per minute. It displays the total steps (right and left combined).
Stride length	Watch or compatible accessory	Stride length is the length of your stride from one footfall to the next. It is measured in meters.
Vertical oscillation	Watch or compatible accessory	Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.
Vertical ratio	Watch or compatible accessory	Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.
Ground contact time	Watch or compatible accessory	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 metrics are not available while walking.
Ground contact time balance	Compatible accessory only	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.

Tips for Missing Running Dynamics Data

This topic provides tips for using a compatible running dynamics accessory. If the accessory is not connected to your watch, the watch automatically switches to wrist-based running dynamics.

- Make sure you have a running dynamics accessory, such as the HRM 600, HRM-Fit, or HRM-Pro series accessory.
- Pair the running dynamics accessory with your watch again, according to the instructions.
- If you are using an HRM 600 accessory, pair it with your watch using the secure Bluetooth connection, rather than the open connection.

  For more information about connection types, go to *garmin.com/hrm_connection_types*.
- If you are using an HRM-Fit or HRM-Pro series accessory, pair it with your watch using ANT+ technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

  NOTE: Some metrics do not appear while walking (*Running Dynamics, page 30*).

Running Power

Garmin running power is calculated using measured running dynamics information, user mass, environmental data, and other sensor data. The power measurement estimates the amount of power a runner applies to the road surface, and it is displayed in watts. Using running power as a gauge of effort may suit some runners better than using either pace or heart rate. Running power can be more responsive than heart rate for indicating the level of effort, and it can account for the uphills, downhills, and wind, which a pace measurement does not do. For more information, go to *garmin.com/performance-data/running*.

Running power can be measured using a compatible running dynamics accessory or the watch sensors. You can customize the running power data fields to view your power output and make adjustments to your training (*Data Fields, page 52*). You can set up power alerts to be notified when you reach a specified power zone (*Activity Alerts, page 13*).

Running power zones use default values based on gender, weight, and average ability, and may not match your personal abilities. You can manually adjust your zones on the watch or using your Garmin Connect account (*Setting Your Power Zones, page 43*).

Running Power Settings

From the watch face, press , select **Activities**, select a running activity, press , select the activity settings, and select **Running Power**.

Status: Enables or disables recording Garmin running power data. You can use this setting if you prefer to use third-party running power data.

Source: Allows you to select which device to use to record running power data. The Smart Mode option automatically detects and uses the running dynamics accessory, when available. The watch uses wrist-based running power data when an accessory is not connected.

Account for Wind: Enables or disables using wind data when calculating your running power. Wind data is a combination of the speed, heading, and barometer data from your watch and the available wind data from your phone.

Using the Varia Camera Controls

NOTICE

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.

Before you can use the Varia camera controls, you must pair the accessory with your watch (*Pairing Your Wireless Sensors, page 29*).

1. Select an option:
   - Add the **Camera Controls** control to your watch (*Customizing the Controls Menu, page 16*).
   - Add the **Camera Controls** glance to your watch (*Customizing the Glances List, page 18*).
2. From the **Camera Controls** control or glance, select an option:
   - Select > to view the camera settings.
   - Select > to record the ride.
   - Select to take a photo.
   - Select to save a clip.

Phone Connectivity Features

Phone connectivity features are available for your Forerunner watch when you pair it using the Garmin Connect app (*Pairing Your Phone, page 31*).

- App features from the Garmin Connect app (*Garmin Connect, page 33*)
- App features from the Connect IQ app, and more (*Phone Apps and Computer Applications, page 33*)
- Glances (*Glances, page 16*)
- Controls menu features (*Controls, page 15*)
- Safety and tracking features (*Safety and Tracking Features, page 41*)
- Phone interactions, such as notifications (*Enabling Phone Notifications, page 31*)

Pairing Your Phone

To use the connected features on your watch, you must pair it directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

1. Select an option:
   - During the initial setup on your watch, select ✓ when you are prompted to pair with your phone.
   - If you previously skipped the pairing process, from the watch face, hold , and select **Watch Settings** > **Connectivity** > **Pair Phone**.
   - If you want to pair a new phone, from the watch face, hold , and select **Watch Settings** > **Connectivity** > **Phone** > **Pair Phone**.
2. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Enabling Phone Notifications

You can customize how notifications from your paired phone sound and appear on your watch during normal use.

NOTE: You can customize notifications during sleep or activities in the Focus Modes settings (*Focus Modes, page 35*).

1. From the watch face, hold .
2. Select **Watch Settings** > **Connectivity** > **Phone** > **Notifications**.
3. Select an option:
   - To enable phone notifications, select **Status** > **On**.
   - To enable notifications for phone calls, select **Calls**, and select status and alert options.
   - To enable notifications for text messages, select **Texts**, and select status and alert options.
   - To enable notifications for phone apps, select **Apps**, and select status and alert options.
   - To configure notifications for each phone app, select **Apps** > **Connected Apps**, select an app, and select an option.
     NOTE: You can manage app notifications in your phone settings. When your phone and watch receive a notification from an app, the app appears in the **Connected Apps** list on your watch.
     For Android phones, you can also use the Garmin Connect app to manage which app notifications appear on your watch. In the Garmin Connect app, you can select ••• > **Settings** > **Notifications** > **App Notifications**.

- To hide notification details until you perform an action, select **Privacy**, and select an option.
- To change how long the watch displays notifications, select **Timeout**.
- To add a signature to your text message replies from your watch, select **Signature**.
  NOTE: This feature is available only for compatible Android phones.

Viewing Notifications

You can view your phone notifications on your watch from several menu locations.

1. Select an option:
   - From the watch face, swipe down to view the notification center.
   - From the watch face, swipe up to view the notifications glance.
     TIP: From the glance, you can swipe left to dismiss a notification.
   - From the watch face, press , and select **Notifications** to view the notifications app.
   - Hold , and select **Notifications** to view the notifications control.
2. Select a notification.
3. Press for more options.
4. Scroll to the top of the notifications, and select **Dismiss All** to dismiss all notifications.

Replying to a Text Message

NOTE: This feature is available only for compatible Android phones.

When you receive a text message notification on your watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

NOTE: This feature sends text messages using your phone. Regular text message limits and charges from your carrier and phone plan may apply. Contact your mobile carrier for more information about text message charges or limits.

1. From the watch face, press to view the notification center.
2. Select a text message notification.
3. Press .
4. Select **Reply**.
5. Select a message from the list.

   Your phone sends the selected message as an SMS text message.

Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

NOTE: You can customize the controls menu (*Customizing the Controls Menu, page 16*).

1. Hold to view the controls menu.
2. Select .

   Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Turning On and Off Find My Phone Alerts

1. From the watch face, hold .
2. Select **Watch Settings** > **Connectivity** > **Phone** > **Find My Phone Alerts**.

Locating a Phone Lost During a GPS Activity

Your Forerunner watch automatically stores a GPS location when your paired phone is disconnected during a GPS activity. You can use this feature to help locate a phone that is lost during an activity.
For more information, see *garmin.com/findmyphonewithgps*.

1. Start a GPS activity.
2. When prompted to navigate to the last known location of your device, select ✓.
3. Navigate to the location on the map.
4. Press to view a compass pointing to the location (optional).
5. When your watch is within Bluetooth range of your phone, the Bluetooth signal strength appears on the screen.

   The signal strength increases as you move closer to your phone.

