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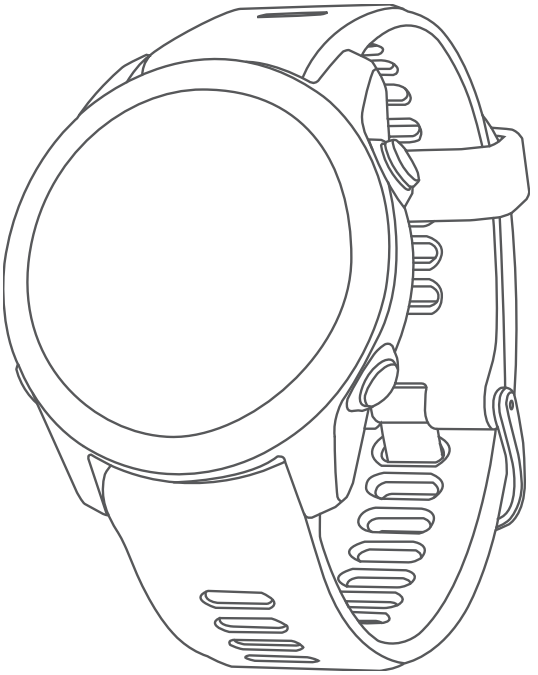

FORERUNNER® 55

Owner's Manual

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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.

Device Overview

1 LIGHT	Select to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu.
2 START STOP	Select to start and stop the activity timer. Select to choose an option or to acknowledge a message.
3 BACK	Select to return to the previous screen. Select to record a lap, rest, or advance to the next step of a workout during an activity.
4 DOWN	Select to scroll through the widgets, data screens, options, and settings. Hold to open the music controls (*Controlling Music Playback on a Connected Smartphone*, page 28).
5 UP	Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu.

Status Icons

The status icons appear when you start an activity. For outdoor activities, the status bar turns green when GPS is ready. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	Smartphone connection status
	Heart rate status
	Alarm status
	Foot pod status
	Speed and cadence sensor status

Viewing the Controls Menu

The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.

1 From any screen, hold **LIGHT**.

2 Select **UP** or **DOWN** to scroll through the options.

Setting Up Your Watch

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

- Pair the Forerunner device with your smartphone using the Garmin Connect™ app (*Pairing Your Smartphone with Your Device*, page 25).
- Set up safety features (*Safety and Tracking Features*, page 30).

Activities and Apps

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

You can also add Connect IQ™ activities and apps to your device using the Connect IQ app (*Connect IQ Features*, page 29).

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

Going for a Run

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

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

6 After you complete your run, select **STOP** to stop the timer.
7 Select an option:
   - Select **Resume** to restart the timer.
   - Select **Save** to save the run and reset the timer. You can view a summary, or select **DOWN** to view more data.

   - Select **Discard** > **Yes** to delete the run.

Starting an Activity

When you start an activity, GPS turns on automatically (if required). If you have an optional wireless sensor, you can pair it to the Forerunner device (*Pairing Your Wireless Sensors*, page 34).

1 From the watch face, select **START**.
2 Select an activity.

   NOTE: Activities set as favorites appear first in the list (*Customizing Your Activity List*, page 36).
3 Select an option:
   - Select an activity from your favorites.
   - Select , and select an activity from the extended activity list.
4 If the activity requires GPS signals, go outside to an area with a clear view of the sky.
5 Wait until the green status bar appears.

   The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
6 Select **START** to start the activity timer.

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

   TIP: You can hold **DOWN** while in an activity to open the music controls (*Controlling Music Playback on a Connected Smartphone*, page 28).

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device*, page 46).
- Select **BACK** to record laps, start a new pose, rest during a pool swim, or advance to the next workout step.
- Select **UP** or **DOWN** to view additional data pages.

Stopping an Activity

1 Select **STOP**.
2 Select an option:
   - To resume your activity, select **Resume**.
   - To save the activity, select **Save**.

     NOTE: If self evaluation is enabled, you can enter your perceived effort for the activity (*Enabling Self Evaluation*, page 40).
   - To mark a lap, select **Lap**.
   - To discard the activity, select **Discard** > **Yes**.

Evaluating an Activity

Before you can evaluate an activity, you must enable the self-evaluation setting on your Forerunner device (*Enabling Self Evaluation*, page 40).

You can record how you felt during a run or bike activity.

1 After you complete an activity, select **Save** (*Stopping an Activity*, page 4).
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.

Adding an Activity

Your device comes preloaded with a number of common indoor and outdoor activities. You can add these activities to your activity list.

1. Select **START**.
2. Select **Add**.
3. Select an activity from the list.
4. Select **Yes** to add the activity to your list of favorites.
5. Select a location in the activity list.
6. Press **START**.

Indoor Activities

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

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

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

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

Going for a Virtual Run

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

1. Select **START** > **Virtual Run**.
2. On your tablet, laptop, or smartphone, open the Zwift™ app or another virtual training app.
3. Follow the on-screen instructions to start a running activity and pair the devices.
4. Select **START** to start the activity timer.
5. After you complete your run, select **STOP** to stop the activity timer.

Recording a HIIT Activity

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

1. From the watch face, select **START** > **HIIT** > **Options** > **Timers**.
2. Select an option:
   - Select **Free** to record an open, unstructured HIIT activity.
   - Select **AMRAP** to record as many rounds as possible during a set time period.
   - Select **EMOM** to record a set number of moves every minute on the minute.
   - Select **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
   - Select **Custom** to set your move time, rest time, number of moves, and number of rounds.
3. If necessary, follow the on-screen instructions.
4. Select **START** to start your first round.

   The device displays a countdown timer and your current heart rate.
5. If necessary, select **BACK** to manually move to the next round or rest.
6. After you finish the activity, select **STOP** to stop the activity timer.
7. 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 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity*, page 4).
2. Run on the treadmill until your Forerunner device records at least 1.5 km (1 mi.).
3. After you complete your run, press **STOP**.
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** > **Yes**.
5. Check the treadmill display for the distance traveled, and enter the distance on your device.

Outdoor Activities

The Forerunner device comes preloaded with outdoor activities, such as running and cycling. GPS is turned on for outdoor activities. You can add more activities to the list (*Customizing Your Activity List*, page 36).

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. Select **START** > **Track Run**.
3. Wait while the device locates satellites.
4. If you are running in lane 1, skip to step 10.
5. Hold **UP**.
6. Select the activity settings.
7. Select **Lane Number**.
8. Select a lane number.
9. Select **BACK** twice to return to the activity timer.
10. Select **START**.
11. Run around the track.
    After you run 3 laps, your device records the track dimensions and calibrates your track distance.
12. After you complete your run, select **STOP** > **Save**.

Tips for Recording a Track Run

- Wait until the GPS status indicator turns green before starting a track run.
- During your first run on an unfamiliar track, run for a minimum of 3 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 4 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 Pool Swim

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

Distance Recording

The Forerunner device measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance (*Setting the Pool Size*, page 7).

TIP: For accurate results, swim the entire length, and use one stroke type for the entire length. Pause the timer when resting.

TIP: To help the device count your lengths, use a strong push off the wall and glide before your first stroke.

