

- In the **Auto Lap Trigger** field, select **By Distance** to enter a value or **By Position** to choose an option:
 - Lap Press only**—triggers the lap counter each time you press the **lap** button and every time you pass that location again.
 - Start And Lap**—triggers the lap counter at the GPS location where you press the **start** button and at any

locations during the ride where you press the **lap** button.

- Mark And Lap**—triggers the lap counter at a specific GPS location marked before the ride and at any locations during the ride where you press the **lap** button.



- Press **mode** repeatedly to exit.





TRAINING

Alerts

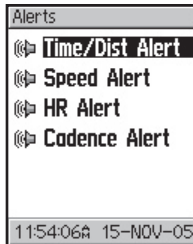
Use Edge alerts to train toward certain time, distance, speed, heart rate, and cadence goals.

Using Time and Distance Alerts

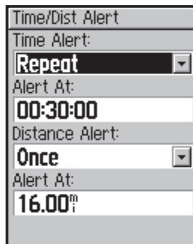
Time and distance alerts are useful for long workouts when you want to train for a certain amount of time or distance. When you reach your goal, the Edge beeps and displays a message.

To set a time or distance alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > Time/Dist Alert**.



3. In the **Time Alert** field, select **Once** or **Repeat**.
4. Enter a time in the **Alert At** field.





5. In the **Distance Alert** field, select **Once** or **Repeat**.
6. Enter a distance in the **Alert At** field.
7. Press **mode** repeatedly to exit.

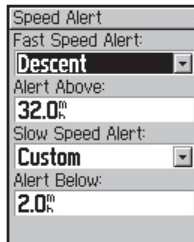
Using Speed Alerts

Speed alerts notify you if you exceed or drop below a custom speed setting during your ride.

The speed alert takes advantage of Speed Zones, which are ranges of speed that you can store in the Edge. For more information, or to set your Speed Zones, see [page 59](#).

To set a speed alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > Speed Alert**.
3. In the **Fast Speed Alert** field, select a Speed Zone from the menu or select **Custom** to enter your own alert value.



4. Repeat for the **Slow Speed Alert**.
5. Press **mode** repeatedly to exit.





TRAINING

Using Heart Rate Alerts

NOTE: Heart rate alerts are a feature of the Edge 305 only.

Similar to speed alerts, the heart rate alert notifies you if your heart rate exceeds or drops below a specific number of beats per minute (bpm).

Heart rate alerts can also notify you if your heart rate exceeds or drops below a certain heart rate zone—a range of beats per minute. The five commonly accepted heart rate zones can help you determine the intensity of your workout. For more about setting your heart rate zones, see [page 60](#). For more information about training with heart rate zones, see [page 70](#).

To set a heart rate alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > HR Alert**.
3. In the **Min HR Alert** field, select a zone from the menu or select **Custom** to specify your own alert value.



4. Repeat for the **Max HR Alert**. The maximum value allowed is 235 bpm.





5. Press **mode** repeatedly to exit.

NOTE: When entering custom heart rate values, you must set your minimum and maximum alerts at least 5 bpm apart.

Using Cadence Alerts

NOTE: Cadence alerts are a feature of the Edge 305 only.

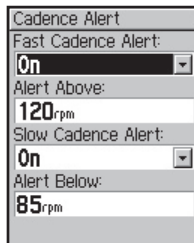
Similar to speed alerts, the cadence alert notifies you if your cadence exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm). For more information about training with cadence, see [page 75](#).

To set a cadence alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.

Edge Owner's Manual

2. Select **Alerts > Cadence Alert**.
3. In the **Fast Cadence Alert** field, select **On**.
4. Enter a value in the **Alert Above** field. The maximum cadence value allowed is 255.



5. Repeat for the **Slow Cadence Alert**.
6. Press **mode** repeatedly to exit.


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TRAINING

Working Out with Virtual Partner

Your Virtual Partner  is a unique tool designed to help you meet your training goals. The Virtual Partner competes with you during quick workouts and courses. The Virtual Partner “rides” alongside (top bike graphic) of you. Your current time, speed, distance, and distance from the Virtual Partner appears on the Workout page. If you are ahead of the Virtual Partner, the bottom field background is white. If you are behind, the background is black (as shown).

To see Virtual Partner data:

1. Set up a quick workout or course.
2. Press **mode** to see the Workout or Course page.
3. Press **start**.
4. Press **enter** to scroll through the workout or course data pages.

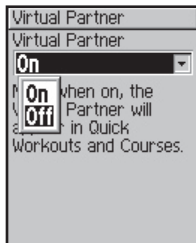


Virtual Partner
You



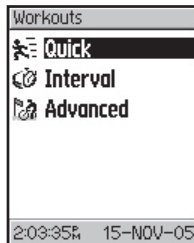
To turn off Virtual Partner:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Virtual Partner**.
3. In the **Virtual Partner** field, select **Off**.



Workouts: Quick, Interval, and Advanced

From the **Main Menu**, select **Training > Workouts** to choose the type of workout right for you.



Quick and interval workouts are replaced each time you create a workout of the same type. Advanced workouts can be saved, edited, and transferred between Training Center™ and your Edge.





TRAINING

Using Workouts

During your workout, press **mode** to see the Workout data page. When you complete all steps in your workout, the “Workout Finished!” message appears.

To end a workout early:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Stop Workout**.

To end a workout step early:

Press the **lap/reset** button.

