



- 2 Go to [www.garminconnect.com](http://www.garminconnect.com).
- 3 Create and save a new workout.
- 4 Select **Send to Device**, and follow the on-screen instructions.
- 5 Disconnect the device.

### Starting a Workout

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

- 1 From the watch face, select .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > My Workouts**.
- 5 Select a workout.

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

- 6 Select **Do Workout**.
- 7 Select  to start the timer.

After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data.


### About the Training Calendar

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

#### Using Garmin Connect Training Plans

Before you can download and use a training plan from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect, page 6](#)).


You can browse Garmin Connect to find a training plan, schedule workouts and courses, and download the plan to your device.

- 1 Connect the device to your computer.
- 2 Go to [www.garminconnect.com](http://www.garminconnect.com).
- 3 Select and schedule a training plan.
- 4 Review the training plan in your calendar.
- 5 Select , and follow the on-screen instructions.


### 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


- 1 From the watch face, select .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > Intervals > Edit > Interval > Type**.
- 5 Select **Distance, Time, or Open**.

**TIP:** You can create an open-ended interval by selecting the Open option.

- 6 Select **Duration**, enter a distance or time interval value for the workout, and select .
- 7 Select **BACK**.

- 8 Select **Rest > Type**.

- 9 Select **Distance, Time, or Open**.



- 10 If necessary, enter a distance or time value for the rest interval, and select .

- 11 Select **BACK**.

- 12 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 .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > Intervals > Do Workout**.
- 5 Select  to start the timer.
- 6 When your interval workout has a warm up, select **LAP** to begin the first interval.
- 7 Follow the on-screen instructions.

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

### Stopping an Interval Workout

- At any time, select **LAP** 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 **LAP** to end the interval workout and transition to a timer that can be used for cool down.
- At any time, select  to stop the timer. You can resume the timer or end the interval workout.

### Segments

You can send running or cycling segments from your Garmin Connect account to your device. After a segment is saved to your device, you can race a segment, trying to match or exceed your personal record or other participants who have raced the segment.

**NOTE:** When you download a course from your Garmin Connect account, you can download all of the available segments in the course.


#### Strava™ Segments

You can download Strava segments to your fēnix 5/5S/5X Plus device. Follow Strava segments to compare your performance with your past rides, friends, and pros who have ridden the same segment.

To sign up for a Strava membership, go to the segments widget in your Garmin Connect account. For more information, go to [www.strava.com](http://www.strava.com).

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

#### Viewing Segment Details


- 1 Select .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > Segments**.
- 5 Select a segment.
- 6 Select an option:
  - Select **Race Time** to view the time and average speed or pace for the segment leader.
  - Select **Map** to view the segment on the map.

- Select **Elevation Plot** to view an elevation plot of the segment.

## Racing a Segment

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

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

- 1 Select .
- 2 Select an activity.
- 3 Go for a run or ride.

When you approach a segment, a message appears, and you can race the segment.


- 4 Start racing the segment.

A message appears when the segment is complete.

## Setting a Segment to Adjust Automatically

You can set your device to automatically adjust the target race time of a segment based on your performance during the segment.

**NOTE:** This setting is enabled for all segments by default.

- 1 Select .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > Segments > Auto Effort**.

## Using Virtual Partner®


Your Virtual Partner is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner and race against it.

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

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.
- 4 Select the activity settings.
- 5 Select **Data Screens > Add New > Virtual Partner**.
- 6 Enter a pace or speed value.
- 7 Start your activity (*Starting an Activity, page 2*).
- 8 Select **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

## Setting a Training Target

The training target feature works with the Virtual Partner feature so you can train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the device gives you real-time feedback about how close you are to achieving your training target.

- 1 From the watch face, select .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > Set a Target**.
- 5 Select an option:
  - Select **Distance Only** to select a preset distance or enter a custom distance.
  - Select **Distance and Time** to select a distance and time target.

- Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.

The training target screen appears and displays your estimated finish time. The estimated finish time is based on your current performance and the time remaining.

- 6 Select  to start the timer.


## Cancelling a Training Target



- 1 During an activity, hold **MENU**.
- 2 Select **Cancel Target > Yes**.

## Racing a Previous Activity

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

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

- 1 From the watch face, select .
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Training > Race an Activity**.
- 5 Select an option:
  - Select **From History** to select a previously recorded activity from your device.
  - Select **Downloaded** to select an activity you downloaded from your Garmin Connect account.
- 6 Select the activity.
 

The Virtual Partner screen appears indicating your estimated finish time.
- 7 Select  to start the timer.
- 8 After you complete your activity, select  > **Save**.

## Personal Records

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

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

## Viewing Your Personal Records

- 1 Hold **MENU**.
- 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 Hold **MENU**.
- 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 Hold **MENU**.
- 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 Hold **MENU**.

2 Select **History > Records**.

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

3 Select a sport.

4 Select **Clear All Records > Yes**.

The records are deleted for that sport only.

## Clock

### Setting an Alarm

You can set up to ten separate alarms. You can set each alarm to sound once or to repeat regularly.

1 From the watch face, hold **MENU**.

2 Select **Clock > Alarm Clock > Add Alarm**.

3 Select **Time**, and enter the alarm time.

4 Select **Repeat**, and select when the alarm should repeat (optional).

5 Select **Sounds**, and select a type of notification (optional).

6 Select **Backlight > On** to turn on the backlight with the alarm.

7 Select **Label**, and select a description for the alarm (optional).

### Deleting an Alarm

1 From the watch face, hold **MENU**.

2 Select **Clock > Alarm Clock**.

3 Select an alarm.

4 Select **Delete**.

### Starting the Countdown Timer

1 From the watch face, hold **MENU**.

2 Select **Clock > Timer**.

3 Enter the time.

4 If necessary, select **Restart > On** to automatically restart the timer after it expires.

5 If necessary, select **Sounds**, and select a type of notification.

6 Select **Start Timer**.

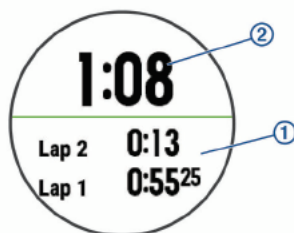
### Using the Stopwatch

1 From the watch face, hold **MENU**.

2 Select **Clock > Stopwatch**.

3 Select **▲** to start the timer.

4 Select **LAP** to restart the lap timer<sup>①</sup>.



The total stopwatch time <sup>②</sup> continues running.

5 Select **▲** to stop both timers.

6 Select an option.

### Adding Alternate Time Zones

You can display the current time of day in additional time zones on the Alt. Time Zones widget. You can add up to four alternate time zones.

**NOTE:** You may need to add the Alt. Time Zones widget to the widget loop.

1 From the watch face, hold **MENU**.

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

3 Select a time zone.

4 If necessary, select **Yes** to rename the zone.

### Setting Clock Alerts

1 From the watch face, hold **MENU**.

2 Select **Clock > Alerts**.

3 Select an option:

- To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset > Status > On**, select **Time**, and enter the time.
- To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise > Status > On**, select **Time**, and enter the time.
- To set an alert to sound every hour, select **Hourly > On**.