TIP: When doing drills, you must either pause the timer or use the drill logging feature (*Training with the Drill Log*, page 8).

Setting the Pool Size

1 From the watch face, select **START** > **Pool Swim**.
2 Hold **UP**.
3 Select **Pool Swim Settings** > **Pool Size**.
4 Select your pool size, or enter a custom size.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. 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.

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 8)

Tips for Swimming Activities

- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.

  The next time you start a pool swimming activity, the device uses this pool size. You can hold UP, select the activity settings, and select Pool Size to change the size.
- Select **BACK** to record a rest during pool swimming.

  The device automatically records swim intervals and lengths for pool swimming.

Resting During Pool Swimming

The default rest screen displays a rest timer. It also displays time and distance for the last completed interval.

NOTE: Swim data is not recorded during a rest.

1. During your swim activity, select **BACK** to start a rest.

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

Auto Rest

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

You can also select BACK to manually mark the beginning and end of each rest interval.

NOTE: You can turn off the auto rest feature in the activity options (*Activities and App Settings*, page 36).

Training with the Drill Log

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

1. During your pool swim activity, select **UP** or **DOWN** to view the drill log screen.
2. Select **BACK** to start the drill timer.
3. After you complete a drill interval, select **BACK**.

   The drill timer stops, but the activity timer continues to record the entire swim session.
4. Select a distance for the completed drill.

   Distance increments are based on the pool size selected for the activity profile.
5. Select an option:
   - To start another drill interval, select **BACK**.
   - To start a swim interval, select **UP** or **DOWN** to return to the swim training screens.

Training

Workouts

You can create custom run or bike 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 average step pace.

Your device includes daily suggested run workouts based on your training history and fitness level. You can create and find more workouts using Garmin Connect, or select a training plan that has built-in workouts and transfer them to your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

Creating a Custom Workout on Garmin Connect

Before you can create a workout on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect*, page 33).

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Training** > **Workouts** > **Create a Workout**.
3 Select an activity.
4 Create your custom workout.
5 Select **Save**.
6 Enter a name for your workout, and select **Save**.
   The new workout appears in your list of workouts.
   NOTE: You can send this workout to your device (*Sending a Custom Workout to Your Device*, page 9).

Sending a Custom Workout to Your Device

You can send a custom workout you created with the Garmin Connect app to your device (*Creating a Custom Workout on Garmin Connect*, page 9).

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Training** > **Workouts**.
3 Select a workout from the list.
4 Select .
5 Select your compatible device.
6 Follow the on-screen instructions.

Starting a Workout

Before you can start a workout, you must download the workout from your Garmin Connect account.

1 From the watch face, select **START**.
2 Select a run or bike activity.
3 Select **Options** > **Training** > **Workouts**.
4 Select a workout.
   NOTE: Only workouts that are compatible with the selected activity appear in the list.
5 Select **DOWN** to view a list of workout steps (optional).
6 Select **START** > **Do Workout**.
7 Select **START** 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.

Following a Daily Suggested Workout

Before the device can suggest a daily workout, you must have a VO2 max. estimate.

1 From the watch face, select **START**.
2 Select a running activity.
   The daily suggested workout appears.
3 Select **START**, and select an option:
   - To do the workout, select **Do Workout**.
   - To discard the workout, select **Dismiss**.
   - To update the target type from heart rate to pace, select **Target Type**.
   - To turn off future workout notifications, select **Disable Prompt**.

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

Turning Daily Suggested Workout Prompts On and Off

Daily suggested workouts are recommended based on your training history, VO2 max., sleep, and recovery time.

1 From the watch face, select **START**.
2 Select a running activity.
3 If necessary, select **BACK** to dismiss the workout.
4 Hold **UP**.
5 Select **Training** > **Workouts** > **Today's Suggestion**.
6 Select **START**.
7 Select **Disable Prompt** or **Enable Prompt**.

Interval Workouts

You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals for track workouts and when you are running a known distance.

Creating an Interval Workout

Interval workouts are available for running and biking activities.

1 From the watch face, select **START**.
2 Select an activity.
3 Select **Options** > **Training** > **Intervals** > **START** > **Edit** > **Interval** > **Type**.
4 Select **Distance**, **Time**, or **Open**.
   TIP: You can create an open-ended interval by selecting the Open option.
5 If necessary, select **Duration**, enter a distance or time interval value for the workout, and select ✔.
6 Select **BACK**.
7 Select **Rest** > **Type**.
8 Select **Distance**, **Time**, or **Open**.
9 If necessary, select **Duration**, enter a distance or time value for the rest interval, and select ✔.
10 Select **BACK**.
11 Select one or more options:
   - To set the number of repetitions, select **Repeat**.
   - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
   - To add an open-ended cool down to your workout, select **Cool Down** > **On**.

Starting an Interval Workout

1 From the watch face, select **START**.
2 Select a run or bike activity.
3 Select **Options** > **Training** > **Intervals** > **START** > **Do Workout**.
4 Select **START** to start the activity timer.
5 When your interval workout has a warm up, select **BACK** to begin the first interval.
6 Follow the on-screen instructions.

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

Stopping an Interval Workout

- At any time, select **BACK** to stop the current interval or rest period and transition to the next interval or rest period.
- After all intervals and rest periods are complete, select **BACK** to end the interval workout and transition to a timer that can be used for cool down.
- At any time, select **STOP** to stop the activity timer. You can resume the timer or end the interval workout.

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 widget is added to the widget loop on your Forerunner device.

Using Garmin Connect Training Plans

Before you can download and use a training plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 33), and you must pair the Forerunner device with a compatible smartphone.

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

Starting Today's Workout

After you send a Garmin Coach training plan to your device, the Garmin Coach widget appears in your widget loop.

1. From the watch face, select **UP** or **DOWN** to view the Garmin Coach widget.

   If a workout for this activity is scheduled for today, the device shows the workout name and prompts you to start it.

2. Select **START**.
3. Select **DOWN** to view the workout steps (optional).
4. Select **START** > **Do Workout**.
5. Follow the on-screen instructions.

About the Training Calendar

The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar widget. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your device whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Viewing Scheduled Workouts

You can view workouts scheduled in your training calendar and start a workout.

1 From the watch face, select **START**.
2 Select a run or bike activity.
3 Select **Options** > **Training** > **Training Calendar**.
   Your scheduled workouts appear, sorted by date.
4 Select a workout.
5 Select an option:
   - To view the steps for the workout, select **DOWN**.
   - To start the workout, select **START** > **Do Workout**.

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 on the Forerunner device before you use the plan.

Creating a PacePro Plan on Garmin Connect

Before you can create a PacePro plan on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect*, page 33).

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Training** > **PacePro Pacing Strategies** > **Create PacePro Strategy**.
3 Follow the on-screen instructions.
   The new plan appears in your list of PacePro plans.
   NOTE: You can send this plan to your device (*Sending a PacePro Plan to Your Device*, page 12).

