



TRAIN MODE

You can set the low and high heart rate limits on your Forerunner. If you know your maximum heart rate, you can use the following table 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.

Zone	% of Max. 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





Computer Pairing

Computer pairing is the setting in which the Forerunner automatically detects and pairs additional computers with a USB ANT stick.

To pair your Forerunner with a new computer:

1. Verify the computer is set up for data upload. See requirements on page 23.
2. On the Train page, press and hold **start/stop**.
3. Press **view** to advance to the **TxPAIR** setting.
4. Press **+** to turn on computer pairing. Your computer detects the Forerunner and requests to pair.
5. Press **view**.
6. Press **+**. The **FOUND Comp** confirmation message appears.

Once you have paired with your primary computer, turn computer pairing off to avoid disruptive messages on the Forerunner and nearby computers.

To turn off computer pairing:

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **TxPAIR** setting.
3. Press **-** to turn off computer pairing.





INTERVAL TIMER MODE

INTERVAL TIMER MODE

You can set two timers in Interval Timer mode. Setting up a Forerunner timer is very similar to setting the time of day. Press **mode** until the Timer page appears.



Setting the Timers

1. On the Timer page, press and hold **start/stop** until the hour setting blinks.
2. Use **+** and **-** to adjust the hour.



TIP: Press and hold **+** or **-** to scroll quickly through the hours, minutes, and seconds.

3. Press **view** to advance to the next setting.
4. Repeat this process for minutes and seconds. When finished, press **view** to advance to the **REPEAT** setting (see page 19).
5. Press **+** and **-** to turn on or off the repeat function.
6. Press **view** to advance to **TIMER 2** settings.





INTERVAL TIMER MODE

7. Press **+** and **-** to turn on or off the **TIMER 2** function.



8. Repeat steps 2–4 to set **TIMER 2**. When finished, press **mode** to resume Timer mode.

Starting the Timers

1. Press **view** to choose **TIMER 1** or **TIMER 2**.
2. Press **start**. The timer counts down and beeps when finished.

Stopping and Resetting the Timers

1. Press **stop** at any time to pause the timer.
2. Press and hold **lap/reset** to reset the timer.

Using Timer Repeat

Set the timer to **REPEAT** to automatically restart the timer after it beeps. If both **TIMER 1** and **TIMER 2** are active, the repeat function runs **TIMER 1 > TIMER 2 > TIMER 1 > TIMER 2**, and so forth until you press **stop**.





HISTORY MODE

HISTORY MODE

Your Forerunner stores workout data based on the type of workout, the accessories used, and your training settings. Press **mode** until the History page appears.

Viewing Workout History

1. On the History page, press **+** and **-** to scroll through your saved runs and workout data.



2. Press **view** to display the start time for that run.

3. Press **+** and **-** to view the rest of the run data depending on which accessories, settings, and training zones were used:

- Total run time
- Total distance
- Total steps
- Total calories
- Time in each zone (**ZONES** must be set to **ON**).





HISTORY MODE

4. Press **view** from any of these pages to view the next level of history data. Press **+** or **-** to view the available data pages:
 - Average lap time
 - Average lap speed
 - Average heart rate
5. Press **view** from any of these pages to view the next level of history data: details for each lap in your workout. Press **+** or **-** to view the available data pages.



Managing Memory

Your Forerunner holds up to 100 laps and up to seven hours of exercise files. When there is approximately one hour of memory remaining, the **Lo MEM** warning appears on the Forerunner screen in Train mode. When the memory is full, the **Full MEM** warning appears, and your Forerunner stops recording data.

For information about uploading data to your computer, see page 23.





HISTORY MODE

Deleting Workout History



NOTE: See page 23 for information on transferring workout data to your computer.

1. On the History page, press **+** or **-** to scroll through your saved runs to the run you want to delete.
2. Press and hold **lap/reset** to delete a single run. Continue to hold **lap/reset** to delete all runs.



DATA UPLOAD MODE

Your Forerunner holds up to 100 laps and up to seven hours of exercise files. Periodically upload data to your computer using the ANT+Sport wireless technology.



CAUTION: By default, the process of uploading data deletes that data from your Forerunner memory. To override this you must change the settings in Garmin Training Center or Garmin Connect.

Requirements

1. Turn computer on. (Internet connection is required for software download and Garmin Connect.)
2. Download software (see page 4) so that the necessary USB drivers are installed **before** connecting the USB ANT stick to your computer.
3. Connect USB ANT stick to an available USB port on your computer. For optimal performance, keep the area free of clutter.
4. Bring the Forerunner within range (5 m) of your computer.
5. Verify Forerunner is in Time mode.



DATA UPLOAD MODE

6. Verify there are no Forerunner timers running or active training sessions.

The Forerunner automatically transmits data to the USB ANT stick so you can use Garmin Training Center or Garmin Connect to store and analyze your workout data.



NOTE: If you are having problems uploading data, you may need to enable computer pairing. See page 17.





APPENDIX

Optional Accessories

For more information about optional accessories, go to <http://shop.garmin.com>. You can also contact your Garmin dealer to purchase accessories.

Bike Accessories

For information about the GSC10 speed and cadence sensor and the Forerunner bike mount, go to <http://shop.garmin.com>.

Pairing Sensors

If you purchased a sensor (with ANT+Sport wireless technology) separately, you need to pair it with your Forerunner.

What Is Pairing?

Pairing is the connecting of sensors, like your heart rate monitor with your Forerunner. After you pair the first time, your Forerunner automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the Forerunner and only takes a few seconds when the sensors are activated and functioning correctly. Once paired, your Forerunner only receives data from your sensor, and you can go near other sensors.




To pair sensors with your Forerunner:

1. Move away (10 m) from other sensors while the Forerunner is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the Forerunner.





APPENDIX

2. Press **mode** until the Train page appears.
3. Press and hold **start/stop**.
4. Press **view** to advance to the **PUSH PAIR** page.
5. Press **start/stop**. While the Forerunner scans for new sensors, the , , and  icons blink. The icons are solid when paired.

Battery Information



NOTE: Contact your local waste disposal department to properly dispose of batteries.

Forerunner Battery

The Forerunner contains a user-replaceable CR2032 battery. The battery will last for 12 months (typical use).

When the battery is low, the **Lo**

BATT warning blinks on the Forerunner screen in Time mode.



CAUTION: Replacing the battery resets the Forerunner software and restores the factory settings. Workout data is deleted. You must reset the time and custom settings.



NOTE: Garmin recommends that you take the Forerunner to a professional watch repair person to have the battery replaced.





APPENDIX

Heart Rate Monitor Battery

The heart rate monitor contains a user-replaceable CR2032 battery.

To replace the battery:

1. Locate the circular battery cover on the back of the heart rate monitor.



2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to **OPEN**.

3. Remove the cover and replace the battery with the positive side facing up.



NOTE: Be careful not to damage or lose the o-ring gasket on the cover.

4. Use a coin to twist the cover clockwise so the arrow on the cover points to **CLOSE**.

Foot Pod Battery

The foot pod contains a user-replaceable CR2032 battery.

When the battery is low, the LED blinks six times upon activation (instead of three). Approximately five hours of battery life remain.

Also, the **Lo BATT** warning appears in Sport mode when a workout starts or stops.