### Syncing the Time with GPS

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

1 From the watch face, hold **MENU**.

2 Select **Clock > Sync With GPS**.

3 Wait while the device locates satellites (*Acquiring Satellite Signals*, page 33).

## Navigation

### Saving Your Location

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

1 Hold **LIGHT**.

2 Select **📍**.

3 Follow the on-screen instructions.

### Editing Your Saved Locations

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

1 From the watch face, select **▲ > Navigate > Saved Locations**.

2 Select a saved location.

3 Select an option to edit the location.

### Projecting a Waypoint

You can create a new location by projecting the distance and bearing from your current location to a new location.

1 If necessary, select **▲ > Add > Project Wpt.** to add the project waypoint app to the apps list.

2 Select **Yes** to add the app to your list of favorites.

3 From the watch face, select **▲ > Project Wpt.**

4 Select **UP** or **DOWN** to set the heading.

5 Select **▲**.

6 Select **DOWN** to select a unit of measure.

7 Select **UP** to enter the distance.

8 Select **▲** to save.

The projected waypoint is saved with a default name.

## Navigating to a Destination

You can use your device to navigate to a destination or follow a course.

1 From the watch face, select **▲** > **Navigate**.

2 Select a category.

3 Respond to the on-screen prompts to choose a destination.

4 Select **Go To**.

Navigation information appears.

5 Select **▲** to begin navigation.

## Navigating to a Point of Interest

If the map data installed on your device includes points of interest, you can navigate to them.

1 From the watch face, select **▲**.

2 Select an activity.

3 Hold **MENU**.

4 Select **Navigation** > **Points of Interest**, and select a category.

A list of points of interest near your current location appears.

5 If necessary, select an option:

- To search near a different location, select **Search Near**, and select a location.
- To search for a point of interest by name, select **Spell Search**, enter a name, select **Search Near**, and select a location.

6 Select a point of interest from the search results.

7 Select **Go**.

Navigation information appears.

8 Select **▲** to begin navigation.

## Points of Interest

A point of interest is a place that you may find useful or interesting. Points of interest are organized by category and can include popular travel destinations such as gas stations, restaurants, hotels, and entertainment venues.

## Creating and Following a Course on Your Device

1 From the watch face, select **▲** > **Navigate** > **Courses** > **Create New**.

2 Enter a name for the course, and select **✓**.

3 Select **Add Location**.

4 Select an option.

5 If necessary, repeat steps 3 and 4.

6 Select **Done** > **Do Course**.

Navigation information appears.

7 Select **▲** to begin navigation.

## Creating a Round-Trip Course

The device can create a round-trip course based on a specified distance and direction of navigation.

1 From the watch face, select **▲**.

2 Select **Run** or **Bike**.

3 Hold **MENU**.

4 Select **Navigation** > **Round-Trip Course**.

5 Enter the total distance for the course.

6 Select a direction heading.

The device creates up to three courses. You can select **DOWN** to view the courses.

7 Select **▲** to select a course.

8 Select an option:

- To begin navigation, select **Go**.
- To view the course on the map and pan or zoom the map, select **Map**.
- To view a list of turns in the course, select **Turn By Turn**.
- To view an elevation plot of the course, select **Elevation Plot**.

## Marking and Starting Navigation to a Man Overboard Location

You can save a man overboard (MOB) location, and automatically start navigation back to it.

**TIP:** You can customize the hold function of the keys to access the MOB function (*Customizing the Hot Keys*, page 30).

From the watch face, select **▲** > **Navigate** > **Last MOB**.

Navigation information appears.

## Navigating with Sight 'N Go

You can point the device at an object in the distance, such as a water tower, lock in the direction, and then navigate to the object.

1 From the watch face, select **▲** > **Navigate** > **Sight 'N Go**.

2 Point the top of the watch at an object, and select **▲**.

Navigation information appears.

3 Select **▲** to begin navigation.

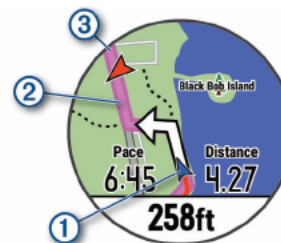
## Navigating to Your Starting Point During an Activity

You can navigate back to the starting point of your current activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.

1 During an activity, select **▲** > **Back to Start**.

2 Select an option:

- To navigate back to the starting point of your activity along the path you traveled, select **TracBack**.
- If you do not have a supported map or are using direct routing, select **Route** to navigate back to the starting point of your activity in a straight line.
- If you are not using direct routing, select **Route** to navigate back to the starting point of your activity using turn-by-turn directions.



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

## Navigating to the Starting Point of Your Last Saved Activity

You can navigate back to the starting point of your last saved activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.

1 Select **▲** > **Navigate** > **Back to Start** > **Route**.

Turn-by-turn directions help you navigate to the starting point of your last saved activity if you have a supported map or are using direct routing. A line appears on the map from your current location to the starting point of the last saved activity if you are not using direct routing.

**NOTE:** You can start the timer to prevent the device from timing out to watch mode.

- 2 Select **DOWN** to view the compass (optional).  
The arrow points toward your starting point.

## Stopping Navigation

- 1 During an activity, hold **MENU**.
- 2 Select **Stop Navigation**.

## Map

Your device comes preloaded with maps and can display several types of Garmin map data, including topographical contours and nearby points of interest. To purchase additional map data and view compatibility information, go to [garmin.com/maps](http://garmin.com/maps).

▲ represents your location on the map. When you are navigating to a destination, your route is marked with a line on the map.

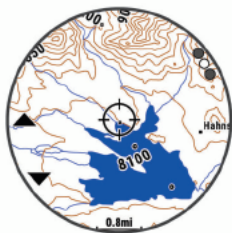
### Viewing the Map

- 1 From the watch face, select ▲ > **Map**.
- 2 Hold **MENU**, and select an option:
  - To pan or zoom the map, select **Pan/Zoom**.  
**TIP:** You can select ▲ to toggle between panning up and down, panning left and right, or zooming. You can hold ▲ to select the point indicated by the crosshairs.
  - To see nearby points of interest and waypoints, select **Around Me**.

### Saving or Navigating to a Location on the Map

You can select any location on the map. You can save the location or start navigating to it.

- 1 From the map, hold **MENU**.
- 2 Select **Pan/Zoom**.  
Controls and crosshairs appear on the map.



- 3 Pan and zoom the map to center the location in the crosshairs.
- 4 Hold ▲ to select the point indicated by the crosshairs.
- 5 If necessary, select a nearby point of interest.
- 6 Select an option:
  - To start navigating to the location, select **Go**.
  - To save the location, select **Save Location**.
  - To view information about the location, select **Review**.

### Navigating with the Around Me Feature

You can use the around me feature to navigate to nearby points of interest and waypoints.

**NOTE:** The map data installed on your device must include points of interest to navigate to them.

- 1 From the map, hold **MENU**.
- 2 Select **Around Me**.

Icons indicating points of interest and waypoints appear on the map.

- 3 Select **UP** or **DOWN** to highlight a section of the map.
- 4 Select ▲.  
A list of points of interest and waypoints in the highlighted map section appear.
- 5 Select ▲ to select a location.
- 6 Select an option:
  - To start navigating to the location, select **Go**.
  - To view the location on the map, select **Map**.
  - To save the location, select **Save Location**.
  - To view information about the location, select **Review**.

## Compass

The device has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination. You can change the compass settings manually ([Compass Settings, page 28](#)). To open the compass settings quickly, you can select ▲ from the compass widget.