Garmin Share

NOTICE

It is your responsibility to use discretion when sharing information with others. Always ensure you are aware of and comfortable with the individual with whom you share information.

The Garmin Share feature allows you to use Bluetooth technology to wirelessly share your data with other compatible Garmin devices. With Garmin Share enabled and compatible Garmin devices in range of each other, you can select saved locations, courses, and workouts to transfer to another device through a direct, secured device-to-device connection, without the need for a phone or Wi-Fi connectivity.

Sharing Data with Garmin Share

Before you can use this feature, you must have Bluetooth technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin devices using Garmin Share.

Your Forerunner watch can send and receive data when connected to another compatible Garmin device (*Receiving Data with Garmin Share, page 33*). You can also transfer your data between different devices. For example, you can share a favorite course from your Edge bike computer to your compatible Garmin watch.

1. From the watch face, press .

2. Select **Garmin Share** > **Share**.
3. Select a category, and select one item.
4. Select an option:
   - Select **Share**.
   - Select **Add More** > **Share** to select more than one item to share.
5. Wait while the device locates compatible devices.
6. Select a device.
7. Confirm the six-digit PIN matches on both devices, and select ✔.
8. Wait while the devices transfer the data.
9. Select **Share Again** to share the same items with another user (optional).
10. Select **Done**.

Receiving Data with Garmin Share

Before you can use this feature, you must have Bluetooth technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin devices using Garmin Share.

1. From the watch face, press ◯.
2. Select **Garmin Share**.
3. Wait while the device locates compatible devices in range.
4. Select ✔.
5. Confirm the six-digit PIN matches on both devices, and select ✔.
6. Wait while the devices transfer the data.
7. Select **Done**.

Garmin Share Settings

From the watch face, hold •◯, and select **Watch Settings** > **Connectivity** > **Garmin Share**.

Status: Enables the watch to send and receive items through Garmin Share.

Forget Devices: Removes all of the devices the watch has previously shared items with.

Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

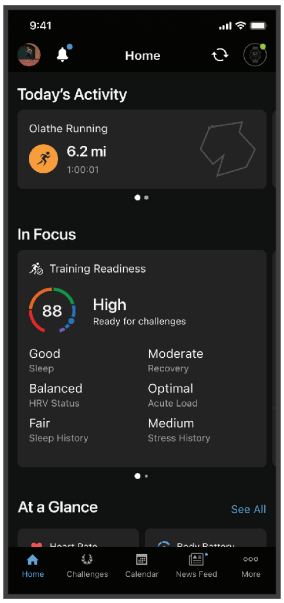
Garmin Connect

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, and more. To sign up for a free account, you can download the app from the app store on your phone (*garmin.com/connectapp*), or go to *connect.garmin.com*.

Store your activities: After you complete and save an activity with your watch, 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 share links to your activities.

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

Instant Keyboard: Allows you to quickly enter text to your device using your smartphone's keyboard.

Garmin Connect+ Subscription

You can enhance the data, connections, and training available on your Garmin Connect account with a Garmin Connect+ subscription. To sign up, you can download the Garmin Connect app from the app store on your phone, or go to *connect.garmin.com*.

Active Intelligence (AI): Receive AI insights about your data and activities, including nutrition.

LiveTrack+: Send LiveTrack text messages, receive a personalized profile page, and view previous LiveTrack sessions.

Follow Garmin Trails: Access outdoor trails and courses recommended by Garmin databases and other Garmin users, with pictures, ratings, trip reports, and more.

Track indoor activities: View your indoor activity and workout data in real time, enabling you to adjust your performance during the activity.

Training guidance: Get additional expert support and guidance for select Garmin Coach training plans.

Nutritional logging: Track your daily nutrition with extensive food databases and view detailed reports on macronutrients and calories consumed. From your compatible Garmin watch, you can easily view your daily nutritional overview, log food manually, and receive morning and evening nutrition reports. From the Garmin Connect app, you can scan the UPC, log new food items, create nutrition goals, and more.

Performance dashboard: View your training data your way with customized charts and graphs, including nutrition metrics.

Social features: Gain access to exclusive badges, badge challenges, and double points for challenges. You can update your profile avatar with customizable frames.

Using the Garmin Connect App

After you pair your watch with your phone (*Pairing Your Phone, page 31*), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

1. Verify the Garmin Connect app is running on your phone.
2. Bring your watch within 10 m (30 ft.) of your phone.

   Your watch automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone, page 31*).

Sync your watch with the Garmin Connect app (*Using the Garmin Connect App, page 34*).

When new software is available, the Garmin Connect app automatically sends the update to your watch.

Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Forerunner watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge bike computer, and view your activity details and recovery time on your Forerunner watch.

Sync your Forerunner watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status, page 34*).

Recent activities and performance measurements from your other Garmin devices appear on your Forerunner watch.

Using Garmin Connect on Your Computer

The Garmin Express application connects your watch 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 watch. You can also install software updates and manage your Connect IQ apps.

1. Connect the watch to your computer using the USB cable.
2. Go to *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.

Updating the Software Using Garmin Express

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

1. Connect the watch to your computer using the USB cable.

   When new software is available, Garmin Express sends it to your watch.
2. Follow the on-screen instructions.
3. Do not disconnect your watch from the computer during the update process.

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 16*).

1. Hold to view the controls menu.
2. Select **Sync**.

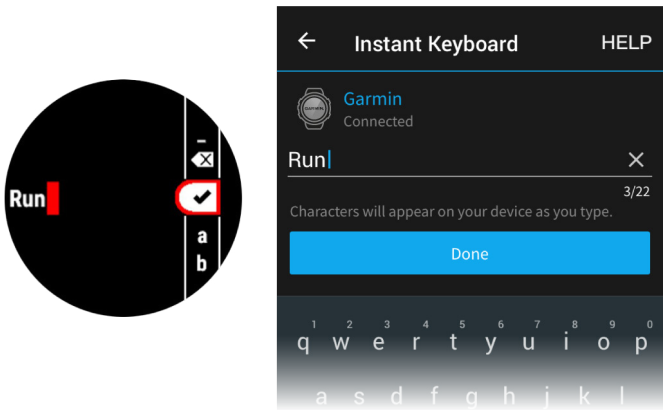
Entering Text with Instant Keyboard

Instant Keyboard allows you to quickly enter text to your device using Garmin Connect app.

A keyboard will appear in Garmin Connect app whenever a text field appears on your device. As you type on the keyboard, the characters will be entered simultaneously to the text field on your device.

Instant Keyboard is enabled by default. To disable Instant Keyboard, go to **Settings** > **Instant Keyboard in** Garmin Connect app.

NOTE: Garmin Connect app must be open and paired with your device when the text field appears.



Connect IQ Features

You can add Connect IQ features to your watch using the Connect IQ store on your watch or phone (*garmin.com/connectiqapp*).

Watch Faces: Customize the appearance of the clock.

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

Data Fields: 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.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Garmin watch or bike computer with your phone (*Pairing Your Phone, page 31*).

1. From the app store on your phone, install and open the Connect IQ app.
2. If necessary, select your watch or bike computer.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

1. Connect the watch 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.

Garmin Messenger App

⚠ WARNING

The inReach features of the Garmin Messenger app on your phone, including SOS, tracking, and inReach Weather, are not available without a connected inReach device and an active inReach service plan. Always test the app outdoors before using it on a trip.