Quick Workouts

It is easy to set up a challenging workout with your Edge based on the following criteria:

- Distance and time
- Time and speed
- Distance and speed





To set up a quick workout by distance and time:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts > Quick Workouts > Dist & Time**.
3. Enter values in the **Distance** and **Time** fields.
4. Check the Speed field to ensure that the calculated speed (based on your distance and time values) seems reasonable. If not, make changes to the Distance and Time fields.
5. Select **Done**.

Quick Workout	
Distance:	23.00 ^m
Time:	01:00:00
Speed:	23.0 ^m
Done?	

6. Press **start** to begin your workout.



TRAINING

To set up a Quick Workout by time and speed:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts > Quick Workouts > Time & Speed**.
3. Enter values in the **Time** and **Speed** fields.
4. Check the Distance field to ensure that the calculated distance (based on your time and speed values) seems reasonable. If not, make changes to the Time and Speed fields.
5. Select **Done**.
6. Press **start** to begin your workout.

To set up a Quick Workout by distance and speed:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts > Quick Workouts > Dist & Speed**.
3. Enter values in the **Distance** and **Speed** fields.
4. Check the Time field to ensure that the calculated time (based on your distance and speed values) seems reasonable. If not, make changes to the Distance and Speed fields.
5. Select **Done**.
6. Press **start** to begin your workout.



Interval Workouts

You can create simple and challenging interval workouts with your Edge based on the following criteria:

- Ride a certain distance and rest for a certain amount of time.
- Ride for a certain distance and rest for a certain distance.
- Ride for a certain amount of time and rest for a certain amount of time.
- Ride for a certain amount of time and rest for a certain distance.

To create an interval workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Interval**.
3. Select an option from the Interval Workout page according to how you want to set up intervals.

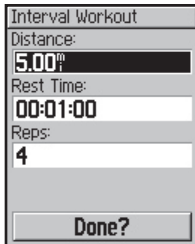


4. Enter distance or time values into the appropriate fields.
5. In the **Reps** field, enter number of times you want to repeat each interval.
6. Select **Done**.





TRAINING



7. Press **start** to begin your workout.

An audible alarm sounds when you reach a rest lap, and a message appears, counting down the rest time or distance until a new interval lap begins. During the rest lap, another audible alarm sounds when you are within 5 seconds or 20 meters (~ 65 feet) of resuming your workout.

To hide a message, press **mode** once. To view the message again, press **mode** until it appears.

Advanced Workouts

Your Edge allows you to create and save advanced workouts that include goals for each workout step and varied distances, times, and rest laps. Once you create and save a workout, you can use the Garmin Training Center software to schedule the workout for a particular day. Scheduling allows you save setup time by planning workouts in advance and storing them on your Edge. For more information about installing Training Center, see the Appendix.





Creating Advanced Workouts

Garmin recommends that you use the Training Center software to create workouts and transfer them to your Edge. However, you can create and save an advanced workout directly on your Edge if you wish. Note that you cannot use the Edge to schedule workouts; you must use Training Center.

To create an advanced workout using the Edge:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts** > **Advanced** > **<Create New>**.
3. Enter a descriptive workout name in the top field (for example, **40KHILLS**).

4. Select **"1. Open No Target."**
Select **Edit Step**.

Workout Step	
Duration	Open
Until Lap Is Pressed	
Target	Speed
	Climb 4
1.00 ^m	To 4.00 ^m
Rest Lap	Yes

5. In the **Duration** field, select how long you want the step to last. If you select **Open**, you can end the step during your workout by pressing **lap**.
6. Below **Duration**, enter the value where you want the step to end.





TRAINING

7. In the **Target** field, select your goal during the step (Speed, Heart Rate, Cadence, or None).

NOTE: *Heart rate and cadence targets are for the Edge 305 only.*

8. Enter a target value from the menu. For example, if your target is heart rate, select a heart rate zone or enter a custom range. Select **None** if you do not want to set a target for this step.
9. Below **Target**, enter a goal value for this step (if necessary).

10. If this is a rest lap, select the **Rest Lap** field, and then select **Yes**. (Creating rest laps affects your workout history; see “Viewing Workout History.”)

11. Press **mode** to continue setting up this workout.
12. To enter another step, select **<Add New Step>**. Then repeat steps 5–11.

To repeat steps:

1. Select **<Add New Step>**.
2. In the **Duration** field, select **Repeat**.
3. In the **Back to Step** field, select the step you want to return to.
4. In the **Number of Reps** field, enter the number of repetitions.





Workout Step	
Duration	Repeat
Back To Step	1
Number Of Reps	3

5. Press **mode** to continue.

Starting Advanced Workouts

Once you begin an advanced workout, the Edge displays each step of the workout, including the name of the step, the goal (if any), and current workout data.

To start an advanced workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Advanced**.
3. Select the workout you want to start.
4. Select **Do Workout**.
5. Press **start** to begin your workout.

NOTE: During the workout, press the **enter** button to view more data pages.

An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.





TRAINING

Press **mode** once to hide a message. To view a message again, press **mode** until it appears.

Editing Advanced Workouts

You can edit workouts within Training Center or directly in the Edge. However, if you edit workouts in the Edge, your changes may be temporary. Training Center serves as the “master list” of workouts: if you edit a workout in the Edge, the changes will be overwritten the next time you transfer workouts from Training Center. To make a permanent change to a workout, edit the workout in Training Center and then transfer it to your Edge.

To edit an advanced workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Advanced**.
3. Select the workout you want to change. Select **Edit Workout**.
4. Select the step you want to edit. Select **Edit Step**.
5. Make any necessary changes, and press **mode**.
6. Edit other steps as necessary.
7. Press **mode** to exit.

To delete an advanced workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Advanced**.