## Altimeter and Barometer

The device contains an internal altimeter and barometer. The device collects elevation and pressure data continuously, even in low-power mode. The altimeter displays your approximate elevation based on pressure changes. The barometer displays environmental pressure data based on the fixed elevation where the altimeter was most recently calibrated ([Altimeter Settings, page 29](#)). To open the altimeter or barometer settings quickly, select ▲ from the altimeter or barometer widgets.

## History

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

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

### Using History

History contains previous activities you have saved on your device.

- 1 Hold **MENU**.
- 2 Select **History > Activities**.
- 3 Select an activity.
- 4 Select an option:
  - To view additional information about the activity, select **Details**.
  - To select a lap and view additional information about each lap, select **Laps**.
  - To select an interval and view additional information about each interval, select **Intervals**.
  - To select an exercise set and view additional information about each set, select **Sets**.
  - To view the activity on a map, select **Map**.
  - To view the impact of the activity on your aerobic and anaerobic fitness, select **Training Effect** ([About Training Effect, page 14](#)).
  - To view your time in each heart rate zone, select **Time in Zone** ([Viewing Your Time in Each Heart Rate Zone, page 24](#)).
  - To view an elevation plot of the activity, select **Elevation Plot**.

- To delete the selected activity, select **Delete**.

## Multisport History

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

### Viewing Your Time in Each Heart Rate Zone

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

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

- 1 Hold **MENU**.
- 2 Select **History > Activities**.
- 3 Select an activity.
- 4 Select **Time in Zone**.

## Viewing Data Totals

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

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

## Using the Odometer

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

- 1 Hold **MENU**.
- 2 Select **History > Totals > Odometer**.
- 3 Select **UP** or **DOWN** to view odometer totals.

## Deleting History

- 1 Hold **MENU**.
- 2 Select **History > Options**.
- 3 Select an option:
  - Select **Delete All Activities** to delete all activities from the history.
  - Select **Reset Totals** to reset all distance and time totals.

**NOTE:** This does not delete any saved activities.
- 4 Confirm your selection.

# Customizing Your Device

## 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.

Hold **MENU**, select **Settings > Activities & Apps**, select an activity, and select the activity settings.

**3D Distance:** Calculates your distance traveled using your elevation change and your horizontal movement over ground.

**3D Speed:** Calculates your speed using your elevation change and your horizontal movement over ground ([3D Speed and Distance, page 26](#)).

**Accent Color:** Sets the accent color of each activity to help identify which activity is active.

**Alerts:** Sets the training or navigation alerts for the activity.

**Auto Climb:** Enables the device to detect elevation changes automatically using the built-in altimeter.

**Auto Lap:** Sets the options for the Auto Lap® feature ([Auto Lap, page 26](#)).

**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 26](#)).

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

**Auto Scroll:** Enables you to move through all of the activity data screens automatically while the timer is running ([Using Auto Scroll, page 26](#)).

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

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

**ClimbPro:** Displays ascent planning and monitoring screens while navigating.

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

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

**GPS:** Sets the mode for the GPS antenna. Using the GPS + GLONASS or GPS + GALILEO options provides increased performance in challenging environments and faster position acquisition. Using the GPS and another satellite together can reduce battery life more than using the GPS option only. Using the UltraTrac option records track points and sensor data less frequently ([UltraTrac, page 26](#)).

**Lap Key:** Enables you to record a lap or a rest during the activity.

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

**Map:** Sets the display preferences for the map data screen for the activity ([Activity Map Settings, page 25](#)).

**Metronome:** Plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence ([Using the Metronome, page 3](#)).

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

**Power Save Timeout:** Sets the power-save timeout options for the activity ([Power Save Timeout Settings, page 27](#)).

**Rename:** Sets the activity name.

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

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

**Routing:** Sets the preferences for calculating routes for the activity ([Routing Settings, page 25](#)).

**Scoring:** Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

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

**Stat Tracking:** Enables statistics tracking while playing golf.

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

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

## Customizing the Data Screens

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

- 1 Hold **MENU**.
- 2 Select **Settings > 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 a field to change the data that appears in the field.
  - Select **Reorder** to change the location of the data screen in the loop.
  - Select **Remove** to remove the data screen from the loop.
- 8 If necessary, select **Add New** to add a data screen to the loop.  
You can add a custom data screen, or select one of the predefined data screens.

### Adding a Map to an Activity

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

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select the activity to customize.
- 4 Select the activity settings.
- 5 Select **Data Screens > Add New > Map**.

### Alerts

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

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

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

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

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See <a href="#">About Heart Rate Zones, page 17</a> and <a href="#">Heart Rate Zone Calculations, page 17</a> .
Pace	Range	You can set minimum and maximum pace values.
Power	Range	You can set the high or low power level.
Proximity	Event	You can set a radius from a saved location.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.

Alert Name	Alert Type	Description
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

### Setting an Alert

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 4 Select the activity settings.
- 5 Select **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).

### Activity Map Settings

You can customize the appearance of the map data screen for each activity.

Hold **MENU**, select **Settings > Activities & Apps**, select an activity, select the activity settings, and select **Map**.

**Configure Maps:** Shows or hides data from installed map products.

**Use Sys. Settings:** Enables the device to use the preferences from the system map settings.

**Orientation:** Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

**User Locations:** Shows or hides saved locations on the map.

**Auto Zoom:** Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

**Lock on Road:** Locks the position icon, which represents your position on the map, onto the nearest road.

**Track Log:** Shows or hides the track log, or the path you have traveled, as a colored line on the map.

**Track Color:** Changes the track log color.

**Detail:** Sets the amount of detail shown on the map. Showing more detail may cause the map to redraw more slowly.

**Marine:** Sets the map to display data in marine mode ([Marine Map Settings, page 29](#)).

**Draw Segments:** Shows or hides segments, as a colored line on the map.

**Draw Contours:** Shows or hides contour lines on the map.

### Routing Settings

You can change the routing settings to customize the way the device calculates routes for each activity.

Hold **MENU**, select **Settings > Activities & Apps**, select an activity, select the activity settings, and select **Routing**.

**Activity:** Sets an activity for routing. The device calculates routes optimized for the type of activity you are doing.

**Popularity Routing:** Calculates routes based on the most popular runs and rides from Garmin Connect.

**Courses:** Sets how you navigate courses using the device. Use the Follow Course option to navigate a course exactly as it appears, without recalculating. Use the Use Map option to navigate a course using routable maps, and recalculate the route if you stray from the course.

**Calculation Method:** Sets the calculation method to minimize the time, distance, or ascent in routes.

**Avoidances:** Sets the road or transportation types to avoid in routes.

**Type:** Sets the behavior of the pointer that appears during direct routing.

## Auto Lap

### Marking Laps by Distance

You can use Auto Lap to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

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

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (*System Settings*, page 30).

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

### Customizing the Lap Alert Message

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

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

## Enabling Auto Pause

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

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

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 4 Select the activity settings.
- 5 Select **Auto Pause**.
- 6 Select an option:

- To pause the timer automatically when you stop moving, select **When Stopped**.
- To pause the timer automatically when your pace or speed drops below a specified level, select **Custom**.

## Enabling Auto Climb

You can use the auto climb feature to detect elevation changes automatically. You can use it during activities such as climbing, hiking, running, or biking.