Sending a PacePro Plan to Your Device

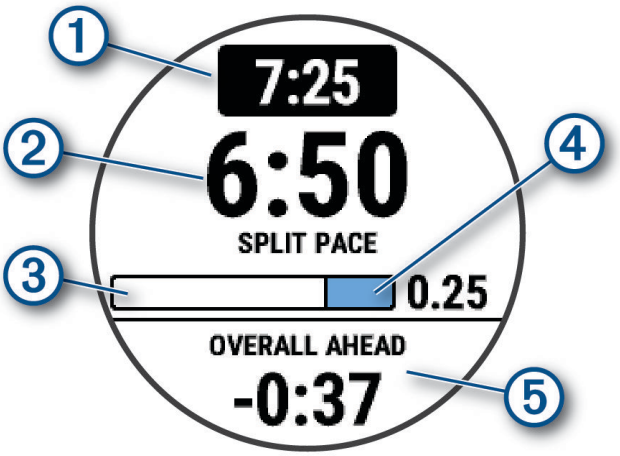
Before you can send a PacePro plan to your device, you must create a plan using your Garmin Connect account (*Creating a PacePro Plan on Garmin Connect*, page 12).

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Training** > **PacePro Pacing Strategies**.
3 Select a plan from the list.
4 Select ➔▯ or **Send to Device**.
5 Select your compatible device.
6 Follow the on-screen instructions.

Starting a PacePro Plan

Before you can start a PacePro plan, you must send the plan from your Garmin Connect account (*Sending a PacePro Plan to Your Device*, page 12) to your device.

1 From the watch face, select **START**.
2 Select an outdoor running activity.
3 Select **Options** > **Training** > **PacePro Plans**.
4 Select a plan.
5 Select **DOWN** to preview the splits (optional).
6 Select **START** > **Use Plan**.
7 Select **START** 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

Stopping a PacePro Plan

1 Hold **UP**.
2 Select **Stop PacePro** > **Yes**.
The device stops the PacePro plan. The activity timer continues running.

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, select **START**.
2. Select a running activity.

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

Each time you complete an interval, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, 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.

Training Indoors

Garmin recommends using indoor activities when you are training indoors or to save battery life. If you select an activity that is typically done indoors, GPS is automatically turned off. When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs using GPS (*Indoor Activities*, page 5).

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 device, such as a speed or cadence sensor.

Personal Records

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

Viewing Your Personal Records

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

Restoring a Personal Record

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

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

   NOTE: This does not delete any saved activities.

Clearing a Personal Record

1 From the watch face, hold **UP**.
2 Select **History** > **Records**.
3 Select a sport.
4 Select a record to delete.
5 Select **Clear Record** > **Yes**.
NOTE: This does not delete any saved activities.

Clearing All Personal Records

1 From the watch face, hold **UP**.
2 Select **History** > **Records**.
3 Select a sport.
4 Select **Clear All Records** > **Yes**.
The records are deleted for that sport only.
NOTE: This does not delete any saved activities.

Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same gender. Your device 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 a Garmin Index™ scale, your device 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 36).

1 Hold **UP**.
2 Select ⚙ > **User Profile** > **Fitness Age**.

Activity Tracking

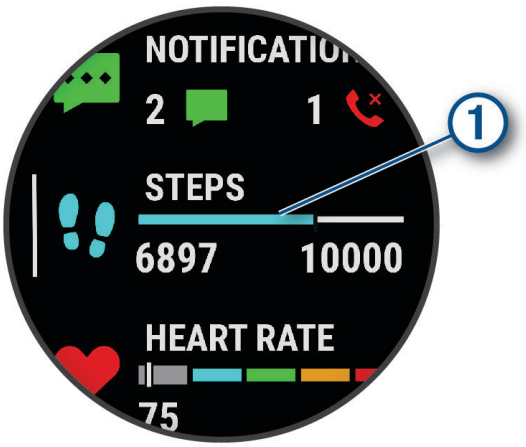
The activity tracking feature records your daily step count, distance traveled, intensity minutes, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears on the steps widget. The step count is updated periodically.

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

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.



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

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 44).

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

Turning on the Move Alert

1 From the watch face, hold **UP**.
2 Select ⚙ > **Activity Tracking** > **Move Alert** > **On**.

Sleep Tracking

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

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 17).

Using Automated Sleep Tracking

1 Wear your device while sleeping.
2 Upload your sleep tracking data to the Garmin Connect site (*Garmin Connect*, page 33).

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

Using Do Not Disturb Mode

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

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the During Sleep option in the system settings to automatically enter do not disturb mode during your normal sleep hours (*System Settings*, page 43).

NOTE: You can add options to the controls menu.

1 Hold **LIGHT**.
2 Select **Do Not Disturb**.

Intensity Minutes

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

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The device 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 device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your device all day and night for the most accurate resting heart rate.

Garmin Move IQ™ Events

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

Activity Tracking Settings

From the watch face, hold **UP**, and select ⚙ > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 44).

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

Move IQ: Allows your device to automatically start and save a timed walking or running activity when the Move IQ feature detects familiar movement patterns.

Turning Off Activity Tracking

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

1 Hold **UP**.
2 Select ⚙ > **Activity Tracking** > **Status** > **Off**.

Hydration Tracking

You can track your daily fluid intake, turn on goals and alerts, and enter the container sizes you use most often. If you enable automatic goals, your goal increases on the days when you record an activity. When you exercise, you need more fluid to replace the sweat lost.

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

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

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

Heart Rate Features

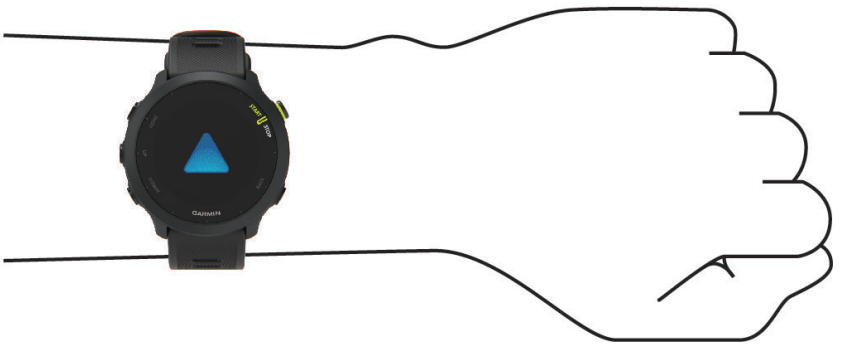
The Forerunner device has a wrist-based heart rate monitor and is also compatible with ANT+® chest heart rate monitors. You can view wrist-based heart rate data on the heart rate widget. When both wrist-based heart rate and ANT+ heart rate data are available, your device uses the ANT+ heart rate data.

Wrist-based Heart Rate

Wearing the Device

- Wear the device above your wrist bone.

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



  NOTE: The optical sensor is located on the back of the device.
- See *Tips for Erratic Heart Rate Data*, page 19 for more information about wrist-based heart rate.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about device wear and care, go to www.garmin.com/fitandcare.