3. Select the workout you want to delete. Select **Delete Workout**.
4. Select **Yes** to delete the workout.

Courses

Another way you can use the Edge for custom training is to create and edit courses based on a previously recorded activity. You can race against the course trying to match or exceed previously set goals. You can also race against the Virtual Partner when training with courses. To turn on Virtual Partner, see [page 28](#).

Creating Courses

Garmin recommends that you use the Training Center software to create courses and course

points. Then you can transfer them to your Edge. For more information, see the Training Center Help system.

You can also create a course (without course points) on your Edge.

To create a course on your Edge:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses > <Create New>**.
3. From the History page, select a previous ride on which to base your course.
4. Enter a descriptive course name in the top field (for example, **10KFLAT**).
5. Press **mode** to exit.





TRAINING

Using Courses

Once you begin a course, press **mode** to see the Course data page. Press **enter** to view additional pages of course data.

COURSE	
Time	00:42:35
Speed	0.0 ^m _h
Distance	13.2 ^m _i
Dist To Go	0 ^f _t
Time To Go	---:--
Crs Pt Dist	Max Speed
↓ --- ^m _i	23.7 ^m _h

To start a course:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses**.

3. Select the course you want to start.
4. Select **Do Course**.
5. Press **start** to begin your course.

To end a course manually:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Stop Course**.

To edit a course name:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses**.
3. Select the workout you want to change. Select **Edit Course**.
4. Edit the course name, and press **mode** to exit.





To delete a course:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses**.
3. Select the course you want to delete. Select **Delete Course**.
4. Select **Yes** to delete the course.



HISTORY

HISTORY

Your Edge automatically saves all training data (when the timer is started) and can hold up to two years (1000 laps) of data in memory. When the memory is full, your oldest Edge data is overwritten. Load your history into the Training Center software periodically to keep track of all of your workouts. You can view the data on your Edge or transfer the history to the Training Center software, where you can analyze your data.

History data includes time, distance, calories, average speed, maximum speed, altitude, and detailed lap information.

Edge 305 history data also includes heart rate and cadence.

No data is saved when the timer is stopped.

Viewing History

After you have finished a ride, you Edge stores history data that you can view by day, week, or totals.

To view history by day:

1. Press **mode** to access the **Main Menu**.
2. Select **History > By Day**.
3. Press ▼ to scroll through the list. As you scroll, summary details appear below the list.
4. Select an entry to view details. Select **View Laps** for additional lap detail.





HISTORY

About Lap Detail

The Edge displays history details differently, depending on the type of training you did. Details of a quick workout appear on one summary page. Details of Virtual Partner, interval workouts, advanced workouts, and courses appear with tabs, which organize information into sections. To view information on different tabs, press the ▲ and ▼ arrows.



To view laps on map:

1. While viewing details for a history entry, select **View Laps**.
2. Select a lap in the list.
3. Select **View on Map**.

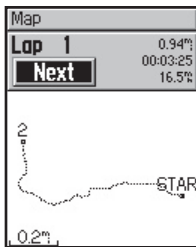


4. Press the ▲ and ▼ arrows to zoom in and out on the map. When you are finished viewing the lap, select **Next** to view the next lap. Press **mode** to exit.





HISTORY



To delete laps or entire trips from history:

1. While viewing details for a history entry, select **View Laps**.
2. Select the lap you want to delete.
3. Select **Delete Lap** or **Delete Entire Trip**. Select **Yes** to confirm.

NOTE: To delete more or all of your Edge history, see “Deleting History” on [page 45](#).

To view history by weeks:

1. Press **mode** to access the **Main Menu**.
2. Select **History > By Week**.
3. Press **▼** to scroll through the list of weeks. As you scroll, totals for each week appear below the list.
4. Select a week to view details in that week by day.





HISTORY

To view history totals:

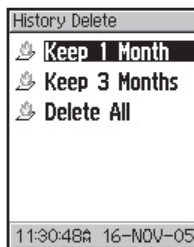
1. Press **mode** to access the **Main Menu**.
2. Select **History > History Totals**. Totals appear for distance, time, and calories for all of your saved workouts.
3. Select **View Weeks** to see a list of weeks.

Deleting History

After you have transferred several months of Edge data to Training Center, you may want to delete the history from your unit.

To delete workout history:

1. Press **mode** to access the **Main Menu**.
2. Select **History > Delete**.



3. Select **Keep 1 Month**, **Keep 3 Months**, or **Delete All**.
Select **Yes** to confirm.





NAVIGATION

NAVIGATION

Use the GPS navigation features of your Edge to view your ride on a map, mark and save locations you want to remember, and create routes.



Navigating with the Map

Press **mode** to see the Map page. Once you start the timer and begin to move, a tiny dotted line appears on the map, showing

you exactly where you have traveled. This dotted line is called a track. At the bottom of the map, you can view the zoom level. To zoom in or out on the map, press the **▲** and **▼** **arrows**. At the top of the map, you can view the direction you are traveling. At the top of the map, you can add custom data fields. See [page 53](#).



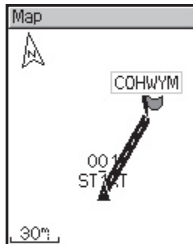


NAVIGATION

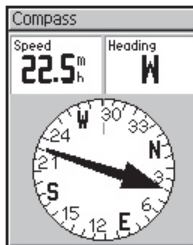
- Use the ▲ and ▼ **arrows** to select the location from the list. As you scroll, direction and distance information for each location appears below the list.



- Select the location.
- Select **GoTo**. A straight line on the map directs you to the location.



- Press **mode** to view the Compass page.