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app on your phone should not be solely relied upon as a primary method to obtain emergency assistance.

NOTICE

The app works over both the internet (using a wireless connection or cellular data on your phone) and the satellite network (using an inReach device). If you are using cellular data, your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. If you are in an area without network coverage, you must have an active inReach service plan for your device to use the satellite network.

You can use the app to message other Garmin Messenger app users, including friends and family without Garmin devices. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your inReach service plan. Messages received may incur charges if message delivery is attempted over both the satellite network and the internet. Standard text messaging rates for your cellular data plan apply.

You can download the Garmin Messenger app from the app store on your phone (*garmin.com/messengerapp*).

Focus Modes

Focus modes adjust the watch settings and behavior for different situations, such as sleep and activities. When you change the settings with a focus mode enabled, the settings are updated only for that focus mode.

Customizing a Default Focus Mode

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Focus Modes**.
3. Select a focus mode.
4. Select an option:

NOTE: Not all options are available for all focus modes.

- Select **Status** to turn the focus mode on or off.
- Select **Schedule** to configure the schedule.
- Select **Watch Face** to change the watch face.
- Select **Satellites** to set the GNSS satellite systems to use for all activities.
  TIP: You can customize the **Satellites** setting for individual activities (*Activity Settings, page 12*).
- Select **Voice Alerts** to enable voice alerts during activities (*Playing Voice Alerts During Your Activity, page 14*).
- In the **Notifications & Alerts** section, select an option to configure phone notifications, health and wellness alerts, or system alerts (*Notifications and Alerts Settings, page 27*).
- In the **Sound & Vibe** section, select an option to configure tones and vibration settings (*Sound and Vibration Settings, page 28*).
- In the **Display & Brightness** section, select an option to configure the screen settings (*Display and Brightness Settings, page 28*).
- Select **Name** to edit the name of the focus mode.
- Select **Icon** to update the icon symbol or color.
- Select **Add** to add more customizations.
- Select **Delete Focus** to remove the focus mode.
- Select **Defaults** to restore the default settings.

Creating a Custom Focus Mode

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Focus Modes** > **Add**.
3. Select an option:
   - Select **Standard** to create a custom focus mode to be used any time.
   - Select **Activity** to configure a focus mode for a specific activity.
4. Enter a name for the focus mode, and select ✔.
5. Select an icon and color.
6. Select an option:
   - Select **Notifications & Alerts** to configure the phone and watch notifications and alerts (*Notifications and Alerts Settings, page 27*).
   - Select **Sound & Vibe** to configure the settings for tones and vibration (*Sound and Vibration Settings, page 28*).
   - Select **Display & Brightness** to configure the screen settings (*Display and Brightness Settings, page 28*).
7. Select **Done**.
8. Select an option:

   Not all options are available for both Standard and Activity focus modes.
   - Select **Status** to turn the custom focus mode on or off.
   - Select **Schedule** to configure the schedule.
   - Select **Watch Face** to update the watch face
   - Select **Auto-Triggered** to choose which activity will trigger the custom activity focus mode.
   - Select **Satellites** to set the GNSS satellite option.
   - Select **Voice Alerts** to enable voice alerts.
   - Select **Name** to edit the name of the custom focus mode.
   - Select **Icon** to edit the custom focus mode icon symbol and color.

Health and Wellness Settings

From the watch face, hold •◯, and select **Watch Settings** > **Health & Wellness**.

Wrist Heart Rate: Customizes the wrist heart rate monitor settings (*Wrist Heart Rate Monitor Settings, page 37*).

Pulse Oximeter: Sets the pulse oximeter mode (*Setting the Pulse Oximeter Mode, page 38*).

Move IQ: Enables Move IQ events. When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

Wrist Heart Rate

Your watch has a wrist-based heart rate monitor, and you can view your heart rate data on the heart rate glance (*Viewing Glances, page 18*).

The watch is also compatible with chest heart rate monitors. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

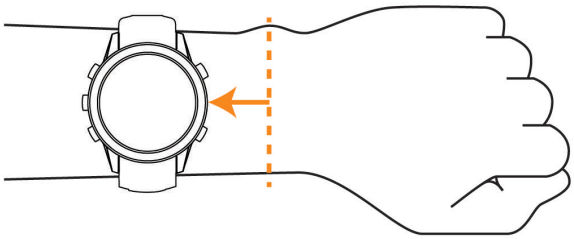
Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to *garmin.com/fitandcare*.

- Wear the watch above your wrist bone.

  NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



NOTE: The optical sensor is located on the back of the watch.

- See *Tips for Erratic Heart Rate Data, page 37* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 38* for more information about the pulse oximeter sensor.
- For more information about accuracy, go to *garmin.com/ataccuracy*.
- For more information about watch wear and care, go to *garmin.com/fitandcare*.

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 watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- 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 watch with fresh water after each workout.

Wrist Heart Rate Monitor Settings

From the watch face, hold •◯, and select **Watch Settings** > **Health & Wellness** > **Wrist Heart Rate**.

Status: Enables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

NOTE: Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter glance.

Source Switching: Selects the best source of heart rate data when wearing your watch and an external heart rate monitor. For more information, go to *www.garmin.com/dynamicsourceswitching/*.

Broadcast Heart Rate: Broadcasts your heart rate data to a paired device (*Broadcasting Heart Rate Data, page 37*).

Broadcasting Heart Rate Data

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

TIP: You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity (*Activity Settings, page 12*). For example, you can broadcast your heart rate data to an Edge bike computer while cycling.

1. Select an option:
   - Hold •◯, and select **Watch Settings** > **Health & Wellness** > **Wrist Heart Rate** > **Broadcast Heart Rate**.
   - Hold •◯ to open the controls menu, and select ♥.

     NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 16*).
2. Press ◯•.

   The watch starts broadcasting your heart rate data.
3. Pair your watch with your compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
4. Press ◯• to stop broadcasting your heart rate data.

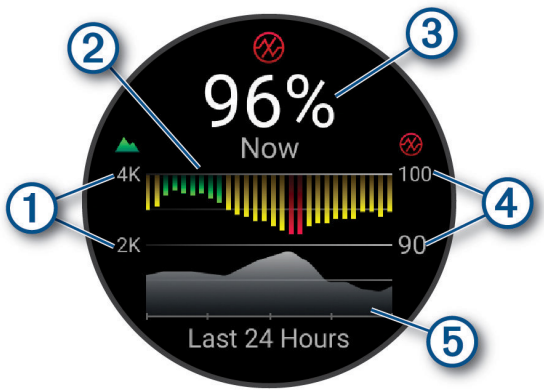
Pulse Oximeter

Your watch has a wrist-based pulse oximeter to gauge the peripheral saturation of oxygen in your blood (SpO2). As your altitude increases, the level of oxygen in your blood can decrease. Knowing your oxygen saturation can help you determine how your body is acclimating to high altitudes for alpine sport and other activities.

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance (*Getting Pulse Oximeter Readings, page 38*). You can also turn on all-day readings (*Setting the Pulse Oximeter Mode, page 38*). When you view the pulse oximeter glance while you are not moving, your watch analyzes your oxygen saturation and your elevation. The elevation profile helps indicate how your pulse oximeter readings are changing, relative to your elevation.

On the watch, your pulse oximeter reading appears as an oxygen saturation percentage and color on the graph. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days.