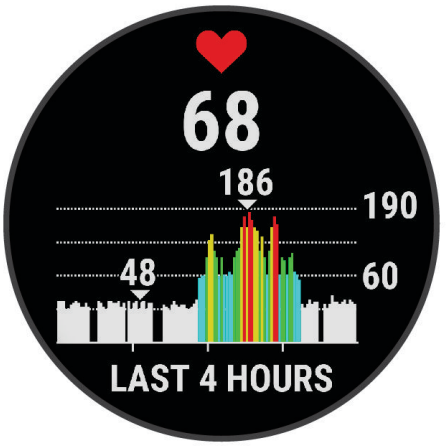
Tips for Erratic Heart Rate Data

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 device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.
  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Viewing the Heart Rate Widget

1 From the watch face, press **UP** or **DOWN** to view the heart rate widget.
  NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 41).
2 Press **START** to view your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.



3 Press **DOWN** to view your average resting heart rate values for the last 7 days.

Broadcasting Heart Rate Data to Garmin Devices

You can broadcast your heart rate data from your Forerunner device and view it on paired Garmin devices.

NOTE: Broadcasting heart rate data decreases battery life.

1 From the heart rate widget, hold **UP**.
2 Select **Options** > **Broadcast Heart Rate**.
  The Forerunner device starts broadcasting your heart rate data, and ♥ appears.
  NOTE: You can view only the heart rate widget while broadcasting heart rate data from the heart rate widget.
3 Pair your Forerunner device with your Garmin ANT+ compatible device.
  NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
  TIP: To stop broadcasting your heart rate data, press any button, and select Yes.

Broadcasting Heart Rate Data During an Activity

You can set up your Forerunner device to broadcast your heart rate data automatically when you begin an activity. For example, you can broadcast your heart rate data to an Edge® device while cycling.

NOTE: Broadcasting heart rate data decreases battery life.

1. From the heart rate widget, hold **UP**.
2. Select **Options** > **Broadcast During Activity** > **On**.
3. Begin an activity (*Starting an Activity*, page 4).

   The Forerunner device starts broadcasting your heart rate data in the background.

   NOTE: There is no indication that the device is broadcasting your heart rate data during an activity.
4. Pair your Forerunner device with your Garmin ANT+ compatible device.

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

   TIP: To stop broadcasting your heart rate data, stop the activity (*Stopping an Activity*, page 4).

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 a period of inactivity. 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 heart rate widget, hold **UP**.
2. Select **Options** > **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 device vibrates.

Turning Off the Wrist-based Heart Rate Monitor

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

1. From the heart rate widget, hold **UP**.
2. Select **Heart Rate Options** > **Status** > **Off**.

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

1. From the watch face, hold **UP**.
2. Select ⚙ > **User Profile** > **Heart Rate**.
3. Select **Max. HR**, and enter your maximum heart rate.

   You can use the Auto Detect feature to automatically record your maximum heart rate during an activity.
4. Select **Resting HR**, and enter your resting heart rate.

   You can use the average resting heart rate measured by your device, or you can set a custom resting heart rate.
5. Select **Zones** > **Based On**.
6. 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).
7. Select a zone, and enter a value for each zone.

Letting the Device Set Your Heart Rate Zones

The default settings allow the device 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 36).
- Run often with the wrist or chest heart rate monitor.
- Try a few heart rate training plans, available from your Garmin Connect account.
- 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

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 device (*Pairing Your Wireless Sensors*, page 34).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 36), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 21). The estimate may seem inaccurate at first. The device requires a few runs to learn about your running performance.

1. Run for at least 10 minutes outdoors.
2. After your run, select **Save**.

   A notification appears to display your first VO2 max. estimate and each time your VO2 max. increases.

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, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time (*Viewing Your Fitness Age*, page 15).

Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 54), and go to www.CooperInstitute.org.

Recovery Time

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

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

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

Viewing Your Recovery Time

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 36), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 21).

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

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

   NOTE: From the watch face, you can select **UP** or **DOWN** to view the activity summary and recovery time, and select **START** to view more details.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 36), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 21).

Your device uses the VO2 max. estimate (*About VO2 Max. Estimates*, page 22) and your training history to provide a target race time. The device analyzes several weeks of your training data to refine the race time estimates.

TIP: If you have more than one Garmin device, you can enable the Physio TrueUp™ feature, which allows your device to sync activities, history, and data from other devices (*Syncing Activities*, page 29).

1. From the watch face, select **UP** or **DOWN** to view the performance widget.
2. Select **START** to scroll through the performance measurements.

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

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

Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax (*Customizing the Widget Loop*, page 41).

1. While you are sitting or inactive, select **UP** or **DOWN** to view the stress level widget.
2. Select **START**.
3. Select an option:
   - Select **DOWN** to view additional details.

     TIP: Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.
   - Select **START** > **DOWN** to start a relaxation activity.

Body Battery™

Your device 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 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your device 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 25).

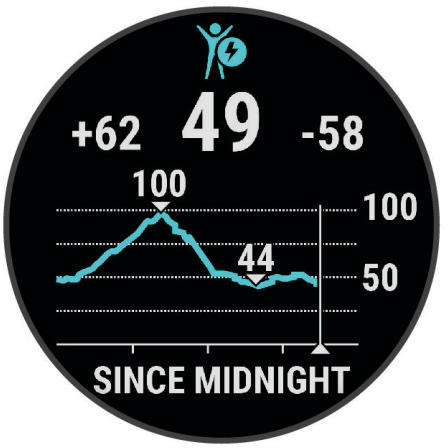
Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

1 Press **UP** or **DOWN** to view the Body Battery widget.

NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 41).

2 Press **START** to view a graph of your body battery level since midnight.



3 Press **DOWN** to view a combined graph of your Body Battery and stress levels.

Blue bars indicate periods of rest. Orange bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.

Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Smart Features

Pairing Your Smartphone with Your Device

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

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Bring your smartphone within 10 m (33 ft.) of your device.
3. Select **LIGHT** to turn on the device.

   The first time you turn on the device, it is in pairing mode.

   TIP: You can hold **UP**, and select ⚙ > **Phone** > **Pair Phone** to manually enter pairing mode.
4. Select an option to add your device to your Garmin Connect account:
   - If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions.
   - If you already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

Tips for Existing Garmin Connect Users

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Devices** > **Add Device**.

Bluetooth Connected Features

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

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

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

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

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

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

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

PacePro downloads: Allows you to create and download PacePro strategies in the Garmin Connect app and wirelessly send them to your device.

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

Safety and tracking features: Allows you to send messages and alerts to friends and family, as well as request assistance from emergency contacts set up in the Garmin Connect app. For more information, go to *Safety and Tracking Features*, page 30.

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

Software updates: Allows you to update your device software.

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

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

Manually Syncing Data with Garmin Connect

1. Hold **LIGHT** to view the controls menu.
2. Select ⟳.

Locating a Lost Smartphone

You can use this feature to help locate a lost smartphone that is paired using Bluetooth wireless technology and currently within range.

1. Hold **LIGHT** to view the controls menu.
2. Select ☎?.

   The Forerunner device begins searching for your paired smartphone. An audible alert sounds on your phone, and the Bluetooth signal strength displays on the Forerunner device screen. The Bluetooth signal strength increases as you move closer to your smartphone.
3. Select **BACK** to stop searching.

Widgets

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

Some widgets are not visible by default. You can add them to the widget loop manually (*Customizing the Widget Loop*, page 41).