**To stop navigating to a location:**

1. Press **mode** to access the **Main Menu**.
2. Select **Navigation > Stop GoTo**.

To edit a location:

1. Press **mode** to access the **Main Menu**.
2. Select **Navigation > Find**.
3. Select the location.
4. Select the name or symbol, and make any necessary changes.
5. Press **mode** to exit.

To delete a location:

1. Press **mode** to access the **Main Menu**.
2. Select **Navigation > Find**.
3. Select the location.

4. Select **Delete**. Select **Yes** to confirm.

Navigating with Routes

A route provides straight line directions between two or more points on the map. After you create locations, you can use these points to build routes. Then you can save the routes and use them to navigate at any time. The Compass page also appears for routes.

To create a route:

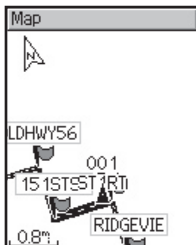
1. Press **mode** to access the **Main Menu**.
2. Select **Navigation > Routes**.
3. Select **New** to add a location to your route.





NAVIGATION

4. Select the location from the list, and then select **Use**.
5. Repeat steps 3 and 4 to add more locations to your route.
6. When you are finished adding locations, select **Navigate**.
7. Press **start/stop**. Your route appears on the Map page as a dark line connecting each location.



To find and follow a route:

1. Press **mode** to access Menu mode.
2. Select **Navigation > Routes**.
3. Select the route you want to follow. Select **Navigate**.
4. Press **start/stop**. Your route appears on the Map page as a dark line connecting each location.

To stop navigating a route:

1. Press **mode** to access the **Main Menu**.
2. Select **Navigation > Stop Route**.

To edit a route:

1. Press **mode** to access Menu mode.
2. Select **Navigation > Routes**.





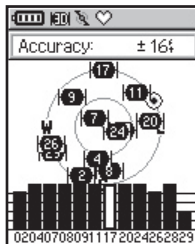
3. Select the route you want to edit. A menu appears.
4. Select **Edit**.
5. When you are finished making changes, select **Navigate** or press **mode** to exit.

To delete a route:

1. Press **mode** to access Menu mode.
2. Select **Navigation > Routes**.
3. Select the route you want to delete. A menu appears.
4. Select **Delete**. Select **Yes** to confirm.

Viewing GPS Information

The Satellite page displays information about the GPS signals the Edge is currently receiving. Press **mode** to access the Satellite page.



Each GPS satellite in space has a specific number that identifies it. The numbers of several GPS satellites appear on the circular graphic in the middle of the page.





NAVIGATION

The number corresponds to the current position of that satellite in space. Each highlighted number on the graphic corresponds to a satellite from which the Edge is currently receiving signals. The black bars under the graphic represent the strength of each satellite signal received (the number of the satellite appears below each bar).

About GPS

The Global Positioning System (GPS) is a satellite-based navigation system made up of a network of 24 satellites placed into orbit by the United States Department of Defense. GPS was originally intended for military applications, but in the 1980s, the government made the system available for civilian use. GPS

works in any weather conditions, anywhere in the world, 24 hours a day. There are no subscription fees or setup charges to use GPS.

For more information, visit www.garmin.com/aboutGPS.



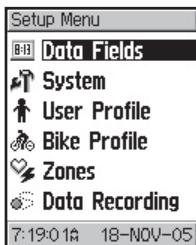


CUSTOMIZING

You can customize data fields, general settings, bike and user profiles, heart rate and speed zones, and data recording.

***TIP:** When finished selecting options or entering values on your Edge, press the **mode** button to exit.*

To open the Setup Menu page:
Press **mode** to access the **Main Menu**. Select **Settings**.



Setting Up Custom Data Fields

You can set up custom data fields for the following Edge pages:

- Bike Computer 1
- Bike Computer 2
- Map
- Workouts
- Courses

For a complete listing of the available data fields for your Edge, see [pages 63-68](#).

To set data fields:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Data Fields**.
3. Select one of the pages listed.





CUSTOMIZING

- Select the number of data fields you want to see on this page.
- Use the **▲** and **▼** arrows and **enter** key to change the data fields. Press **mode** when done.

Workout	
Time 00:00:00.00	
Speed 0.0 ^m _h	Distance 0 ^f _t
Dist To Go 3 ^f _t	Time To Go --:--
Crs Pt Dist [P] --:-- ^m _i	Max Speed 0.0 ^m _h

- Repeat for each page you wish to customize.

Sample Data Field Configurations

Bike Computer 1	
Time 00:00:00.00	
Speed 0.0 ^m _h	Distance 0 ^f _t
Time of Day 7:09 ^A _M	Calories 0 ^{Cal}

Default data fields for Bike Computer 1 page

Bike Computer 1	
Time 00:00	Speed 0.0 ^m _h
Distance 0 ^f _t	Time of Day 7:12 ^A _M
Calories 0 ^{Cal}	Heart Rate -- ^B _P ^M
Cadence -- ^R _P ^M	Elevation 1213 ^f _t

Optional data fields for Bike Computer 1 page

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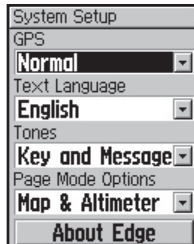


Changing System Settings

System settings you can configure to suit your training preferences include general Edge setup, display, map, units, time, and accessories.

To change general setup:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > General**. From this page, you can change the **GPS** mode, **Text Language**, **Tones**, and **Page Mode Options**.



To use the Edge indoors:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > General > GPS**.
3. Select **GPS Off**.