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 4 Select the activity settings.
- 5 Select **Auto Climb > Status**.
- 6 Select **Always** or **When Not Navigating**.
- 7 Select an option:
  - Select **Run Screen** to identify which data screen appears while running.
  - Select **Climb Screen** to identify which data screen appears while climbing.
  - Select **Invert Colors** to reverse the display colors when changing modes.
  - Select **Vertical Speed** to set the rate of ascent over time.
  - Select **Mode Switch** to set how quickly the device changes modes.

**NOTE:** The Current Screen option allows you to automatically switch to the last screen you were viewing before the auto climb transition occurred.

## 3D Speed and Distance

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

## 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 LAP. You can turn off the Lap Key setting to avoid recording laps due to accidental key presses during an activity.

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.
- 4 Select the activity settings.
- 5 Select **Lap Key**.  
The lap key status changes to On or Off based on the current setting.

## Using Auto Scroll

You can use the auto scroll feature to cycle through all of the activity data screens automatically while the timer is running.

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 4 Select the activity settings.
- 5 Select **Auto Scroll**.
- 6 Select a display speed.

## UltraTrac

The UltraTrac feature is a GPS setting that records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded



activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

### Power Save Timeout Settings

The timeout settings affect how long your device stays in training mode, for example, when you are waiting for a race to start. Hold **MENU**, select **Settings > Activities & Apps**, select an activity, and select the activity settings. Select **Power Save Timeout** to adjust the timeout settings for the activity.

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

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

## Changing the Order of an Activity in the Apps List

- 1 Hold **MENU**.
- 2 Select **Settings > Activities & Apps**.
- 3 Select an activity.
- 4 Select **Reorder**.
- 5 Select **UP** or **DOWN** to adjust the position of the activity in the apps list.

## Widgets

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

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

**ABC:** Displays combined altimeter, barometer, and compass information.

**Alternate time zones:** Displays the current time of day in additional time zones.

**Calendar:** Displays upcoming meetings from your smartphone calendar.

**Calories:** Displays your calorie information for the current day.

**Dog tracking:** Displays your dog's location information when you have a compatible dog tracking device paired with your fēnix device.

**Floors climbed:** Tracks your floors climbed and progress toward your goal.

**Golf:** Displays golf information for your last round.

**Heart rate:** Displays your current heart rate in beats per minute (bpm) and a graph of your heart rate.

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

**Last activity:** Displays a brief summary of your last recorded activity, such as your last run, last ride, or last swim.

**Last sport:** Displays a brief summary of your last recorded sport.

**Music controls:** Provides music player controls for your smartphone or on-device music.

**My day:** Displays a dynamic summary of your activity today. The metrics include timed activities, intensity minutes, floors climbed, steps, calories burned, and more.

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

**Performance:** Displays your current training status, training load, VO2 max. estimates, recovery time, FTP estimate, lactate threshold, and predicted race times.

**Pulse oximeter:** Displays your most recent blood oxygen saturation percentage and a graph of your readings.

**Sensor information:** Displays information from an internal sensor or a connected ANT+ sensor.

**Steps:** Tracks your daily step count, step goal, and data for the last 7 days.

**Stress:** Displays your stress level and provides a breathing activity to help you relax.

**Sunrise and sunset:** Displays sunrise, sunset, and civil twilight times.

**VIRB controls:** Provides camera controls when you have a VIRB device paired with your fēnix device.

**Weather:** Displays the current temperature and weather forecast.

**Xero™ bow sight:** Displays laser location information when you have a Xero bow sight paired with your fēnix device.

### Customizing the Widget Loop

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

- 1 Hold **MENU**.
- 2 Select **Settings > Widgets**.
- 3 Select a widget.
- 4 Select an option:
  - Select **Reorder** to change the location of the widget in the widget loop.
  - Select **Remove** to remove the widget from the widget loop.
- 5 Select **Add Widgets**.
- 6 Select a widget.

The widget is added to the widget loop.

### VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to [www.garmin.com/VIRB](http://www.garmin.com/VIRB) to purchase a VIRB action camera.

#### Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also set the VIRB widget to be shown in the widget loop (*Customizing the Widget Loop, page 27*).

- 1 Turn on your VIRB camera.
- 2 On your fēnix device, select **UP** or **DOWN** from the watch face to view the VIRB widget.
- 3 Wait while the device connects to your VIRB camera.
- 4 Select **▲**.
- 5 Select an option:
  - To record video, select **Start Recording**.

The video counter appears on the fēnix screen.
  - To take a photo while recording video, select **DOWN**.
  - To stop recording video, select **▲**.
  - To take a photo, select **Take Photo**.
  - To change video and photo settings, select **Settings**.

#### Controlling a VIRB Action Camera During an Activity

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also set the VIRB widget to be shown in the widget loop (*Customizing the Widget Loop, page 27*).

- 1 Turn on your VIRB camera.

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

### 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.

- 1 While you are sitting or inactive, select **UP** or **DOWN** to view the stress level widget.  
**TIP:** If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.
- 2 Select **▲** to view a graph of your stress level for the last four hours.  
Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.
- 3 To start a breathing activity, select **DOWN > ▲**, and enter a duration for the breathing activity in minutes.

### Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Viewing the Controls Menu, page 1*).

- 1 Hold **MENU**.
- 2 Select **Settings > Controls**.
- 3 Select a shortcut to customize.
- 4 Select an option:
  - Select **Reorder** to change the location of the shortcut in the controls menu.
  - Select **Remove** to remove the shortcut from the controls menu.
- 5 If necessary, select **Add New** to add an additional shortcut to the controls menu.

### Watch Face Settings

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

### Customizing the Watch Face

Before you can activate a Connect IQ watch face, you must install a watch face from the Connect IQ store (*Connect IQ Features, page 8*).

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

- 1 From the watch face, hold **MENU**.
- 2 Select **Watch Face**.
- 3 Select **UP** or **DOWN** to preview the watch face options.
- 4 Select **Add New** to scroll through additional pre-loaded watch faces.
- 5 Select **▲ > Apply** to activate a pre-loaded watch face or an installed Connect IQ watch face.
- 6 If using a pre-loaded watch face, select **▲ > Customize**.
- 7 Select an option:
  - To change the style of the numbers for the analog watch face, select **Dial**.
  - To change the style of the hands for the analog watch face, select **Hands**.
  - To change the style of the numbers for the digital watch face, select **Layout**
  - To change the style of the seconds for the digital watch face, select **Seconds**.
  - To change the data that appears on the watch face, select **Data**.
  - To add or change an accent color for the watch face, select **Accent Color**.
  - To change the background color, select **Bkgd. Color**.
  - To save the changes, select **Done**.

### Sensors Settings

#### Compass Settings

Hold **MENU**, and select **Settings > Sensors & Accessories > Compass**.

**Calibrate:** Allows you to manually calibrate the compass sensor (*Calibrating the Compass Manually, page 28*).

**Display:** Sets the directional heading on the compass to letters, degrees, or milli-radians.

**North Ref.:** Sets the north reference of the compass (*Setting the North Reference, page 29*).

**Mode:** Sets the compass to use electronic-sensor data only (On), a combination of GPS and electronic-sensor data when moving (Auto), or GPS data only (Off).