Body Battery: With all day wear, displays your current Body Battery level and a graph of your level for the last several hours.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

Garmin coach: Displays scheduled workouts when you select a Garmin coach training plan in your Garmin Connect account.

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.

Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Last Run: Displays a brief summary of your last recorded run.

Menstrual cycle tracking: Displays your current cycle. You can view and log your daily symptoms.

Notifications: Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.

Performance: Displays performance measurements that help you track and understand your training activities and race performances.

Respiration: Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.

Steps: Tracks your daily step count, step goal, and data for previous days.

Stress: Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax.

Weather: Displays the current temperature and weather forecast.

Viewing the Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- From the watch face, select **UP** or **DOWN**.

  The device scrolls through the widget loop and displays summary data for each widget. The performance widget requires several activities with heart rate and outdoor runs with GPS.
- Select **START** to view widget details.

  TIP: You can select **DOWN** to view additional screens for a widget.

Viewing the Weather Widget

Weather requires a Bluetooth connection to a compatible smartphone.

1. From the watch face, select **UP** or **DOWN** to view the weather widget.
2. Select **START** to view weather details.
3. Select **UP** or **DOWN** to view hourly, daily, and weather trend data.

Controlling Music Playback on a Connected Smartphone

1 On your smartphone, start playing a song or playlist.
2 Hold **DOWN** from any screen to open the music controls.
3 Select an option:
   - Select ▶ to play and pause the current music track.
   - Select ▶| to skip to the next music track.
   - Select ⋮ to open more music controls, such as volume and previous track.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Forerunner device with a compatible mobile device (*Pairing Your Smartphone with Your Device*, page 25).

1 Hold **UP**.
2 Select ⚙ > **Phone** > **Notifications** > **Status** > **On**.
3 Select **During Activity**.
4 Select a notification preference.
5 Select a sound preference.
6 Select **Not During Activity**.
7 Select a notification preference.
8 Select a sound preference.
9 Select **Privacy**.
10 Select a privacy preference.
11 Select **Timeout**.
12 Select the amount of time the alert for a new notification appears on the screen.

Viewing Notifications

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

Managing Notifications

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

Select an option:

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

Turning Off the Bluetooth Smartphone Connection

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

Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

Turning On and Off Smartphone Connection Alerts

You can set the Forerunner device to alert you when your paired smartphone connects and disconnects using Bluetooth technology.

NOTE: Smartphone connection alerts are turned off by default.

1 From the watch face, hold **UP**.
2 Select ⚙ > **Phone** > **Connected Alerts** > **On**.

Syncing Activities

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

1 From the watch face, hold **UP**.
2 Select ⚙ > **System** > **Physio TrueUp**.

When you sync your device with your smartphone, recent activities from your other Garmin devices appear on your Forerunner device.

Playing Audio Prompts During Your Activity

Before you can set up audio prompts, you must have a smartphone with the Garmin Connect app paired to your Forerunner device.

You can set the Garmin Connect app to play motivational status announcements and training alerts on your smartphone during a run or other activity. During an audio prompt, the Garmin Connect app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect app.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Garmin Devices**.
3 Select your device.
4 Select **Activity Options** > **Audio Prompts**.
5 Select an option.

Connect IQ Features

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

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

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

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

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

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Forerunner device with your smartphone (*Pairing Your Smartphone with Your Device*, page 25).

1 From the app store on your smartphone, install and open the Connect IQ app.
2 If necessary, select your device.
3 Select a Connect IQ feature.
4 Follow the on-screen instructions.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features 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.

The Forerunner device has safety and tracking features that must be set up with the Garmin Connect app.

NOTICE

To use these features, your device must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

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

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

Incident detection: When the Forerunner device detects an incident during an outdoor walk, run, or bike activity, the device sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

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

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

NOTE: This feature is available only if your device is connected to an Android smartphone.

Adding Emergency Contacts

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

1. From the Garmin Connect app, select ☰ or •••.
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.

Requesting Assistance

Before you can request assistance, you must set up emergency contacts (*Adding Emergency Contacts*, page 30).

1. Hold the **LIGHT** key.
2. When you feel three vibrations, release the key to activate the assistance feature.

   The countdown screen appears.

   TIP: You can select **Cancel** before the countdown is complete to cancel the message.

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

1 From the watch face, hold **UP**.
2 Select **Safety** > **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.

Live Event Sharing

Live event sharing allows you to send messages to friends and family during an event, providing real-time updates including cumulative time and last lap time. Before the event, you can customize the list of recipients and the message content in the Garmin Connect app.

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.

Viewing History

History contains previous activities you have saved on your device.

The device has a history widget for quick access to your activity data (*Customizing the Widget Loop*, page 41).

1 From the watch face, hold **UP**.
2 Select **History**.
3 Select **This Week** or **Previous Weeks**.
4 Select an activity.
5 Select **START**.
6 Select an option:
   - To view additional information about the activity, select **All Stats**.
   - To view your time in each heart rate zone, select **Heart Rate** (*Viewing Your Time in Each Heart Rate Zone*, page 32).
   - To select a lap and view additional information about each lap, select **Laps**.
   - To view your time and distance for each inteval, select **Intervals**.
   - To delete the selected activity, select **Delete**.

Viewing Your Time in Each Heart Rate Zone

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

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

1 From the watch face, hold **UP**.
2 Select **History**.
3 Select **This Week** or **Previous Weeks**.
4 Select an activity.
5 Select **START** > **Heart Rate**.

Deleting History

1 From the watch face, hold **UP**.
2 Select **History** > **Options**.
3 Select an option:
   - Select **Delete All Activities** to delete all activities from the history.
   - Select **Reset Totals** to reset all distance and time totals.

     NOTE: This does not delete any saved activities.

Viewing Data Totals

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

1 From the watch face, hold **UP**.
2 Select **History** > **Totals**.
3 If necessary, select an activity.
4 Select an option to view weekly or monthly totals.

Data Management

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

Deleting Files

NOTICE

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

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

   NOTE: If you are using an Apple® computer, you must empty the Trash folder to completely remove the files.

Disconnecting the USB Cable

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

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

Garmin Connect

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

Store your activities: After you complete and save an activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, an overhead map view, pace and speed charts, and customizable reports.

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

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

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

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

Syncing Your Data with the Garmin Connect App

Your device periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

1. Bring the device within 3 m (10 ft.) of your smartphone.
2. From any screen, hold **LIGHT** to view the controls menu.
3. Select ⟳.
4. View your current data in the Garmin Connect app.

Using Garmin Connect on Your Computer

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

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

Wireless Sensors

Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Pairing Your Wireless Sensors

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

1. If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
2. Bring the device within 3 m (10 ft.) of the sensor.

   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3. Hold **UP**.
4. Select ⚙ > **Sensors & Accessories** > **Add New**.
5. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your device, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field.

Foot Pod

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

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

Going for a Run Using a Foot Pod

Before you go for a run, you must pair the foot pod with your Forerunner device (*Pairing Your Wireless Sensors*, page 34).

You can run indoors using a foot pod to record pace, distance, and cadence. You can also run outdoors using a foot pod to record cadence data with your GPS pace and distance.