NOTE: When GPS is off, speed and distance data are not available, unless you are using the Edge 305 with the GSC10. The next time you turn on the Edge, it will search for satellite signals again.

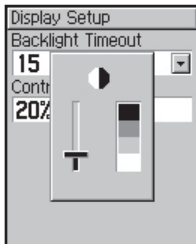




CUSTOMIZING

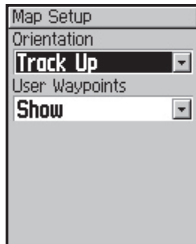
To change display setup:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > Display**.
3. From this page, you can change the **Backlight Timeout** and **Contrast**.



To change map setup:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > Map**.
3. Select the map **Orientation**:
North Up—display the map with North at the top.
Track Up—display the map with your direction of travel at the top.
4. You can also choose to show or hide **User Waypoints** on the Map page.

**To change units setup:**

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System.> Units**.
3. Select **Statute** or **Metric** for your Edge data.

4. (Edge 305 only). Select **Beats per Minute** or **% Max HR** for your heart rate data. For more information on heart rate data, see [pages 70-74](#).

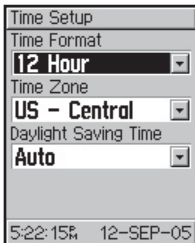




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To change time setup:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > Time**.
3. From this page, you can change the **Time Format**, **Time Zone**, and **Daylight Saving Time**.



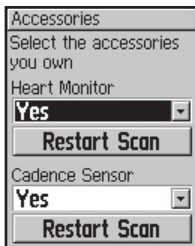
To turn off or restart scanning for Edge 305 accessories:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > Accessories**.
3. In the **Heart Monitor** or **Cadence Sensor** fields, select **No** to turn off the accessory.

Or

Select **Restart Scan** if you are having trouble receiving heart rate or cadence data. Make sure there are no other sensors around you.





Updating User Profile

To update your user profile, see [page 19](#).

Changing Bike Profile

You can save up to three bike profiles on the Edge.

To change your bike profile:

1. Press **mode** to access the **Main Menu**.

2. Select **Settings > Bike Profile**.
3. Select the bike profile you wish to use.
4. Make changes to the profile, if necessary. See [page 20](#).
5. Press **mode** to exit.

Setting Zones

From the **Main Menu**, select **Settings > Zones** to set up Edge speed and heart rate zones.

Speed Zones

Your Edge contains several different speed zones, ranging from very slow (Climb 4) to very fast (Max Speed). The values for these speed zones are entered by default and may not match your personal abilities. After you enter appropriate speed zones,





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you can use these zones to set your speed alerts or use them as targets in advanced workouts.

For more about alerts, see [page 24](#). For more about advanced workouts, see [page 34](#).

To change your speed zones:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Zones**.
Edge 305 users must also select **Speed Zones**.

Zones	
Climb 4	
1.0 ^m	4.0 ^m
Climb 3	
4.0 ^m	8.0 ^m
Climb 2	
8.0 ^m	12.0 ^m
Climb 1	
12.0 ^m	16.0 ^m

3. Select the zone you want to change. Enter a minimum speed for that zone. Then enter a maximum speed for that zone.
4. Repeat step 2 for each zone you want to change.
5. Press **mode** to exit.

Setting Your Heart Rate Zones

A heart rate zone is a specified range of heart beats per minute. Heart rate zones are generally based on a percentage of your maximum heart rate and are numbered from 1 to 5 based on intensity (1–lowest, 5–highest).

If you know your maximum heart rate, you can enter it and allow the Edge to calculate your heart

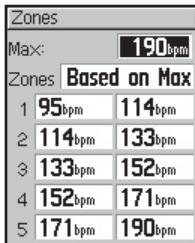




rate zones automatically. You can also enter your heart rate zones manually.

To base heart rate zones on your max HR:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Zones > HR Zones**.



Zones	
Max:	190 bpm
Zones	Based on Max
1	95 bpm 114 bpm
2	114 bpm 133 bpm
3	133 bpm 152 bpm
4	152 bpm 171 bpm
5	171 bpm 190 bpm

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

4. Select the **Zones** field, and select **Based on Max**.

To change your heart rate zones manually:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Zones > HR Zones**.
3. Select the **Zones** field, and select **Custom**.
4. Select any heart rate zone, and select a heart rate value you want to change. Enter a heart rate value.
5. Repeat step 3 for each heart rate zone you want to change.
6. Press **mode** to exit.





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Data Recording

When set to Every Second, the Edge can record up to 3.5 hours of data at the rate of one point every second. The result is an extremely accurate recording of your ride data. You can also choose to use Smart Recording for longer rides. Smart Recording picks up key points where you change direction and speed. Smart Recording is also a very accurate account of your Edge ride data.

WARNING: *When the Edge memory is full, older data is overwritten. Be sure to transfer history to Training Center often.*

To change data recording setup:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Data Recording**.
3. In the **Record Data Points** field, select **Every Second** or **Smart Recording**.
4. Press **mode** to exit.





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Edge Data Fields

The following table lists all of the Edge 205 and 305 data fields and descriptions. * Denotes a field showing statute or metric units. To change your Edge unit settings, select **Main Menu > Settings > Unit**.