#### Calibrating the Compass Manually

##### NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

Your device was already calibrated at the factory, and the device uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

- 1 Hold **MENU**.
- 2 Select **Settings > Sensors & Accessories > Compass > Calibrate > Start**.
- 3 Follow the on-screen instructions.  
**TIP:** Move your wrist in a small figure eight motion until a message appears.

## Setting the North Reference

You can set the directional reference used in calculating heading information.

- 1 Hold **MENU**.
- 2 Select **Settings > Sensors & Accessories > Compass > North Ref.**
- 3 Select an option:
  - To set geographic north as the heading reference, select **True**.
  - To set the magnetic declination for your location automatically, select **Magnetic**.
  - To set grid north (000°) as the heading reference, select **Grid**.
  - To set the magnetic variation value manually, select **User**, enter the magnetic variance, and select **Done**.

## Altimeter Settings

Hold **MENU**, and select **Settings > Sensors & Accessories > Altimeter**.

**Calibrate:** Allows you to manually calibrate the altimeter sensor.

**Auto Cal.:** Allows the altimeter to self-calibrate each time you turn on GPS tracking.

**Elevation:** Sets the units of measure for elevation.

### Calibrating the Barometric Altimeter

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

- 1 Hold **MENU**.
- 2 Select **Settings > Sensors & Accessories > Altimeter**.
- 3 Select an option:
  - To calibrate automatically from your GPS starting point, select **Auto Cal.**, and select an option.
  - To enter the current elevation, select **Calibrate**.

## Barometer Settings

Hold **MENU**, and select **Settings > Sensors & Accessories > Barometer**.

**Calibrate:** Allows you to manually calibrate the barometer sensor.

**Plot:** Sets the time scale for the chart in the barometer widget.

**Storm Alert:** Sets the rate of barometric pressure change that triggers a storm alert.

**Watch Mode:** Sets the sensor used in watch mode. The Auto option uses both the altimeter and barometer according to your movement. You can use the Altimeter option when your activity involves changes in altitude, or the Barometer option when your activity does not involve changes in altitude.

**Pressure:** Sets how the device displays pressure data.

### Calibrating the Barometer

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometer if you know the correct elevation or the correct sea level pressure.

- 1 Hold **MENU**.
- 2 Select **Settings > Sensors & Accessories > Barometer > Calibrate**.
- 3 Select an option:
  - To enter the current elevation or sea level pressure, select **Yes**.
  - To calibrate automatically from the digital elevation model, select **Use DEM**.

- To calibrate automatically from your GPS starting point, select **Use GPS**.

## Map Settings

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

Hold **MENU**, and select **Settings > Map**.

**Orientation:** Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

**User Locations:** Shows or hides saved locations on the map.

**Auto Zoom:** Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

**Lock on Road:** Locks the position icon, which represents your position on the map, onto the nearest road.

**Track Log:** Shows or hides the track log, or the path you have traveled, as a colored line on the map.

**Track Color:** Changes the track log color.

**Detail:** Sets the amount of detail shown on the map. Showing more detail may cause the map to redraw more slowly.

**Marine:** Sets the map to display data in marine mode ([Marine Map Settings](#), page 29).

**Draw Segments:** Shows or hides segments, as a colored line on the map.

**Draw Contours:** Shows or hides contour lines on the map.

## Marine Map Settings

You can customize how the map appears in marine mode.

Hold **MENU**, and select **Settings > Map > Marine**.

**Marine Chart Mode:** Enables the nautical chart when displaying marine data. This option displays various map features in different colors so the marine POIs are more readable, and so the map reflects the drawing scheme of paper charts.

**Spot Soundings:** Enables depth measurements on the chart.

**Light Sectors:** Shows and configures the appearance of light sectors on the chart.

**Symbol Set:** Sets the chart symbols in marine mode. The NOAA option displays the National Oceanic and Atmospheric Administration chart symbols. The International option displays the International Association of Lighthouse Authorities chart symbols.

## Showing and Hiding Map Data

If you have multiple maps installed on your device, you can choose the map data to show on the map.

- 1 Select **▲ > Map**.
- 2 Hold **MENU**.
- 3 Select the map settings.
- 4 Select **Map > Configure Maps**.
- 5 Select a map to activate the toggle switch, which shows or hides the map data.

## GroupTrack Settings

Hold **MENU**, and select **Settings > GroupTrack**.

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

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

## Navigation Settings

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

## Customizing Map Features

- 1 Hold **MENU**.
- 2 Select **Settings > Navigation > Data Screens**.
- 3 Select an option:
  - Select **Map** to turn on or off the map.
  - Select **Guide** to turn on or off the guide screen that displays the compass bearing or course to follow while navigating.
  - Select **Elevation Plot** to turn on or off the elevation plot.
  - Select a screen to add, remove, or customize.

## Setting Up a Heading Bug

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

- 1 Hold **MENU**.
- 2 Select **Settings > Navigation > Heading Bug**.

## Setting Navigation Alerts

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

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

## System Settings

Hold **MENU**, and select **Settings > System**.

**Language:** Sets the language displayed on the device.

**Time:** Adjusts the time settings ([Time Settings, page 30](#)).

**Backlight:** Adjusts the backlight settings ([Changing the Backlight Settings, page 30](#)).

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

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

**Hot Keys:** Allows you to assign shortcuts to device keys ([Customizing the Hot Keys, page 30](#)).

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

**Units:** Sets the units of measure used on the device ([Changing the Units of Measure, page 30](#)).

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

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

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

**Reset:** Allows you to reset user data and settings ([Resetting All Default Settings, page 33](#)).

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

## Time Settings

Hold **MENU**, and select **Settings > System > Time**.

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

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

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

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

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

## Changing the Backlight Settings

- 1 Hold **MENU**.
- 2 Select **Settings > System > Backlight**.
- 3 Select an option:
  - Select **During Activity**.
  - Select **Not During Activity**.
- 4 Select an option:
  - Select **Keys** to turn on the 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.
  - Select **Brightness** to set the brightness level of the backlight.

## Customizing the Hot Keys

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

- 1 Hold **MENU**.
- 2 Select **Settings > System > Hot Keys**.
- 3 Select a key or combination of keys to customize.
- 4 Select a function.

## Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

- 1 Hold **MENU**.
- 2 Select **Settings > System > Units**.
- 3 Select a measurement type.
- 4 Select a unit of measure.

## Viewing Device Information

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

- 1 Hold **MENU**.
- 2 Select **Settings > 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 Hold **MENU**.
- 2 From the settings menu, select **About**.

## 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](http://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 ([Putting On the Heart Rate Monitor, page 10](#)).

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 **MENU**.
- 4 Select **Settings > 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.

### 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 31](#)).
- Set your wheel size ([Wheel Size and Circumference, page 38](#)).
- Go for a ride ([Starting an Activity, page 2](#)).

### Training with Power Meters

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports) for a list of ANT+ sensors that are compatible with your device (such as Vector™).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities ([Setting Your Power Zones, page 17](#)).
- Use range alerts to be notified when you reach a specified power zone ([Setting an Alert, page 25](#)).
- Customize the power data fields ([Customizing the Data Screens, page 24](#)).