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

Foot Pod Calibration

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

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (*Pairing Your Wireless Sensors*, page 34).

The foot pod is self-calibrating, but you can improve the accuracy of the speed and distance data with a few outdoor runs using GPS.

1. Stand outside for 5 minutes with a clear view of the sky.
2. Start a running activity.
3. Run on a track without stopping for 10 minutes.
4. Stop your activity, and save it.

   Based on the recorded data, the foot pod calibration value changes, if necessary. You should not need to calibrate the foot pod again unless your running style changes.

Calibrating Your Foot Pod Manually

Before you can calibrate your device, you must pair your device with the foot pod sensor (*Pairing Your Wireless Sensors*, page 34).

Manual calibration is recommended if you know your calibration factor. If you have calibrated a foot pod with another Garmin product, you may know your calibration factor.

1. From the watch face, hold **UP**.
2. Select ⚙ > **Sensors & Accessories**.
3. Select your foot pod.
4. Select **Cal. Factor** > **Set Value**.
5. Adjust the calibration factor:
   - Increase the calibration factor if your distance is too low.
   - Decrease the calibration factor if your distance is too high.

Setting Foot Pod Speed and Distance

Before you can customize the foot pod speed and distance, you must pair your device with the foot pod sensor (*Pairing Your Wireless Sensors*, page 34).

You can set your device to calculate speed and distance using your foot pod data instead of GPS data.

1. From the watch face, hold **UP**.
2. Select ⚙ > **Sensors & Accessories**.
3. Select your foot pod.
4. Select **Speed** or **Distance**.
5. Select an option:
   - Select **Indoor** when you are training with GPS turned off, usually indoors.
   - Select **Always** to use your foot pod data regardless of the GPS setting.

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your device.

- Pair the sensor with your device (*Pairing Your Wireless Sensors*, page 34).
- Set your wheel size (*Wheel Size and Circumference*, page 55).
- Go for a ride (*Starting an Activity*, page 4).

Customizing Your Device

Setting Up Your User Profile

You can update your height, weight, birth year, gender, and maximum heart rate settings (*Setting Your Heart Rate Zones*, page 21). The device uses this information to calculate training data.

1 From the watch face, hold **UP**.
2 Select ⚙ > **User Profile**.
3 Select an option.

Customizing Your Activity List

1 Hold **UP**.
2 Select ⚙ > **Activities & Apps**.
3 Select an option:
   - Select an activity to customize the settings, set the activity as a favorite, change the order of appearance, and more.
   - Select **Add** to add more activities or create custom activities.

Activities and App Settings

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

From the watch face, hold **UP**, select **Activities & Apps**, select an activity, and select the activity settings.

Alerts: Sets the training alerts for the activity (*Alerts*, page 37).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed (*Enabling Auto Pause®*, page 40).

Auto Rest: Enables the device to automatically detect when you are resting during a pool swim and create a rest interval (*Auto Rest*, page 8).

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

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 37).

GPS: Sets the mode for the GPS antenna (*Changing the GPS Setting*, page 40).

Lane Number: Sets your lane number for track running.

Laps: Enables you to record a lap or a rest during the activity (*Marking Laps by Distance*, page 39).

Pool Size: Sets the pool length for pool swimming (*Setting the Pool Size*, page 7).

Restore Defaults: Allows you to reset the activity settings (*Resetting All Default Settings*, page 50).

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Enabling Self Evaluation*, page 40).

Stroke Detection: Enables stroke detection for pool swimming.

Vibration Alerts: Enables alerts that notify you to inhale or exhale during a breathwork activity.

Customizing the Data Screens

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

1 Hold **UP**.
2 Select ⚙ > **Activities & Apps**.
3 Select the activity to customize.
4 Select the activity settings.
5 Select **Data Screens**.
6 Select a data screen to customize.
7 Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select **Data Fields** to change the data that appears in the field.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.
8 If necessary, select **Add New** to add a data screen to the loop.
   You can add a custom data screen, or select one of the predefined data screens.

Alerts

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

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

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

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

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.
Distance	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 20 and *Heart Rate Zone Calculations*, page 21.
Pace	Range	You can set one pace value.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Time	Event, recurring	You can set a time interval.

Setting an Alert

1 Hold **UP**.
2 Select ⚙ > **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Alerts**.
6 Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
7 If necessary, select the type of alert.
8 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
9 If necessary, turn on the alert.

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

Setting Your Heart Rate Alerts

You can set the device to alert you when your heart rate is above or below a target zone or a custom range. For example, you can set the device to alert you when your heart rate is below 150 beats per minute (bpm).

1 Hold **UP**.
2 Select **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Alerts** > **Add New** > **Heart Rate**.
6 Select an option:
   - To use the range of an existing heart rate zone, select a heart rate zone.
   - To customize the maximum value, select **Custom** > **High**, and enter a value.
   - To customize the minimum value, select **Custom** > **Low**, and enter a value.

Each time you exceed or drop below the specified range or custom value, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 44).

Auto Lap

Marking Laps by Distance

You can set your device to use the Auto Lap feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance during different parts of an activity.

1 Hold **UP**.
2 Select **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Laps** > **Auto Lap**.
6 Select an option:
   - Select **Auto Lap** to turn Auto Lap on or off.
   - Select **Auto Distance** to adjust the distance between laps.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 44). The Auto Lap feature stays on for the selected activity profile until you turn it off.

If necessary, you can customize the data screens to display additional lap data (*Customizing the Data Screens*, page 37).

Customizing the Lap Alert Message

You can customize one or two data fields that appear in the lap alert message.

1 Hold **UP**.
2 Select **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Laps** > **Lap Alert**.
6 Select a data field to change it.
7 Select **Preview** (optional).

Turning On and Off the Lap Key

You can turn on the Lap Key setting to record a lap or a rest during an activity using **BACK**. You can turn off the Lap Key setting to avoid recording laps due to accidental key presses during an activity.

1 Hold **UP**.
2 Select **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Laps** > **Lap Key**.
   The lap key status changes to On or Off based on the current setting.

The lap key stays on or off for the selected activity profile.

Enabling Auto Pause•

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

NOTE: History is not recorded while the timer is stopped or paused.

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

Enabling Self Evaluation

When you save an activity, you can evaluate your perceived effort and how you felt during the activity (*Evaluating an Activity*, page 4). You can view your evaluation information in your Garmin Connect account.

1 Hold **UP**.
2 Select **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Self Evaluation**.
6 Select an option:
   - To evaluate only after following a structured workout or interval, select **Workouts Only**.
   - To evaluate after every activity, select **Always**.

Changing the GPS Setting

For more information about GPS, go to www.garmin.com/aboutGPS.

1 Hold **UP**.
2 Select ⚙ > **Activities & Apps**.
3 Select the activity to customize.
4 Select the activity settings.
5 Select **GPS**.
6 Select an option:
   - Select **Off** to disable GPS for the activity.
   - Select **GPS Only** to enable the GPS satellite system.
   - Select **GPS + GLONASS** (Russian satellite system) for more accurate position information in situations with poor sky visibility.
   - Select **GPS + GALILEO** (European Union satellite system) for more accurate position information in situations with poor sky visibility.