Data Field	Description	Edge 205	Edge 305
Cadence	Revolutions of the crank arm per minute.		•
Cadence - Avg	Average cadence for the duration of your current ride.		•
Cadence - Lap	Average cadence for current lap.		•
Calories	Amount of calories burned.	•	•
Distance *	Distance traveled on current ride.	•	•





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Data Field	Description	Edge 205	Edge 305
Dist – Lap *	Distance traveled in current lap.	•	•
Dist – Last Lap *	Distance of last completed lap.	•	•
Dist – Paused *	Distance covered while timer in Auto Pause.	•	•
Elevation *	Distance above/below sea level.	•	•
GPS Accuracy *	Margin of error for your exact location. For example, your GPS location is accurate to within +/- 19 ft.	•	•





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Data Field	Description	Edge 205	Edge 305
Grade	Calculation of rise over run. For example, if for every 1 foot you climb (elevation) you travel 2 feet (distance), your grade is 50%.	•	•
Heading	Current direction you are traveling.	•	•
Heart Rate	Heart beats per minute (bpm).		•
Heart Rate – Avg	Average heart rate for the duration of your current ride.		•
Heart Rate – Lap	Average heart rate in current lap.		•





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Data Field	Description	Edge 205	Edge 305
Heart Rate Zone	Current range of heart rate (1–5). The default zones are based on your maximum heart rate and user profile.		•
Laps	Number of laps completed.	•	•
Speed *	Current speed.	•	•
Speed – Avg *	Average speed (mph or kph) for the duration of your current ride.	•	•
Speed – Lap *	Average speed in current lap.	•	•
Speed – Max *	Top speed achieved during current ride.	•	•





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Data Field	Description	Edge 205	Edge 305
Speed Zone	Current range of speed based on default or custom settings: Climb 1–4, Flat 1–3, Descent, Sprint, and Max Speed.	•	•
Sunrise	Approximate time of sunrise based on your GPS position.	•	•
Sunset	Time of sunset based on your GPS position.	•	•
Time	Stopwatch time.	•	•
Time – Avg Lap	Average time to complete the laps so far.	•	•
Time – Lap	Amount of time in current lap.	•	•
Time – Last Lap	Length of time to complete the last full lap.	•	•





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Data Field	Description	Edge 205	Edge 305
Time – Paused	Time elapsed while timer in Auto Pause.	•	•
Time of Day	Current time of day based on your time settings (format, time zone, and daylight saving time).	•	•
Total Ascent *	Total elevation gain for current ride.		•
Total Descent *	Total elevation lost for current ride.		•





Edge Accessories

Accessory	Part Number
GSC10 speed and cadence sensor	010-10644-00
Heart rate monitor and strap	010-10645-00
Cigarette lighter adapter	010-10563-00
HRM elastic strap replacement	010-10714-00
Carry case	010-10718-00
Mount replacement kit	010-10725-00
GSC10 magnet replacement kit	010-10729-00
AC wall brick charger (Americas)	010-10635-00
AC wall brick charger (Europe)	010-10635-01
USB cable replacement	010-10477-03

To purchase additional accessories for your Edge, go to the Garmin Web site: <http://shop.garmin.com>.





APPENDIX

Viewing Heart Rate Data

You can configure your Edge to display different heart rate data: current heart rate, average heart rate, and heart rate zone, which can help you determine the intensity of your training. For example, you can add heart rate to your Bike Computer page or heart rate zone to your Workout page.

To add or modify data fields, see [page 53](#).

For a complete listing of available data fields, see [page 63](#).

Heart rate information is also displayed as history data. Read more about history on [page 42](#).

Training with Heart Rate Zones

Many cyclists and other athletes are using heart rate “zones” to measure and increase their cardiovascular strength and improve their level of fitness.

What are heart rate zones?

A heart rate zone is simply a range of heartbeats per minute (bpm). The five commonly accepted heart rate zones are numbered from 1–5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate. See Table 1 to learn some of the effects of exercise as your heart rate reaches each of these zones during a workout.





How do heart rate zones impact your 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.
- Knowing your heart rate zones can prevent you from overtraining and decrease your risk of injury.

See Table 1 on [page 72](#) to learn about the benefits of training in each heart rate zone.

How can I determine my heart rate zones?

If you know your maximum heart rate, you can enter it and allow the Edge to calculate your heart rate zones based on the percentages shown in Table 1 on [page 72](#). For more information on setting your heart rate zones, see [page 60](#).





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Table 1

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%	Pace comfortable; slightly deeper breathing, conversation possible	Basic cardiovascular training; good recovery pace
3	70%–80%	Pace moderate; more difficult to hold conversation	Improved aerobic capacity; optimal cardiovascular training
4	80%–90%	Pace fast and a bit uncomfortable; breathing forceful	Improved anaerobic capacity and threshold; improved speed
5	90%– 100%	Pace a sprinting effort, unsustainable for long period of time; labored breathing	Anaerobic and muscular endurance; increased power





Sensor Pairing

What is pairing?

Pairing is the process of matching sensors, like your heart rate monitor and GSC10, with your Edge 305. This process occurs automatically when you turn on the Edge and only takes a few seconds when the sensors are on and functioning correctly. Once paired, your Edge will only receive data from your sensor.

How does it work?

Upon power up, the Edge will automatically scan for the sensors you have enabled during initial setup (see [page 12](#)) or accessories setup (see [page 58](#)). Each sensor has a unique ID. The Edge learns and saves this unique ID while pairing the first time. The next time you turn the Edge on, it will only pair with the unique sensor ID. If the Edge does not find the sensor, you should restart the scan to find your sensor ID.





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Pairing Tips

If you have trouble pairing, or if the readings are erratic, try the following suggestions.

- Position the Edge within 3 meters of the sensor while pairing.
- Stay far away from any other sensors while pairing.
- Restart scan if your Edge appears to be paired with another sensor (see [page 58](#)).
- Make sure to enable the sensors on the Edge (see [page 58](#)).
- Make sure the sensors are functioning correctly.
- Replace the battery.