### Using Electronic Shifters

Before you can use compatible electronic shifters, such as Shimano® Di2™ shifters, you must pair them with your device ([Pairing Your Wireless Sensors, page 31](#)). You can customize the optional data fields ([Customizing the Data Screens, page 24](#)). The fēnix 5/5S/5X Plus device displays current adjustment values when the sensor is in adjustment mode.

## Situational Awareness

Your fēnix device can be used with the Varia Vision™ device, Varia™ smart bike lights, and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

**NOTE:** You may need to update the fēnix software before pairing Varia devices ([Updating the Software Using Garmin Connect Mobile, page 6](#)).

## 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.

### 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 31](#)).

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 31](#)).

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 Hold **MENU**.
- 2 Select **Settings > 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 31](#)).

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

- 1 Hold **MENU**.
- 2 Select **Settings > 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.

## tempe™

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

## Device Information

### fēnix 5/5S/5X Plus Specifications

Battery type	Rechargeable, built-in lithium-ion battery
fēnix 5S Plus battery life	Up to 7 days
fēnix 5 Plus battery life	Up to 12 days
fēnix 5X Plus battery life	Up to 20 days
Water rating	10 ATM*
Operating and storage temperature range	From -20° to 45°C (from -4° to 113°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequencies/protocols	fēnix 5S Plus: 13 MHz @ -70.53 dBm nominal, 2.4 GHz @ 23.4 dBm nominal; fēnix 5 Plus: 13 MHz @ -69.33 dBm nominal, 2.4 GHz @ 22.9 dBm nominal; fēnix 5X Plus: 13 MHz @ -71.23 dBm nominal, 2.4 GHz @ 23.4 dBm nominal

\*The device withstands pressure equivalent to a depth of 100 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

### Battery Information

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

fēnix 5S Plus Battery Life	fēnix 5 Plus Battery Life	fēnix 5X Plus Battery Life	Mode
Up to 7 days	Up to 12 days	Up to 20 days	Smartwatch mode with activity tracking and 24/7 wrist-based heart rate monitoring
Up to 11 hours	Up to 19 hours	Up to 33 hours	GPS mode with wrist-based heart rate
Up to 4 hours	Up to 8 hours	Up to 13 hours	GPS mode with wrist-based heart rate and streaming music
Up to 25 hours	Up to 42 hours	Up to 70 hours	UltraTrac GPS mode with gyro-based dead reckoning

## Data Management

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

### 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.

### 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.

## Device Maintenance

### Device Care

#### NOTICE

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.

Avoid pressing the keys under water.

Keep the leather band dry. Avoid swimming or showering with the leather band. Exposure to water can damage the leather band.

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

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

### Cleaning the Device

#### NOTICE

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

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

After cleaning, allow the device to dry completely.

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

### Cleaning the Leather Bands

- 1 Wipe the leather bands with a dry cloth.
- 2 Use a leather conditioner to clean the leather bands.

### Changing the QuickFit™ Bands

- 1 Slide the latch on the QuickFit band, and remove the band from the watch.



- 2 Align the new band with the watch.
- 3 Press the band into place.  
**NOTE:** Make sure the band is secure. The latch should close over the watch pin.
- 4 Repeat steps 1 through 3 to change the other band.

## Metal Watch Band Adjustment

If your watch includes a metal watch band, you should take your watch to a jeweler or other professional to adjust the length of the metal band.

## Troubleshooting

### My device is in the wrong language

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

- 1 Hold **MENU**.
- 2 Scroll down to the last item in the list, and select ▲.
- 3 Scroll down to the second to last item in the list, and select ▲.
- 4 Select ▲.
- 5 Select your language.

### Is my smartphone compatible with my device?

The fēnix 5/5S/5X Plus device is compatible with smartphones using Bluetooth wireless technology.

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

### My phone will not connect to the device

- Enable Bluetooth wireless technology on your smartphone.
- Bring your phone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect Mobile app, select ■ or ●●, and select **Garmin Devices > Add Device** to enter pairing mode.
- On your device, hold **LIGHT**, and select 🔊 to turn on Bluetooth technology and enter pairing mode.

### 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 **MENU**.
- 2 Select **Settings > 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 24).

### My headphones will not connect to the device

If your headphones were previously connected to your smartphone using Bluetooth technology, they may connect to your smartphone before connecting to your device. You can try these tips.

- Turn off Bluetooth technology on your smartphone.  
Refer to the owner's manual for your smartphone for more information.
- Stay 10 m (33 ft.) away from your smartphone while connecting headphones to your device.
- Pair your headphones with your device (*Connecting Headphones using Bluetooth Technology*, page 9).

### My music cuts out or my headphones do not stay connected

When using a fēnix device connected to headphones using Bluetooth technology, the signal is strongest when there is a direct line of sight between the device and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- It is recommended to wear your headphones with the antenna on the same side of your body as your fēnix device.

### Resetting Your Device

- 1 Hold **LIGHT** for at least 25 seconds.
- 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 **MENU**.
- 2 Select **Settings > System > Reset**.
- 3 Select an option:
  - 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**.  
**NOTE:** If you have set up a Garmin Pay wallet, this option deletes the wallet from your device. If you have music stored on your device, this option deletes your stored music.
  - 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**.

### 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.

- 1 Go outdoors to an open area.  
The front of the device should be oriented toward the sky.
- 2 Wait while the device locates satellites.  
It may take 30–60 seconds to locate satellite signals.

## Improving GPS Satellite Reception

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

While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## The temperature reading is not accurate

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

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

## Maximizing the Battery Life

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

- Reduce the backlight timeout (*Changing the Backlight Settings, page 30*).
- Reduce the backlight brightness.
- Use UltraTrac GPS mode for your activity (*UltraTrac, page 26*).
- Turn off Bluetooth wireless technology when you are not using connected features (*Connected Features, page 5*).
- When pausing your activity for a longer period of time, use the resume later option (*Stopping an Activity, page 2*).
- Turn off activity tracking (*Turning Off Activity Tracking, page 18*).
- Use a Connect IQ watch face that is not updated every second.

For example, use a watch face without a second hand (*Customizing the Watch Face, page 28*).

- Limit the smartphone notifications the device displays (*Managing Notifications, page 6*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices, page 10*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor, page 10*).

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

- Turn on manual pulse oximeter readings on the fēnix 5X Plus device (*Turning On Manual Acclimation Mode, page 16*).

## Activity Tracking

For more information about activity tracking accuracy, go to [garmin.com/ataccuracy](http://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 synchronize your device.

### 1 Select an option:

- Synchronize your step count with the Garmin Connect application (*Using Garmin Connect on Your Computer, page 7*).
- Synchronize your step count with the Garmin Connect Mobile app (*Manually Syncing Data with Garmin Connect Mobile, page 7*).

### 2 Wait while the device synchronizes your data.

Synchronizing can take several minutes.

**NOTE:** Refreshing the Garmin Connect Mobile app or the Garmin Connect application does not synchronize your data or update your step count.

## The floors climbed amount does not seem accurate

Your device uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the device with your sleeve or jacket as strong gusts can cause erratic readings.