   NOTE: Using GPS and another satellite system together can reduce battery life more quickly than using GPS only (*GPS and Other Satellite Systems*, page 41).

GPS and Other Satellite Systems

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

Your device can use these Global Navigation Satellite Systems (GNSS).

GPS: A satellite constellation built by the United States.

GLONASS: A satellite constellation built by Russia.

GALILEO: A satellite constellation built by the European Space Agency.

Customizing the Widget Loop

You can change the order of widgets in the widget loop, remove widgets, and add new widgets.

1 Hold **UP**.
2 Select **Appearance** > **Widgets**.
3 Select a widget.
4 Select an option:
   - Select **UP** or **DOWN** to change the location of the widget in the widget loop.
   - Select 🗑 to remove the widget from the widget loop.
5 Select **Add**.
6 Select a widget.
   The widget is added to the widget loop.

Removing an Activity or App

1 From the watch face, hold **UP**.
2 Select ⚙ > **Activities & Apps**.
3 Select an activity.
4 Select an option:
   - To remove an activity from your list of favorites, select **Remove from Favorites**.
   - To delete the activity from the apps list, select **Remove**.

Activity Tracking Settings

From the watch face, hold **UP**, and select ⚙ > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 44).

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

Move IQ: Allows your device to automatically start and save a timed walking or running activity when the Move IQ feature detects familiar movement patterns.

Turning Off Activity Tracking

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

1 Hold **UP**.
2 Select ⚙ > **Activity Tracking** > **Status** > **Off**.

Customizing the Watch Face

You can customize the watch face information and appearance.

1 Hold **UP**.
2 Select **Watch Face**.
3 Select **UP** or **DOWN** to preview the watch face options.
4 Select **START**.
5 Select an option:
   - To activate the watch face, select **Apply**.
   - To change the data that appears on the watch face, select **Data**.
   - To change the accent color, select **Accent Color**.

Connect IQ Features

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

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

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

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

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

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Forerunner device with your smartphone (*Pairing Your Smartphone with Your Device*, page 25).

1 From the app store on your smartphone, install and open the Connect IQ app.
2 If necessary, select your device.
3 Select a Connect IQ feature.
4 Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

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

System Settings

Hold **UP**, and select ⚙ > **System**.

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings*, page 43).

Backlight: Adjusts the backlight settings (*Changing the Backlight Settings*, page 44).

Sounds: Sets the device sounds, such as key tones, alerts, and vibrations (*Setting the Device Sounds*, page 44).

Do Not Disturb: Turns on or off do not disturb mode. You can use the **During Sleep** option to turn on do not disturb mode automatically during your normal sleep hours. You can set your normal sleep hours on your Garmin Connect account (*Using Do Not Disturb Mode*, page 17).

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

Format: Sets the device to display **Pace/Speed Preference** for running, cycling, or other activities. This preference affects several training options, history, and alerts (*Displaying Pace or Speed*, page 44). You can also change the **Start of Week** setting and the units of measure used on the device (*Changing the Units of Measure*, page 44).

Physio TrueUp: Allows your device to sync activities, history, and data from other Garmin devices.

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time. Turn the Log HRV option on to record your heart rate variability during an activity.

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

Reset: Allows you to reset user data and settings (*Resetting All Default Settings*, page 50).

Software Update: Allows you to install software updates downloaded using Garmin Express or the Garmin Connect app (*Updating the Software Using the Garmin Connect App*, page 48).

About: Displays device, software, license, and regulatory information.

Time Settings

From the watch face, hold UP, and select ⚙ > **System** > **Time**.

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

Set Time: Allows you to set the time manually or automatically based on your paired mobile device or GPS location.

Sync with GPS: Allows you to manually sync the time when you change time zones, or to update for daylight saving time.

Time Zones

Each time you turn on the device and acquire satellites or sync with your smartphone, the device automatically detects your time zone and the current time of day.

Changing the Backlight Settings

1 From the watch face, hold **UP**.
2 Select ⚙ > **System** > **Backlight**.
3 Select an option:
   - Select **During Activity**.
   - Select **Not During Activity**.
4 Select an option:
   - Select **Keys** to turn on the backlight for key presses.
   - Select **Alerts** to turn on the backlight for alerts.
   - Select **Gesture** to turn on the backlight by raising and turning your arm to look at your wrist.
   - Select **Timeout** to set the length of time before the backlight turns off.

Setting the Device Sounds

You can set the device to sound a tone or vibration when keys are selected or when an alert is triggered.

1 From the watch face, hold **UP**.
2 Select ⚙ > **System** > **Sounds**.
3 Select an option:
   - Select **Key Tones** to turn the key tones on and off.
   - Select **Alert Tones** to enable the alert tones settings.
   - Select **Vibration** to turn device vibration on and off.
   - Select **Key Vibe** to enable vibration when you select a key.

Displaying Pace or Speed

You can change the type of information that appears in your activity summary and history.

1 From the watch face, hold **UP**.
2 Select ⚙ > **System** > **Format** > **Pace/Speed Preference**.
3 Select an activity.

Changing the Units of Measure

You can customize units of measure displayed on the device.

1 Hold **UP**.
2 Select ⚙ > **System** > **Format** > **Units**.
3 Select **Statute** or **Metric**.

Clock

Setting an Alarm

You can set multiple alarms. You can set each alarm to sound once or to repeat regularly.

1 From the watch face, hold **UP**.
2 Select **Alarm Clock** > **Add Alarm**.
3 Select **Time**, and enter the alarm time.
4 Select **Repeat**, and select when the alarm should repeat (optional).
5 Select **Sounds**, and select a type of notification (optional).
6 Select **Backlight** > **On** to turn on the backlight with the alarm.
7 Select **Label**, and select a description for the alarm (optional).

Deleting an Alarm

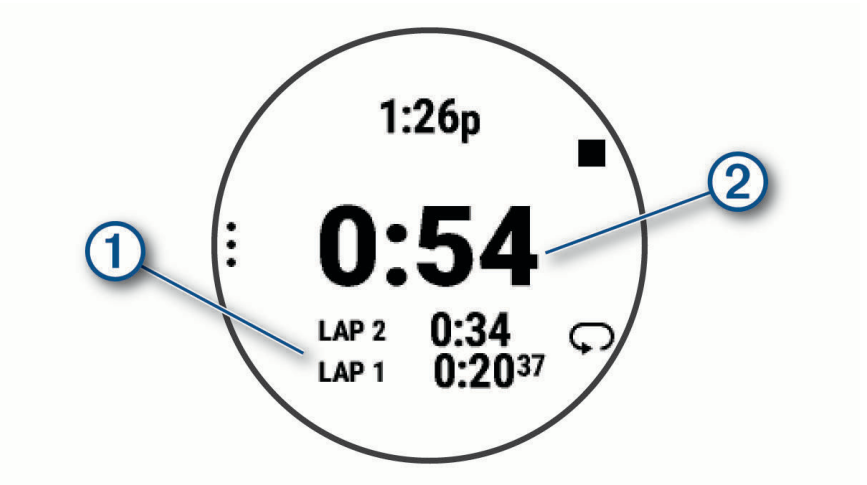
1 From the watch face, hold **UP**.
2 Select **Alarm Clock**.
3 Select an alarm.
4 Select **Delete**.