For more information about pulse oximeter accuracy, go to *garmin.com/ataccuracy*.



①	The elevation scale.
②	A graph of your average oxygen saturation readings for the last 24 hours.
③	Your most recent oxygen saturation reading.
④	The oxygen saturation percentage scale.
⑤	A graph of your elevation readings for the last 24 hours.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance. The glance displays your most recent blood oxygen saturation percentage, a graph of your hourly average readings for the last 24 hours, and a graph of your elevation for the last 24 hours.

NOTE: The first time you view the pulse oximeter glance, the watch must acquire satellite signals to determine your elevation. You should go outside, and wait while the watch locates satellites.

1. While you are sitting or inactive, swipe up from the watch face.
2. Scroll to the pulse oximeter glance.
3. Select the pulse oximeter glance.

   The watch begins a pulse oximeter reading.
4. Remain motionless for up to 30 seconds.

   NOTE: If you are too active for the watch to get a pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
5. Scroll down to view a graph of your pulse oximeter readings for the last seven days.

Setting the Pulse Oximeter Mode

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Health & Wellness** > **Pulse Oximeter**.
3. Select an option:
   - To turn on measurements while you are inactive during the day, select **All Day**.
     NOTE: Turning on **All Day** mode decreases battery life.
   - To turn on continuous measurements while you sleep, select **During Sleep**.
     NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
   - To turn off automatic measurements, select **On Demand**.

Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

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.

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 watch 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). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

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

- Start a timed activity for the most accurate calculation of intensity minutes.

- Wear your watch all day and night for the most accurate resting heart rate.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the watch settings (*Focus Modes, page 35*). Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, circadian rhythm, HRV status, and naps (*Glances, page 16*). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

NOTE: You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Controls, page 15*).

Using Automated Sleep Tracking

1. Wear your watch while sleeping.
2. Upload your sleep tracking data to your Garmin Connect account (*Using the Garmin Connect App, page 34*).

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

   You can view sleep information, including naps, on your Forerunner watch (*Glances, page 16*).

Breathing Variations

⚠ WARNING

The Forerunner device is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition. For more information on pulse oximeter accuracy, go to *garmin.com/ataccuracy*.

The optical heart rate sensor on the Forerunner device has a pulse oximeter feature that can measure your overnight breathing variations. Breathing variation insights are provided to enhance awareness of your sleep environment and general wellness. Occasional or frequent breathing variations may be due to your individual lifestyle factors or your sleeping environment. Contact your doctor or healthcare provider if you're concerned about your level of breathing variations.

You must turn on pulse oximeter sleep tracking to detect breathing variations (*Setting the Pulse Oximeter Mode, page 38*).

The sleep score glance displays your current breathing variations data.

You may need to add the glance to your glances list (*Customizing the Glances List, page 18*).

On your Garmin Connect account, you can view additional details about breathing variations, including trends over multiple days.

Navigation

You can use the GPS navigation features on your watch to save locations, navigate to locations, and find your way home.

Saving Your Location

You can save your current location to navigate back to it later.

1. Hold .
2. Select **Save Location**.

   You can customize the controls menu (*Customizing the Controls Menu, page 16*).
3. Follow the on-screen instructions.

Viewing and Editing Saved Locations

TIP: You can save a location from the controls menu (*Controls, page 15*).

1. From the watch face, press .
2. Select an activity.
3. Scroll down, and select **Navigate** > **Saved Locations**.
4. Select a saved location.
5. Select an option to view or edit the location details.

Deleting a Location

1. Press .
2. Select an activity that uses GPS, for example, **Run**.
3. Scroll down, and select **Navigate** > **Saved Locations**.
4. Select a saved location.
5. Select **Delete**.

Navigating to a Destination

You can use your device to navigate to a previous destination or a saved location.

1. From the watch face, press .
2. Select a GPS activity.
3. Scroll down, and select **Navigate**.
4. Select an option.
   - Select **Past Activities**, select an activity, and select **Go**.
   - Select **Saved Locations**, select a location, and select **Go To**.
     TIP: You can save a location from the controls menu (*Controls, page 15*).
5. Press to begin navigation.

Navigating Back to Start

Before you can navigate back to start, you must locate satellites, start the timer, and start your activity.

At any time during your activity, you can return to your starting location. For example, if you are running in a new city, and you are unsure how to get back to the trail

head or hotel, you can navigate back to your starting location. This feature is not available for all activities.

1. Press .
2. Select an activity that uses GPS, for example, **Run**.
3. During your activity, hold .
4. Select **Navigate** > **Back to Start**.
5. Select **TracBack** or **Straight Line**.
   The navigation screen appears.
6. Move forward.
   The arrow points toward your starting point.
   TIP: For more accurate navigation, orient your watch toward the direction in which you are navigating.

Stopping Navigation

1. While navigating during an activity, hold .
2. Scroll down and select **Stop Navigation** or **Stop Course**.
3. Select .

Navigation to your destination stops, but your activity remains active. You can press to return to the activity timer.

Courses

⚠ WARNING

This feature allows users to download courses created by other users. Garmin makes no representations about the safety, accuracy, reliability, completeness, or timeliness of courses created by third parties. Any use or reliance on courses created by third parties is at your own risk.

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.

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 33*).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **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 40*).

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 40*).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Courses**.
3. Select a course.
4. Select .
5. Select your compatible device.
6. Follow the on-screen instructions.

Following a Course on Your Device

1. From the watch face, press .
2. Select a GPS activity.
3. Scroll down, and select **Navigate** > **Courses**.
4. Select a course.
5. Press .
6. Select **Do Course** or **Do Course in Reverse**.
7. Press to begin navigation.

Viewing or Editing Course Details

You can view or edit course details before you navigate a course.

1. From the watch face, press .
2. Select a GPS activity.
3. Scroll down, and select **Navigate** > **Courses**.
4. Select a course.
5. Press .
6. Select an option:
   - To begin navigation, select **Do Course**.
   - To view course points, such as water stops, obstacles, or steep climbs, select **View Course Points**.
     TIP: You can add course points when you create a course on the Garmin Connect app (*Creating a Course on Garmin Connect, page 40*).
   - To create a custom pace band, select **PacePro** (*PacePro Training, page 8*).
   - To view the course on the map and pan or zoom the map, select **Map**.
   - To begin the course in reverse, select **Do Course in Reverse**.
   - To view an elevation plot of the course, select **Elevation Plot**.
   - To change the course name, select **Name**.
   - To delete the course, select **Delete**.

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.

Adding the Map Data Screen

You can add the map to the data screens loop for a GPS activity.

1. From the watch face, press .
2. Select **Activities**, and select a GPS activity.
3. Scroll down, and select the activity settings.
4. Select **Data Screens** > **Add New** > **Map**.

Panning and Zooming the Map

1. While navigating, press or to view the map.

   You may need to add the map data screen for the activity (*Customizing the Data Screens, page 12*).
2. Hold .
3. Select **Map Controls**.
4. Select an option:
   - To toggle between panning up and down, panning left and right, or zooming, press .
   - To pan or zoom the map, press or .
   - To quit, press .

Map Settings

You can customize how the map appears in the map data screens.

Hold , select **Watch Settings** > **Map & Navigation**.

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 user 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.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features available through the Garmin Connect app are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

To use the safety and tracking features, your watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to *garmin.com/safety*.