## My intensity minutes are flashing

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

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

## Getting More Information

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

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [www.garmin.com/outdoor](http://www.garmin.com/outdoor).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

# Appendix

## Data Fields

**%FTP:** The current power output as a percentage of functional threshold power.

**%HRR:** The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

**10s Avg. Power:** The 10-second moving average of power output.

**10s Avg Balance:** The 10-second moving average of the left/right power balance.

**24-Hour Max.:** The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.



- 24-Hour Min.:** The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.
- 30s Avg. Power:** The 30-second moving average of power output.
- 30s Avg Balance:** The 30-second moving average of the left/right power balance.
- 3s Avg. Balance:** The three-second moving average of the left/right power balance.
- 3s Avg. Power:** The 3-second moving average of power output.
- 500m Pace:** The current rowing pace per 500 meters.
- Aerobic TE:** The impact of the current activity on your aerobic fitness level.
- Anaerobic TE:** The impact of the current activity on your anaerobic fitness level.
- Average HR:** The average heart rate for the current activity.
- Average Pace:** The average pace for the current activity.
- Average Power:** The average power output for the current activity.
- Average Swolf:** The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology, page 4*). In open water swimming, 25 meters is used to calculate your swolf score.
- Avg. %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.
- Avg. 500m Pace:** The average rowing pace per 500 meters for the current activity.
- Avg. Ascent:** The average vertical distance of ascent since the last reset.
- Avg. Balance:** The average left/right power balance for the current activity.
- Avg. Cadence:** Cycling. The average cadence for the current activity.
- Avg. Cadence:** Running. The average cadence for the current activity.
- Avg. Descent:** The average vertical distance of descent since the last reset.
- Avg. GCT Bal.:** The average ground contact time balance for the current session.
- Avg. L. PP:** The average power phase angle for the left leg for the current activity.
- Avg. L. PPP:** The average power phase peak angle for the left leg for the current activity.
- Avg. Lap Time:** The average lap time for the current activity.
- Avg. Moving Speed:** The average speed when moving for the current activity.
- Avg. Nautical Speed:** The average speed in knots for the current activity.
- Avg. Overall Speed:** The average speed for the current activity, including both moving and stopped speeds.
- Avg. PCO:** The average platform center offset for the current activity.
- Avg. R. PP:** The average power phase angle for the right leg for the current activity.
- Avg. R. PPP:** The average power phase peak angle for the right leg for the current activity.
- Avg. Speed:** The average speed for the current activity.
- Avg. Stride Len.:** The average stride length for the current session.
- Avg. Strk/Len:** The average number of strokes per pool length during the current activity.
- Avg. Strk Rate:** Paddle sports. The average number of strokes per minute (spm) during the current activity.
- Avg. Vert. Osc.:** The average amount of vertical oscillation for the current activity.
- Avg. Vert. Ratio:** The average ratio of vertical oscillation to stride length for the current session.
- Avg Dist Per Stk:** Swimming. The average distance traveled per stroke during the current activity.
- Avg Dist Per Stk:** Paddle sports. The average distance traveled per stroke during the current activity.
- Avg GCT:** The average amount of ground contact time for the current activity.
- Avg HR %Max.:** The average percentage of maximum heart rate for the current activity.
- Balance:** The current left/right power balance.
- Battery Level:** The remaining battery power.
- Bearing:** The direction from your current location to a destination. You must be navigating for this data to appear.
- Cadence:** Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.
- Cadence:** Running. The steps per minute (right and left).
- Calories:** The amount of total calories burned.
- Compass Hdg.:** The direction you are moving based on the compass.
- Course:** The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.
- Dest. Location:** The position of your final destination.
- Dest. Wpt:** The last point on the route to the destination. You must be navigating for this data to appear.
- Di2 Battery:** The remaining battery power of a Di2 sensor.
- Dist. Per Stroke:** Paddle sports. The distance traveled per stroke.
- Dist. Remaining:** The remaining distance to the final destination. You must be navigating for this data to appear.
- Distance:** The distance traveled for the current track or activity.
- Distance To Next:** The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.
- Elapsed Time:** The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.
- Elevation:** The altitude of your current location above or below sea level.
- Estimated Total Distance:** The estimated distance from the start to the final destination. You must be navigating for this data to appear.
- ETA:** The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.
- ETA at Next:** The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.
- ETE:** The estimated time remaining until you reach the final destination. You must be navigating for this data to appear.
- Floors Climbed:** The total number of floors climbed up for the day.
- Floors Descended:** The total number of floors climbed down for the day.
- Floors per Minute:** The number of floors climbed up per minute.
- Front:** The front bike gear from a gear position sensor.

- GCT:** The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time is not calculated while walking.
- GCT Balance:** The left/right balance of ground contact time while running.
- Gear Battery:** The battery status of a gear position sensor.
- Gear Combo:** The current gear combination from a gear position sensor.
- Gear Ratio:** The number of teeth on the front and rear bike gears, as detected by a gear position sensor.
- Gears:** The front and rear bike gears from a gear position sensor.
- Glide Ratio:** The ratio of horizontal distance traveled to the change in vertical distance.
- Glide Ratio Dest.:** The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.
- GPS:** The strength of the GPS satellite signal.
- GPS Elevation:** The altitude of your current location using GPS.
- GPS Heading:** The direction you are moving based on GPS.
- Grade:** The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.
- Heading:** The direction you are moving.
- Heart Rate:** Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.
- HR %Max.:** The percentage of maximum heart rate.
- HR Zone:** The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).
- Int. Avg. %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.
- Int. Avg. %Max.:** The average percentage of maximum heart rate for the current swim interval.
- Int. Avg. HR:** The average heart rate for the current swim interval.
- Int. Distance:** The distance traveled for the current interval.
- Int. Max. %HRR:** The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.
- Int. Max. %Max.:** The maximum percentage of maximum heart rate for the current swim interval.
- Int. Max. HR:** The maximum heart rate for the current swim interval.
- Int. Pace:** The average pace for the current interval.
- Int. Swolf:** The average swolf score for the current interval.
- Intensity Factor:** The Intensity Factor™ for the current activity.
- Interval Lengths:** The number of pool lengths completed during the current interval.
- Interval Time:** The stopwatch time for the current interval.
- Int Strk/Len:** The average number of strokes per pool length during the current interval.
- Int Strk Rate:** The average number of strokes per minute (spm) during the current interval.
- Int Strk Type:** The current stroke type for the interval.
- L. Lap HR %Max.:** The average percentage of maximum heart rate for the last completed lap.
- L. Lap Stk. Rate:** Swimming. The average number of strokes per minute (spm) during the last completed lap.
- L. Lap Stk. Rate:** Paddle sports. The average number of strokes per minute (spm) during the last completed lap.
- L. Lap Strokes:** Swimming. The total number of strokes for the last completed lap.
- L. Lap Strokes:** Paddle sports. The total number of strokes for the last completed lap.
- L. Lap Swolf:** The swolf score for the last completed lap.
- L. Len. Stk. Rate:** The average number strokes per minute (spm) during the last completed pool length.
- L. Len. Stk. Type:** The stroke type used during the last completed pool length.
- L. Len. Strokes:** The total number of strokes for the last completed pool length.
- Lap %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.
- Lap 500m Pace:** The average rowing pace per 500 meters for the current lap.
- Lap Ascent:** The vertical distance of ascent for the current lap.
- Lap Balance:** The average left/right power balance for the current lap.
- Lap Cadence:** Cycling. The average cadence for the current lap.
- Lap Cadence:** Running. The average cadence for the current lap.
- Lap Descent:** The vertical distance of descent for the current lap.
- Lap Distance:** The distance traveled for the current lap.
- Lap Dist Per Stk:** Swimming. The average distance traveled per stroke during the current lap.
- Lap Dist Per Stk:** Paddle sports. The average distance traveled per stroke during the current lap.
- Lap GCT:** The average amount of ground contact time for the current lap.
- Lap GCT Bal.:** The average ground contact time balance for the current lap.
- Lap HR:** The average heart rate for the current lap.
- Lap HR %Max.:** The average percentage of maximum heart rate for the current lap.
- Lap L. PP:** The average power phase angle for the left leg for the current lap.
- Lap L. PPP:** The average power phase peak angle for the left leg for the current lap.
- Lap NP:** The average Normalized Power for the current lap.
- Lap Pace:** The average pace for the current lap.
- Lap PCO:** The average platform center offset for the current lap.
- Lap Power:** The average power output for the current lap.
- Lap R. PP:** The average power phase angle for the right leg for the current lap.
- Lap R. PPP:** The average power phase peak angle for the right leg for the current lap.
- Laps:** The number of laps completed for the current activity.
- Lap Speed:** The average speed for the current lap.
- Lap Stride Len.:** The average stride length for the current lap.
- Lap Strk Rate:** Swimming. The average number of strokes per minute (spm) during the current lap.
- Lap Strk Rate:** Paddle sports. The average number of strokes per minute (spm) during the current lap.
- Lap Strokes:** Swimming. The total number of strokes for the current lap.
- Lap Strokes:** Paddle sports. The total number of strokes for the current lap.
- Lap Swolf:** The swolf score for the current lap.