Starting the Countdown Timer

1 From any screen, hold **LIGHT**.
2 Select **Timer**.
3 Enter the time.
4 If necessary, select an option:
   - Select ⋮ > **Restart** > **On** to automatically restart the timer after it expires.
   - Select ⋮ > **Sounds**, and select a type of notification.
5 Select ▶.

Using the Stopwatch

1 From any screen, hold **LIGHT**.
2 Select **Stopwatch**.
3 Select **START** to start the timer.
4 Select **BACK** to restart the lap timer ①.



The total stopwatch time ② continues running.
5 Select **START** to stop both timers.
6 Select an option.
7 Save the recorded time as an activity in your history (optional).

Syncing the Time with GPS

Each time you turn on the device and acquire satellites, the device automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones, and to update for daylight saving time.

1 From the watch face, hold **UP**.
2 Select ⚙ > **System** > **Time** > **Sync with GPS**.
3 Wait while the device locates satellites (*Acquiring Satellite Signals*, page 49).

Setting the Time Manually

1 From the watch face, hold **UP**.
2 Select ⚙ > **System** > **Time** > **Set Time** > **Manual**.
3 Select **Time**, and enter the time of day.

Device Information

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 **UP**.
2 Select ⚙ > **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 **UP**.
2 Select ⚙ > **System** > **About**.

Charging the Device

⚠ WARNING

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 47).

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

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

Tips for Charging the Device

1 Connect the charger securely to the device to charge it using the USB cable (*Charging the Device*, page 46).

   You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery takes up to two hours.

2 Remove the charger from the device after the battery charge level reaches 100%.

Device Care

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

Cleaning the Device

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

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

2 Wipe it dry.

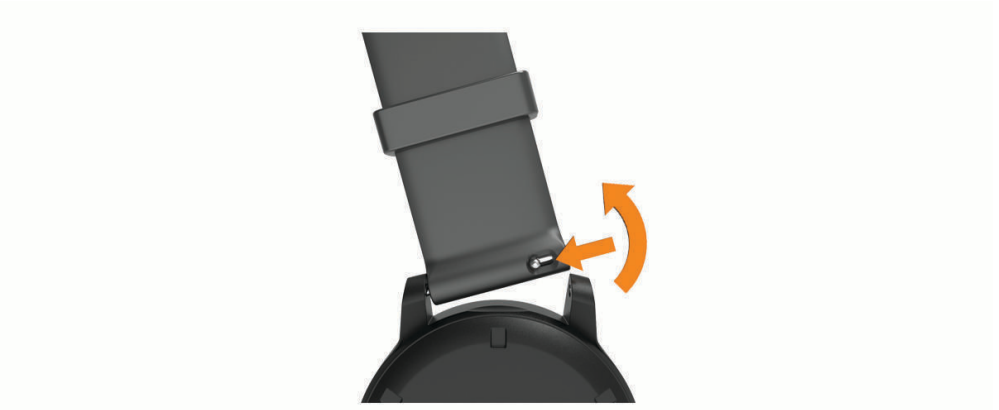
After cleaning, allow the device to dry completely.

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

Changing the Bands

The device 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 device.

3 Slide the quick-release pin, and align the spring bar with the opposite side of the device.

4 Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 14 days for smartwatch mode with smart notifications and wrist heart rate Up to 20 hr. in GPS mode
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequency	2.4 GHz @ 1 dBm maximum
Water rating	Swim, 5 ATM[1]

Troubleshooting

Product Updates

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

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone with Your Device*, page 25).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 26).

When new software is available, the Garmin Connect app automatically sends the update to your device. The update is applied when you are not actively using the device. When the update is complete, your device restarts.

Setting Up Garmin Express

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

Updating the Software Using Garmin Express

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

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

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

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

Getting More Information

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

Activity Tracking

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

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

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

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

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

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

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

1. Select an option:
   - Sync your step count with the Garmin Express application (*Using Garmin Connect on Your Computer*, page 33).
   - Sync your step count with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 26).
2. Wait while the device syncs your data.

   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.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to www.garmin.com/aboutGPS.

1. Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2. Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect app using your Bluetooth enabled smartphone.

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

Restarting the Device

If the device stops responding, you may need to restart it.

NOTE: Restarting the device may erase your data or settings.

1. Hold **LIGHT** for 15 seconds.

   The device turns off.
2. Hold **LIGHT** for one second to turn on the device.

Resetting All Default Settings

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

1. Hold **UP**.
2. Select **System** > **Reset**.
3. Select an option:
   - To reset all of the device 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 device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

Maximizing Battery Life

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

- Reduce the backlight timeout (*Changing the Backlight Settings*, page 44).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection*, page 28).
- Turn off activity tracking (*Activity Tracking Settings*, page 17).
- Use a watch face that is not updated every second.

  For example, use a watch face without a second hand (*Customizing the Watch Face*, page 42).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 28).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices*, page 19).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor*, page 20).

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

My device is in the wrong language

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

1 Hold **UP**.
2 Scroll down to the last item in the list, and press **START**.
3 Press **START**.
4 Select your language.
5 Press **START**.

Is my smartphone compatible with my device?

The Forerunner device is compatible with smartphones using Bluetooth technology.

Go to www.garmin.com/ble for compatibility information.

My phone will not connect to the device

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

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

Can I use the cardio activity outdoors?

You can use the cardio activity and turn on GPS for outdoor use.

1 Select **START** > **Cardio** > **Options** > **Cardio Settings** > **GPS**.
2 Select an option.
3 Go outside, and wait while the device locates satellites.
4 Select **START** to start the activity timer.

GPS stays on for the selected activity until you turn it off.

How can I manually pair ANT+ sensors?

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

1. Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
2. If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
3. Hold **UP**.
4. Select ⚙ > **Sensors & Accessories** > **Add New**.
5. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your device, a message appears. Sensor data appears in the data page loop or a custom data field.

Can I use my Bluetooth sensor with my watch?

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

1. Hold **UP**.
2. Select ⚙ > **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 37).

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

Average HR: The average heart rate for the current activity.

Average Pace: The average pace for the current activity.

Avg. Speed: The average speed for the current activity.

Cadence: Running. The steps per minute (right and left).

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Calories: The amount of total calories burned.

Distance: The distance traveled for the current track or 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 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. Distance: The distance traveled for the current interval.

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

Interval Time: The stopwatch time for the current interval.

Lap Distance: The distance traveled for the current lap.

Lap Pace: The average pace for the current lap.

Lap Speed: The average speed for the current lap.

Lap Time: The stopwatch time for the current lap.

Pace: The current pace.

Respiration Rate: Your respiration rate in breaths per minute (brpm).

Round Distance: During a HIIT activity, the distance traveled for the current round.

Round Pace: During a HIIT activity, the average pace for the current round.

Round Speed: During a HIIT activity, the average speed for the current round.

Round Time: During a HIIT activity, the stopwatch time for the current round.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Stress: Your current stress level.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

VO2 Max. Standard Ratings

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

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	32.3	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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Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288

Tire Size	Wheel Circumference (mm)
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268