Assistance: When you request assistance, the watch sends a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts (*Requesting Assistance, page 42*).

Incident Detection: When the Forerunner watch detects an incident during certain outdoor activities, the watch sends an automated message with a LiveTrack link and GPS location (if available) to your emergency contacts (*Turning Incident Detection On and Off, page 41*).

Live Event Sharing: Sends messages to friends and family during an event, providing real-time updates.

NOTE: This feature is available only if your watch is connected to a compatible Android phone.

LiveTrack: Sends a web page link to friends and family to follow your races and training activities in real time. You can use the Garmin Connect app to invite followers using email or social media, allowing them to view your live data.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect app, select •••.
2. Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.
3. Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature. Three of these contacts can be used as emergency contacts (*Adding Emergency Contacts, page 41*).

1. From the Garmin Connect app, select •••.
2. Select **Contacts**.
3. Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Forerunner device (*Using the Garmin Connect App, page 34*).

Turning Incident Detection On and Off

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts,*

page 41). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Safety & Tracking** > **Incident Detection**.
3. Select a GPS activity.

   NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your Forerunner watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Requesting Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 41*). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Hold •◯.

   The watch vibrates when the assistance feature is activated.
2. Wait for the countdown timer.

   The watch sends a message to your emergency contacts.

   TIP: Before the countdown is complete, you can hold any button to cancel the message.

User Profile

You can update your user profile on your watch or on the Garmin Connect app.

Setting Up Your User Profile

You can update your personal information, such as height, weight, training zones, and more. The watch uses this information to calculate accurate training data.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **User Profile**.
3. Select an option.

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

NOTE: For the most accurate fitness age, complete the user profile setup (*Setting Up Your User Profile, page 42*).

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **User Profile** > **Fitness 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.

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 43*) 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.

Setting Your Heart Rate Zones

The watch 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 and cycling. 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 watch or using your Garmin Connect account.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **User Profile** > **Heart Rate & Power Zones** > **Heart Rate**.
3. Select **Max. Heart Rate**, and enter your maximum heart rate.

   You can use the Auto Detection feature to automatically record your maximum heart rate during an activity.
4. Select **LTHR**, and enter your lactate threshold heart rate if you know your lactate threshold heart rate value.
5. Select **Resting HR** > **Set Custom**, and enter your resting heart rate.

   You can use the average resting heart rate measured by your watch, or you can set a custom resting heart rate.
6. Select **Zones** > **Based On**.
7. Select an option:
   - Select **BPM** to view and edit the zones in beats per minute.
   - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
   - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.
8. Select a zone, and enter a value for each zone.
9. Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
10. Repeat the steps to add sport heart rate zones (optional).

Letting the Watch Set Your Heart Rate Zones

The default settings allow the watch to detect your maximum heart rate and set your heart rate zones as a percentage of your maximum heart rate.

- Verify that your user profile settings are accurate (*Setting Up Your User Profile, page 42*).
- Run often with the wrist or chest heart rate monitor.
- View your heart rate trends and time in zones using your Garmin Connect account.

Heart Rate Zone Calculations

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

Setting Your Power Zones

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

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **User Profile** > **Heart Rate & Power Zones** > **Power**.
3. Select **Based On**.
4. Select an option:
   - Select **Watts** to view and edit the zones in watts.
   - Select **% of TP** to view and edit the zones as a percentage of your threshold power.
5. Select **Threshold Power**, and enter your value.
6. Select a zone, and enter a value for each zone.
7. If necessary, select **Minimum**, and enter a minimum power value.

Power Manager Settings

NOTICE

The shown estimation is an average value calculated based on the battery consumption of each function, the actual battery life will largely depend on actual usage.

From the watch face, hold •◯, and select **Watch Settings** > **Power Manager**.

Battery Saver: Customizes system settings to extend battery life in watch mode (*Customizing the Battery Saver Feature, page 44*).

Battery Percentage: Displays remaining battery life as a percentage.

Battery Estimates: Displays remaining battery life as an estimated number of days or hours.

Low Battery Alert: Notifies you when the battery level is low.

Customizing the Battery Saver Feature

The battery saver feature allows you to quickly adjust system settings to extend battery life in watch mode.

You can turn on the battery saver feature from the controls menu (*Controls, page 15*).

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **Power Manager** > **Battery Saver**.

   The watch displays the hours of battery life gained with each setting change.

Accessibility

Your Forerunner watch has accessibility features, such as custom color filters and other audio and display settings.

Accessibility Settings

From the watch face, hold •◯, and select **Watch Settings** > **Accessibility**.

Color Filters: Sets the color mode for all screens, increasing color visibility for colorblindness. You can remove specific colors such as red, green, or blue, or select Grayscale to remove all color.

Hourly Alert: Enables an alert at the start of each hour.

System Settings

From the watch face, hold •◯, and select **Watch Settings** > **System**.

Language: Sets the language displayed on the watch.

Shortcuts: Assigns shortcuts to buttons (*Customizing the Button Shortcuts, page 44*).

Passcode: Sets a four-digit passcode to secure your personal information when the watch is not on your wrist (*Setting Your Watch Passcode, page 44*).

Do Not Disturb: Enables do not disturb mode to dim the screen and disable alerts and notifications.

Time: Adjusts the time settings (*Time Settings, page 45*).

Voice: Sets the watch voice dialect and voice type. You can also set voice alerts during an activity (*Playing Voice Alerts During Your Activity, page 14*).

Advanced: Opens the advanced system settings for setting the units of measure, data recording mode, and USB mode (*Advanced System Settings, page 45*).

Restore & Reset: Configures watch data backups and resets user data and settings (*Restore and Reset Settings, page 45*).

Software Update: Installs downloaded software updates, enables automatic updates, and allows you to manually check for updates (*Product Updates, page 48*).

About: Displays device, software, license, and regulatory information (*Viewing Device Information, page 46*).

Customizing the Button Shortcuts

You can customize the hold function of individual buttons and combinations of buttons.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **System** > **Shortcuts**.
3. Select a button or combination of buttons to customize.
4. Select a function.

Setting Your Watch Passcode

NOTICE

If you enter your passcode incorrectly three times, the watch locks temporarily. After five incorrect attempts, the watch locks until you reset your passcode in the Garmin Connect app. If you have not paired your watch with your phone, the watch deletes your data and resets to the factory default settings after five incorrect attempts.

You can set up a watch passcode to secure your personal information when the watch is not on your wrist.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **System** > **Passcode** > **Set Passcode**.
3. Enter a four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Changing Your Watch Passcode

You must know your existing watch passcode to change it. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect app.

1. From the watch face, hold .
2. Select **Watch Settings** > **System** > **Passcode** > **Change Passcode**.
3. Enter your existing four-digit passcode.
4. Enter a new four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Turning Off Your Watch Passcode

NOTE: You must know your existing device passcode to turn it off. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect app.

1. From the watch face, hold .
2. Select **Watch Settings** > **System** > **Passcode** > **Passcode** > **Off**.
3. Enter your existing four-digit passcode.

The watch turns off the passcode option.

Time Settings

From the watch face, hold , and select **Watch Settings** > **System** > **Time**.

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

Date Format: Sets the display order for the day, month, and year for dates.

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

Time: Sets the time if the Set Time option is set to Manual.

Time Sync: Syncs the time when you change time zones, and updates the time for daylight saving time (*Syncing the Time, page 45*).