**Lap Time:** The stopwatch time for the current lap.

**Lap Vert. Osc.:** The average amount of vertical oscillation for the current lap.

**Lap Vert. Ratio:** The average ratio of vertical oscillation to stride length for the current lap.

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

**Last Lap Ascent:** The vertical distance of ascent for the last completed lap.

**Last Lap Cad.:** Cycling. The average cadence for the last completed lap.

**Last Lap Cad.:** Running. The average cadence for the last completed lap.

**Last Lap Descent:** The vertical distance of descent for the last completed lap.

**Last Lap Dist.:** The distance traveled for the last completed lap.

**Last Lap HR:** The average heart rate for the last completed lap.

**Last Lap NP:** The average Normalized Power for the last completed lap.

**Last Lap Pace:** The average pace for the last completed lap.

**Last Lap Power:** The average power output for the last completed lap.

**Last Lap Speed:** The average speed for the last completed lap.

**Last Lap Time:** The stopwatch time for the last completed lap.

**Last Len. Pace:** The average pace for your last completed pool length.

**Last Len. Swolf:** The swolf score for the last completed pool length.

**Lat/Lon:** The current position in latitude and longitude regardless of the selected position format setting.

**Left PP:** The current power phase angle for the left leg. Power phase is the pedal stroke region where positive power is produced.

**Left PPP:** The current power phase peak angle for the left leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.

**Lengths:** The number of pool lengths completed during the current activity.

**LL 500m Pace:** The average rowing pace per 500 meters for the last lap.

**L Lap Dist P Stk:** Swimming. The average distance traveled per stroke during the last completed lap.

**L Lap Dist P Stk:** Paddle sports. The average distance traveled per stroke during the last completed lap.

**Location:** The current position using the selected position format setting.

**Max. Ascent:** The maximum rate of ascent in feet per minute or meters per minute since the last reset.

**Max. Descent:** The maximum rate of descent in meters per minute or feet per minute since the last reset.

**Max. Elevation:** The highest elevation reached since the last reset.

**Max. Lap Power:** The top power output for the current lap.

**Max. Nautical Speed:** The maximum speed in knots for the current activity.

**Maximum Speed:** The top speed for the current activity.

**Max Power:** The top power output for the current activity.

**Min. Elevation:** The lowest elevation reached since the last reset.

**Moving Time:** The total time moving for the current activity.

**Multisport Time:** The total time for all sports in a multisport activity, including transitions.

**Muscle O2 Sat. %:** The estimated muscle oxygen saturation percentage for the current activity.

**Nautical Dist:** The distance traveled in nautical meters or nautical feet.

**Nautical Speed:** The current speed in knots.

**Next Waypoint:** The next point on the route. You must be navigating for this data to appear.

**NP:** The Normalized Power™ for the current activity.

**Off Course:** The distance to the left or right by which you have strayed from the original path of travel. You must be navigating for this data to appear.

**Pace:** The current pace.

**PCO:** The platform center offset. Platform center offset is the location on the pedal platform where force is applied.

**Pedal Smooth.:** The measurement of how evenly a rider is applying force to the pedals throughout each pedal stroke.

**Perform. Cond.:** The performance condition score is a real-time assessment of your ability to perform.

**Power:** The current power output in watts.

**Power to Weight:** The current power measured in watts per kilogram.

**Power Zone:** The current range of power output (1 to 7) based on your FTP or custom settings.

**Rear:** The rear bike gear from a gear position sensor.

**Repeat On:** The timer for the last interval plus the current rest (pool swimming).

**Reps:** During a strength training activity, the number of repetitions in a workout set.

**Rest Timer:** The timer for the current rest (pool swimming).

**Right PP:** The current power phase angle for the right leg. Power phase is the pedal stroke region where positive power is produced.

**Right PPP:** The current power phase peak angle for the right leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.

**Set Timer:** During a strength training activity, the amount of time spent in the current workout set.

**Speed:** The current rate of travel.

**Stopped Time:** The total time stopped for the current activity.

**Stride Length:** The length of your stride from one footfall to the next, measured in meters.

**Stroke Rate:** Swimming. The number of strokes per minute (spm).

**Stroke Rate:** Paddle sports. The number of strokes per minute (spm).

**Strokes:** Swimming. The total number of strokes for the current activity.

**Strokes:** Paddle sports. The total number of strokes for the current activity.

**Sunrise:** The time of sunrise based on your GPS position.

**Sunset:** The time of sunset based on your GPS position.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor. You can pair a temperature sensor with your device to provide a consistent source of accurate temperature data.

**Time in Zone:** The time elapsed in each heart rate or power zone.

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

**Timer:** The current time of the countdown timer.

**Time Seat.:** The time spent seated while pedaling for the current activity.

**Time Seat. Lap:** The time spent seated while pedaling for the current lap.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## VO2 Max. Standard Ratings

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

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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## FTP Ratings

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

Males	Watts per Kilogram (W/kg)
Superior	5.05 and greater
Excellent	From 3.93 to 5.04
Good	From 2.79 to 3.92
Fair	From 2.23 to 2.78
Untrained	Less than 2.23

Females	Watts per Kilogram (W/kg)
Superior	4.30 and greater
Excellent	From 3.33 to 4.29
Good	From 2.36 to 3.32
Fair	From 1.90 to 2.35
Untrained	Less than 1.90

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

## Wheel Size and Circumference

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





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

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

Tire Size	Wheel Circumference (mm)
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 × 2.1	2288
29 × 2.2	2298
29 × 2.3	2326
650 × 20C	1938
650 × 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

## Symbol Definitions

These symbols may appear on the device or accessory labels.

	Alternating current. The device is suitable for alternating current.
	Direct current. The device is suitable for direct current only.
	Fuse. Indicates a fuse specification or location.
	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

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