- Clean the sensors. Dirt and sweat build-up on the can weaken signals.

For heart rate monitor only:

- Reapply moisture. Use electrode gel, water, or saliva.
- Make sure the heart rate monitor is snug against your body. If you have trouble with erratic readings, position the transmitter on your back.
- Wear a cotton shirt, or wet your shirt. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.





Training with Cadence

Cadence is your rate of pedaling or “spinning” measured by the amount of revolutions of the crank arm per minute (rpm).

There are two sensors on the GSC10: one for cadence and one for speed. Cadence data from the GSC10 is always recorded. The speed data from the GSC10 is only recorded and used for distance calculation when GPS signal is weak or GPS is turned off.

For information about setting and using cadence alerts, see [page 27](#).

Barometric Altimeter

The Edge 305 contains a barometric altimeter for extremely accurate elevation and vertical profile data.

Press **mode** to view the Altimeter page. Once you start the timer and begin to move, a black line, shaded gray below, appears on the page, plotting elevation during your ride. At the bottom of the page, you can view the zoom level. To zoom in or out on the page, press the ▲ and ▼ **arrows**. At the top of the map page, your elevation and total ascent data appears.

NOTE: You cannot customize the data fields on the Altimeter page.





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Garmin Training Center

The Garmin Training Center software is included in the Edge product box. Locate the Training Center CD and use it to install Training Center on your personal computer.

Training Center software allows you to overlay your ride data onto a map. It offers interactive analysis tools that measure your speed, distance, climb, and descent against varying terrain, elevation and more. Create and schedule custom courses and workouts or use workout templates and download them to the Edge.

To install Training Center:

1. Insert the Training Center CD into your computer's CD-ROM drive. Your computer should automatically run the start-up file and display a welcome screen.
2. If the welcome screen does not appear, click **Start** and then click **Run....** Type in the drive letter of your CD-ROM drive followed by "setup" (example: D:\setup). Then press **Enter**.
3. When the welcome screen appears, click **Install Training Center**. Then click **Next**.
4. Click **I accept the terms of the license agreement**. Then click **Next**.



5. Click **Next** to accept the default file location.
6. Click **Install**.
7. Wait while necessary files are saved to your computer. When the InstallShield Wizard Complete screen appears, click **Finish**.

Now you can begin using Training Center. Use the USB cable from the product box to connect your Edge to your computer. Then open Training Center. For help using Training Center, click the **Help** menu and select **Contents**, or press **F1** on your keyboard.

Caring for the Edge

The Edge is constructed of high quality materials and does not require user maintenance other

than cleaning. Clean the unit and the heart rate monitor using a cloth dampened with a mild detergent solution and then wipe dry. Avoid chemical cleaners and solvents that may damage plastic components.

Storage

Do not store the Edge where prolonged exposure to temperature extremes may occur (such as in the trunk of a car), as permanent damage may result. User information, such as workout history, locations, and tracks, is retained indefinitely in the unit's memory without the need for external power. It is always a good practice to back up important user data by manually recording it or downloading it to a personal





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computer. PC software for the Edge is included in the product box.

Water Immersion

The Edge is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe dry and air dry the unit before using or charging.

Product Support

To resolve problems that cannot be remedied using this guide, contact Garmin Product Support at 800/800.1020 in the U.S.A. or 44/0870.8501241 in Europe.

Specifications

Physical

Case: Fully-sealed, high-impact plastic alloy, waterproof to IEC 60529 IPX7 standards (waterproof to 1 m for 30 minutes)

Size: 1.75" W x 3.7" H x 0.9" D (44 mm x 94 mm x 23 mm)

Weight: Approx. 88 g

Display: 128 x 160 pixels, 1.17" W x 1.44" H (29.65 mm x 36.69 mm)

Antenna: Internal patch

Power

Input: 910 mAh rechargeable, built-in, lithium-ion battery

Battery Life: 12 hours, typical use





Performance

Receiver: High-sensitivity integrated GPS receiver by SiRF

Acquisition Time:

Hot Start: < 1 second

Warm Start: < 38 seconds

Cold Start: < 45 seconds

Update Rate: 1/second, continuous

GPS Position Accuracy*:

< 10 meters 50%, typical

GPS Velocity Accuracy*:

< 0.05 m/s

Dynamics: Performs to specifications to 6 g's

Operating Temperature Range:

-4° F to 140° F (-20° C to 60° C)

²Accuracy depends on view of the sky. 99%—clear view; 95%—typical.

Heart Rate Monitor

Physical size (WxHxD): 13.7" x 1.4" x 0.5"

Transmission range: approximately 3 m

Battery: CR2032 (3 volts)

Battery life: approximately 3 years (1 hour per day)

Weight: 21 g

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from transmitter.





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GSC10 Speed and Cadence Sensor

Physical size (WxHxD): 2.0" x 1.2" x 0.9" (not including adjustable speed sensing arm)

Transmission range: approximately 3 m

Battery: CR2032 (3 volts)

Battery life: approximately 1.4 years (1 hour per day)

Weight: 25 g

NOTE: *Specifications subject to change without notice.*

Product Registration

Help us better support you by completing our online registration today! Have the serial number of your Edge handy and connect to our Web site (www.garmin.com). Look for the Product Registration link on our home page.

Use this area to record the serial number (8-digit number located on the back of the unit) in case your Edge is lost, stolen, or needs service. Be sure to keep your original sales receipt in a safe place or attach a photocopy inside the manual.