Syncing the Time

Each time you turn on the watch and acquire satellites or open the Garmin Connect app on your paired phone, the watch automatically detects your time zone and the current time of day. You can also manually sync the time when you change time zones, and to update for daylight saving time.

1. From the watch face, hold .
2. Select **Watch Settings** > **System** > **Time** > **Time Sync**.
3. Wait while the watch connects to your paired phone or locates satellites (*Acquiring Satellite Signals, page 49*).

   TIP: You can press to switch the source.

Advanced System Settings

From the watch face, hold , and select **Watch Settings** > **System** > **Advanced**.

Format: Sets general format preferences, such as the units of measure, pace and speed shown during activities, and the start of the week (*Changing the Units of Measure, page 45*).

Data Recording: Configures how the watch records activity data (*Data Recording Settings, page 45*).

USB Mode: Sets the watch to use MTP (media transfer protocol) or Garmin mode when connected to a computer.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

1. From the watch face, hold .
2. Select **Watch Settings** > **System** > **Advanced** > **Format** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Data Recording Settings

From the watch face, hold , and select **Watch Settings** > **System** > **Advanced** > **Data Recording**.

Frequency: Sets how often the watch records activity data. The **Smart** frequency 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. It records key points where you change direction, pace, or heart rate. Your activity record is smaller, allowing you to store more activities on the device memory.

Log HRV: Enables the watch to record your heart rate variability during an activity (*Heart Rate Variability Status, page 20*).

Restore and Reset Settings

You can back up the settings from an existing Garmin watch and restore those settings to a different, compatible Garmin watch using the Garmin Connect app (*Restoring Your Settings and Data from Garmin Connect, page 46*). Settings include sport profiles, glances, user settings, workouts, and more.

From the watch face, hold , and select **Watch Settings** > **System** > **Restore & Reset**.

Automatic Backups: Periodically backs up your settings to your Garmin Connect account.

Back Up Now: Manually backs up your settings to your Garmin Connect account.

View Report: Displays any issues from when your watch last restored settings.

This setting only appears if some watch settings did not restore properly.

Backup Contents: Displays the type of data that is saved.

Reset: Resets the selected settings to the factory default values (*Resetting All Default Settings, page 46*).

Restoring Your Settings and Data from Garmin Connect

1. From the Garmin Connect app, select •••.
2. Select **Garmin Devices**, and select your watch.
3. Select **System** > **Restore & Reset** > **Device Backups**.
4. Select a backup from the list.
5. Select **Restore from Backup** > **Restore**.
6. Follow the on-screen instructions.
7. Wait for your watch to sync with the app.
8. On your watch, press ◯, and select ✓.

   The watch restarts and restores your settings and data.
9. Follow the on-screen instructions.

Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **System** > **Restore & Reset** > **Reset**.
3. Select an option:
   - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To delete all activities from the history, select **Delete All Activities**.
   - To reset all distance and time totals, select **Reset Totals**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.
     NOTE: If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.
   - To delete all temporary files from the watch, select **Delete Temporary Files**.

Viewing Device Information

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

1. From the watch face, hold •◯.
2. Select **Watch Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1. From the watch face, hold •◯.
2. From the settings menu, select **System**.
3. Select **About**.

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Tips for Maximizing the Battery Life, page 48*).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the Forerunner display turns off after the selected timeout (*Display and Brightness Settings, page 28*). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Charging the Watch

⚠ WARNING

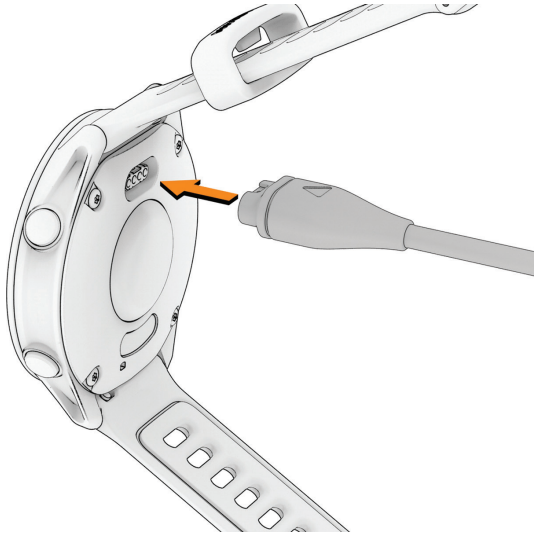
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

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 (*Device Care, page 47*).

Your watch comes with a proprietary charging cable. For optional accessories and replacement parts, go to *Garmin.com.sg/buy*, or contact your Garmin dealer.

1. Plug the cable (▲ end) into the charging port on your watch.



2 Plug the other end of the cable into a USB-C computer port or AC adapter (5 W minimum power rating).

The watch displays the current battery charge level.

3 Disconnect the watch after the battery charge level reaches 100%.

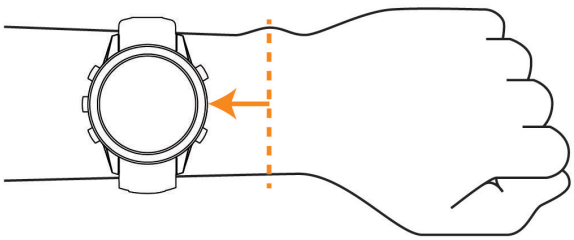
Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to *garmin.com/fitandcare*.

- Wear the watch above your wrist bone.

  NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



  NOTE: The optical sensor is located on the back of the watch.

- See *Tips for Erratic Heart Rate Data, page 37* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 38* for more information about the pulse oximeter sensor.
- For more information about accuracy, go to *garmin.com/ataccuracy*.
- For more information about watch wear and care, go to *garmin.com/fitandcare*.

Device Care

NOTICE

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

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.

Avoid pressing the buttons under water.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

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.

TIP: For more information, go to *garmin.com/fitandcare*.

1 Rinse with water, or use a damp lint-free cloth.

2 Allow the watch to dry completely.

Changing the Bands

The watch is compatible with 20 mm wide, standard, quick-release bands.

1 Slide the quick-release pin on the spring bar to remove the band.



2. Insert one side of the spring bar for the new band into the watch.
3. Slide the quick-release pin, and align the spring bar with the opposite side of the watch.
4. Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM[1], IPX8
Operating and storage temperature range	From -20º to 60ºC
Charging temperature range	From 0º to 45ºC

[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to *www.garmin.com/waterrating*.

Battery Information

The actual battery life depends on the features enabled on your watch, such as wrist-based heart rate, phone notifications, GPS, internal sensors, and connected sensors.

Mode	Battery Life
Smartwatch mode	Up to 13 days
Battery saver watch mode	Up to 28 days
GPS only GNSS mode	Up to 23 hours
All systems GNSS mode	Up to 16 hours

Troubleshooting

Product Updates

Your device automatically checks for updates when paired with a phone using Bluetooth technology. You can manually check for updates from the system settings (*System Settings, page 44*).

On your computer, install Garmin Express (*garmin.com/express*). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to the Garmin Connect app on your phone
- Product registration

Getting More Information

You can find more information about this product on the Garmin website.

- Go to *support.garmin.com* for additional manuals, articles, and software updates.
- Go to *Garmin.com.sg/buy*, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to *www.garmin.com/ataccuracy* for information about feature accuracy.

  This is not a medical device.

My device is in the wrong language

You can change the watch language selection if you have accidentally selected the wrong language.

1. From the watch face, hold .
2. Select .
3. Select .
4. Select the first item in the list, and press .
5. Select your language.

Tips for Maximizing the Battery Life

To extend the life of the battery, you can try these tips.

- Turn on the battery saver feature from the controls menu (*Controls, page 15*).
- Use the battery glance to view usage details and adjust system settings (*Glances, page 16*).
- Reduce the screen timeout (*Display and Brightness Settings, page 28*).
- Stop using the **Always On Display** screen timeout option, and select a shorter timeout (*Display and Brightness Settings, page 28*).
- Reduce the screen brightness (*Display and Brightness Settings, page 28*).
- Use UltraTrac GNSS satellite mode for your activity (*Satellite Settings, page 14*).
- Turn off Bluetooth technology when you are not using connected features (*Controls, page 15*).
- When pausing your activity for a longer period of time, use the **Resume Later** option (*Stopping an Activity, page 6*).
- Limit the phone notifications the watch displays (*Enabling Phone Notifications, page 31*).
- Stop broadcasting heart rate data to paired devices (*Broadcasting Heart Rate Data, page 37*).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings, page 37*).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories

burned.

- Turn on manual pulse oximeter readings (*Setting the Pulse Oximeter Mode, page 38*).

Restarting Your Watch

If your watch stops responding, you can try these steps to restart it.

- Hold until the watch turns off, and hold to turn on the watch.
- Plug the watch into a USB-C charging port for at least 30 seconds, unplug the cable, and plug the cable in again.

Is my phone compatible with my watch?

The Forerunner watch is compatible with phones using Bluetooth technology.

Go to *garmin.com/ble* for Bluetooth compatibility information.

My phone will not connect to the watch

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

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

Can I use my Bluetooth sensor with my watch?

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

1. From the watch face, hold .
2. Select **Watch Settings** > **Connectivity** > **Sensors & 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 12*).

How can I undo a lap button press?

During an activity, you might accidentally press the lap button. In most cases, appears on the screen next to a button, and you will have a few seconds to press the button and discard the most recent lap or sport change.

The lap undo feature is available for activities that support manual laps, manual sport changes, and automatic sport changes. The lap undo feature is not available for activities that trigger automatic laps, runs, rests, or pauses, such as gym activities, pool swimming, and workouts.

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 *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 watch to your Garmin account:
  - Connect your watch to a computer using the USB cable and the Garmin Express application.
  - Sync your watch to the Garmin Connect app using your Bluetooth enabled phone.

  While connected to your Garmin account, the watch downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your watch outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to *garmin.com/heartrate*.

The activity 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.

Exiting Demo Mode

Demo mode shows a preview of features on your watch.

1. Quickly press eight times.
2. Select ✔.

Activity Tracking

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

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

NOTE: The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my watch and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your watch.

1. Select an option:
   - Sync your step count with the Garmin Express application (*Using Garmin Connect on Your Computer, page 34*).
   - Sync your step count with the Garmin Connect app (*Using the Garmin Connect App, page 34*).
2. Wait while your data syncs.

   Syncing can take several minutes.

   NOTE: Refreshing the Garmin Connect app or the Garmin Express application does not sync your data or update your step count.

Appendix

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and sex.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.2	29.4
Poor	0-40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0-40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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Color Gauges and Running Dynamics Data

The running dynamics screen displays 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 *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.

Color Zone	Percentile in Zone	Cadence Range	Ground Contact Time Range
Purple	>95	>183 spm	<218 ms
Blue	70–95	174–183 spm	218–248 ms
Green	30–69	164–173 spm	249–277 ms
Orange	5–29	153–163 spm	278–308 ms
Red	<5	<153 spm	>308 ms

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.

Color Zone	Red	Orange	Green	Orange	Red
Symmetry	Poor	Fair	Good	Fair	Poor
Percent of Other Runners	5%	25%	40%	25%	5%
Ground Contact Time Balance	>52.2% L	50.8–52.2% L	50.7% L–50.7%R	50.8%–52.2%R	>52.2% R

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 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 600, HRM-Fit, or HRM-Pro series accessories) or at the waist (Running Dynamics Pod accessory).

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

Wheel Size and Circumference

When used for cycling, 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 for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

Data Fields

NOTE: Not all data fields are available for all activity types. Some data fields require ANT+ or Bluetoothaccessories to display data. Some data fields appear in more than one category on the watch.

TIP: You can also customize the data fields from the watch settings in the Garmin Connect app.

Cadence Fields

Name	Description
Average Cadence	Cycling. The average cadence for the current activity.
Average Cadence	Running. The average cadence for the current activity.
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).
Lap Cadence	Cycling. The average cadence for the current lap.
Lap Cadence	Running. The average cadence for the current lap.
Last Lap Cadence	Cycling. The average cadence for the last completed lap.
Last Lap Cadence	Running. The average cadence for the last completed lap.

Charts

Name	Description
Heart Rate Chart	A chart showing your heart rate throughout the activity.
Pace Chart	A chart showing your pace throughout the activity.
Speed Chart	A chart showing your speed throughout the activity.

Distance Fields

Name	Description
Distance	The distance traveled for the current track or activity.
Int. Distance	The distance traveled for the current interval.
Lap Distance	The distance traveled for the current lap.
Last Lap Dist.	The distance traveled for the last completed lap.
Last Move Dist.	The distance traveled for the last completed move.
Move Distance	The distance traveled for the current move.

Graphical

Name	Description
Cadence Gauge	Running. A color gauge showing your current cadence range.
GCT Balance Gauge	A color gauge showing the left/right balance of ground contact time while running.
Ground Contact Time Gauge	A color gauge showing the amount of time in each step that you spend on the ground while running, measured in milliseconds.
Heart Rate Gauge	A color gauge showing your current heart rate zone.
Heart Rate Zones Ratio	A color gauge showing the ratio of time spent in each heart rate zone.
PacePro Gauge	Running. Your current split pace and your target split pace.
Training Effect Gauge	The impact of the current activity on your aerobic and anaerobic fitness levels.
Vertical Oscillation Gauge	A color gauge showing the amount of bounce while you are running.
Vertical Ratio Gauge	A color gauge showing the ratio of vertical oscillation to stride length.

Heart Rate Fields

Name	Description
% Heart Rate Reserve	The percentage of heart rate reserve (maximum heart rate minus resting heart rate).
Aerobic Training Effect	The impact of the current activity on your aerobic fitness level.
Anaerobic Training Effect	The impact of the current activity on your anaerobic fitness level.
Avg. %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.
Average HR	The average heart rate for the current activity.
Avg. HR %Max.	The average percentage of maximum heart rate for the current activity.
Heart Rate	Your heart rate in beats per minute (bpm). Your device must have wrist-based heart rate or 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 swim interval.
Int. Avg. %Max.	The average percentage of maximum heart rate for the current swim interval.

Name	Description
Int. Avg. HR	The average heart rate for the current swim interval.
Int. Max. %HRR	The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.
Int. Max. %Max.	The maximum percentage of maximum heart rate for the current swim interval.
Int. Max. HR	The maximum heart rate for the current swim interval.
Lap %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) 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.
Last Lap %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.
Last Lap HR	The average heart rate for the last completed lap.
L. Lap HR %Max.	The average percentage of maximum heart rate for the last completed lap.
Last Move %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed move.
Last Move HR	The average heart rate for the last completed move.
L. Move HR %Max.	The average percentage of maximum heart rate for the last completed move.
Move %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current move.
Move HR	The average heart rate for the current move.
Move HR %Max.	The average percentage of maximum heart rate for the current move.
Time in Zone	The time elapsed in each heart rate zone.