Serial Number: ____ ____ ____
____ ____ ____ ____





Contact Garmin

If you should encounter any difficulty while using your Edge, or if you have any questions, in the U.S.A. contact Garmin Product Support by phone: 913/397.8200 or 800/800.1020, Monday–Friday, 8 am–5 pm Central Time; or by e-mail at sales@garmin.com.

In Europe, contact Garmin (Europe) Ltd. at 44/0870.8501241.

Replacing the Battery

The heart rate and GSC10 monitor contain a user-replaceable CR2032 battery. Be sure to dispose of properly. To replace the battery, locate the circular battery cover on the back of the heart rate monitor or the side of the GSC10. Use a coin to twist the cover counter-clockwise until it is loose enough to remove. Remove the cover and replace the battery. Be careful not to damage or lose the o-ring gasket on the cover. Then use a coin to twist the cover back into place.



APPENDIX

Safety Information



Warning

Failure to avoid the following potentially hazardous situations could result in an accident or collision resulting in death or serious injury.

When navigating, carefully compare information displayed on the Edge to all available navigation sources, including information from visual sightings, and maps. For safety, always resolve any discrepancies or questions before continuing navigation.

The Edge contains a non-user-replaceable, rechargeable lithium-ion battery. The GSC10 and heart rate monitor contain a replaceable CR2032 battery. The batteries may present a risk of fire or chemical burn if mistreated.

- Do not recharge out of the unit, disassemble, heat above 140°F (60°C), or incinerate.
- Keep used battery away from children.
- Dispose of used battery or unit

properly. Contact your local waste disposal department for information on properly disposing of lithium-ion batteries.

This product, its packaging, and its components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is being provided in accordance with California's Proposition 65. If you have any questions or would like additional information, please refer to our Web site at www.garmin.com/prop65.

The Edge has no user-serviceable parts. Should you ever encounter a problem with your unit, please take it to an authorized Garmin dealer for repairs.

Always consult your physician before beginning or modifying any exercise program. If you have a pacemaker or other implanted electronic device, consult your physician prior to using a heart rate monitor.





Caution

Failure to avoid the following potentially hazardous situations may result in injury or property damage.

Use the Edge only as a navigational aid. Do not attempt to use the Edge for any purpose requiring precise measurement of direction, distance, location, or topography. This product should not be used to determine ground proximity for aircraft navigation.

The Global Positioning System (GPS) is operated by the United States government, which is solely responsible for its accuracy and maintenance. The government's system is subject to changes which could affect the accuracy and performance of all GPS equipment, including the Edge. Although the Edge is a precision navigation device, any navigation device can be misused or misinterpreted and, therefore, become unsafe.

The Edge, heart rate monitor, and GSC10 speed and cadence sensor are consumer devices, not medical devices, and could suffer from interference from external electrical sources. The heart rate readings are for reference only and no responsibility can be accepted for the consequences of any erroneous readings.

Use the Edge at your own risk. To reduce the risk of unsafe operation, carefully review and understand all aspects of this *Owner's Manual*. When in actual use, carefully compare indications from the Edge to all available navigation sources, including information from other NAVAIDS, visual sightings, charts, etc. For safety, always resolve any discrepancies before continuing navigation.





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Limited Warranty

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will at its sole option repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not cover failures due to abuse, misuse, accident, or unauthorized alteration or repairs.

THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES EXPRESS OR IMPLIED OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR OTHERWISE. THIS WARRANTY GIVES YOU SPECIFIC

LEGAL RIGHTS, WHICH MAY VARY FROM STATE TO STATE.

IN NO EVENT SHALL GARMIN BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE, OR INABILITY TO USE THIS PRODUCT OR FROM DEFECTS IN THE PRODUCT. Some states do not allow the exclusion of incidental or consequential damages, so the above limitations may not apply to you.

Garmin retains the exclusive right to repair or replace the unit or software or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

To obtain warranty service, contact your local Garmin authorized dealer or call Garmin Product Support for shipping instructions and an RMA tracking number. The unit should be securely





packed with the tracking number clearly written on the outside of the package. The unit should then be sent, freight charges prepaid, to any Garmin warranty service station. A copy of the original sales receipt is required as the proof of purchase for warranty repairs.

Garmin International, Inc.
Tel. 913/397.8200, Fax. 913/397.8282

Garmin (Europe) Ltd.
Tel. 44/0870.8501241, Fax
44/0870.8501251

Online Auction Purchases: Products sold through online auctions are not eligible for rebates or other special offers from Garmin. Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. Garmin will not replace missing components from any package purchased through an online auction.

International Purchases: A separate warranty is provided by international

distributors for units purchased outside the United States. This warranty is provided by the local in-country distributor, and this distributor provides local service for your unit. Distributor warranties are only valid in the area of intended distribution. Units purchased in the United States or Canada must be returned to the Garmin service center in the United Kingdom, the United States, Canada, or Taiwan for service.

The Edge is fastened shut with screws. Any attempt to open the case to change or modify the unit in any way will void your warranty and may result in permanent damage to the equipment.

FCC Compliance

The Edge complies with Part 15 of the FCC interference limits for Class B digital devices FOR HOME OR OFFICE USE. These limits are designed to provide more reasonable protection against harmful interference in a residential installation, and are more





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stringent than “outdoor” requirements.

Operation of this device is subject to the following conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The Edge does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.





Software License Agreement

BY USING THE EDGE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin grants you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin.

You acknowledge that the Software is the property of Garmin and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software are valuable trade secrets of Garmin and that the Software in source code form remains a valuable trade

secret of Garmin. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America.





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Web site at www.garmin.com.**



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