Lengths Fields

Name	Description
Interval Lengths	The number of pool lengths completed during the current interval.
Lengths	The number of pool lengths completed during the current activity.

Other Fields

Name	Description
Active Calories	The calories burned during the activity.
Battery Hours	The number of hours remaining before the battery power is depleted.
Battery Level	The remaining battery power.
eBike Battery	The remaining battery power of an ebike.
eBike Range	The estimated remaining distance the ebike can provide assistance.
GPS	The strength of the GPS satellite signal.
Intervals	The number of intervals completed for the current activity.
Laps	The number of laps completed for the current activity.
Last Round Reps	The number of repetitions in the last round of the activity.
Load	The training load for the current activity. Training load is the amount of excess post-exercise oxygen consumption (EPOC), which indicates the strenuousness of your workout.
Moves	The total number of moves completed during the current activity.
Reps	During a gym activity, the number of repetitions in a workout set.
Respiration Rate	Your respiration rate in breaths per minute (brpm).
Rounds	The number of exercise groups performed in an activity, such as jump rope.
Steps	The number of steps taken during the current activity.
Stress	Your current stress level.
Sunrise	The time of sunrise based on your GPS position.
Sunset	The time of sunset based on your GPS position.
Time of Day	The time of day based on your current location and time settings (format, time zone, daylight saving time).
Total Calories	The amount of total calories burned for the day.

Pace Fields

Name	Description
500m Pace	The current rowing pace per 500 meters.
Average 500m Pace	The average rowing pace per 500 meters for the current activity.
Average Pace	The average pace for the current activity.
Int. Pace	The average pace for the current interval.

Name	Description
Lap 500m Pace	The average rowing pace per 500 meters for the current lap.
Lap Pace	The average pace for the current lap.
Last Lap 500m Pace	The average rowing pace per 500 meters for the last lap.
Last Lap Pace	The average pace for the last completed lap.
Last Len. Pace	The average pace for your last completed pool length.
Last Move Pace	The average pace for the last completed move.
Move Pace	The average pace for the current move.
Pace	The current pace.
Rolling Pace	The rolling pace of the most recently completed mile or kilometer.

PacePro Fields

Name	Description
Next Split Distance	Running. The total distance of the next split.
Next Split Target Pace	Running. The target pace for the next split.
Split Distance	Running. The total distance of the current split.
Split Distance Remaining	Running. The remaining distance of the current split.
Split Pace	Running. The pace for the current split.
Split Target Pace	Running. The target pace for the current split.

Rest Fields

Name	Description
Repeat On	The timer for the last interval plus the current rest (pool swimming).
Rest Timer	The timer for the current rest (pool swimming).

Run Dynamics

Name	Description
Average GCT Balance	The average ground contact time balance for the current session.
Average Ground Contact Time	The average amount of ground contact time for the current activity.
Average Stride Length	The average stride length for the current session.
Average Vertical Oscillation	The average amount of vertical oscillation for the current activity.
Average Vertical Ratio	The average ratio of vertical oscillation to stride length for the current session.
GCT Balance	The left/right balance of ground contact time while running.
Ground Contact Time	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.
Lap GCT Balance	The average ground contact time balance for the current lap.
Lap Ground Contact Time	The average amount of ground contact time for the current lap.
Lap Stride Length	The average stride length for the current lap.
Lap Vertical Oscillation	The average amount of vertical oscillation for the current lap.
Lap Vertical Ratio	The average ratio of vertical oscillation to stride length for the current lap.
Stride Length	The length of your stride from one footfall to the next, measured in meters.
Vertical Oscillation	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.

Speed Fields

Name	Description
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. Speed	The average speed for the current activity.
Lap Speed	The average speed for the current lap.
Last Lap Speed	The average speed for the last completed lap.
Last Move Speed	The average speed for the last completed move.
Maximum Speed	The top speed for the current activity.
Move Speed	The average speed for the current move.
Speed	The current rate of travel.
Vertical Speed	The rate of ascent or descent over time.

Stroke Fields

Name	Description
Average Distance Per Stroke	Paddle sports. The average distance traveled per stroke during the current activity.
Average Stroke Rate	Paddle sports. The average number of strokes per minute (spm) during the current activity.

Name	Description
Average Strokes Per Length	The average number of strokes per pool length during the current activity.
Distance Per Stroke	Paddle sports. The distance traveled per stroke.
Interval Strokes Per Length	The average number of strokes per pool length during the current interval.
Interval Stroke Type	The current stroke type for the interval.
Lap Distance Per Stroke	Paddle sports. The average distance traveled per stroke during the current lap.
Lap Stroke Rate	Paddle sports. The average number of strokes per minute (spm) during the current lap.
Lap Strokes	Paddle sports. The total number of strokes for the current lap.
Last Lap Distance Per Stroke	Paddle sports. The average distance traveled per stroke during the last completed lap.
Last Lap Stroke Rate	Paddle sports. The average number of strokes per minute (spm) during the last completed lap.
Last Lap Strokes	Paddle sports. The total number of strokes for the last completed lap.
Last Length Strokes	The total number of strokes for the last completed pool length.
Last Length Stroke Type	The stroke type used during the last completed pool length.
Stroke Rate	Paddle sports. The number of strokes per minute (spm).
Strokes	Paddle sports. The total number of strokes for the current activity.

Swolf Fields

Name	Description
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 9*).
Interval Swolf	The average swolf score for the current interval.
Last Length Swolf	The swolf score for the last completed pool length.

Temperature Fields

Name	Description
24-Hour Maximum	The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.
24-Hour Minimum	The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.
Temperature	The temperature of the air. Your body temperature affects the temperature sensor. You can pair a tempe sensor with your device to provide a consistent source of accurate temperature data.

Timer Fields

Name	Description
Active Time	The total time of active movement for the current activity.
Average Lap Time	The average lap time for the current activity.
Average Move Time	The average move time for the current activity.
Average Pose Time	The average pose time for the current activity.
Elapsed Time	The total time recorded. For example, if you start the activity 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.
Estimated Finish Time	The estimated finish time of the current activity.
Interval Time	The stopwatch time for the current interval.
Lap Time	The stopwatch time for the current lap.
Last Lap Time	The stopwatch time for the last completed lap.
Last Move Time	The stopwatch time for the last completed move.
Last Pose Time	The stopwatch time for the last completed pose.
Move Time	The stopwatch time for the current move.
Moving Time	The total time moving for the current activity.
Overall Ahead/ Behind	The overall time ahead or behind of the target pace or speed.
Pose Time	The stopwatch time for the current pose.
Set Timer	During a strength training activity, the amount of time spent in the current workout set.
Stopped Time	The total time stopped for the current activity.
Swim Time	The swimming time for the current activity, not including rest time.
Timer	The current time of the activity timer.

Workout Fields

Name	Description
Reps to Go	During a workout, the remaining repetitions.

Name	Description
Step Duration	The time or distance remaining for the workout step.
Step Pace	The current pace during the workout step.
Step Speed	The current speed during the workout step.
Step Time	The time elapsed for the workout step.