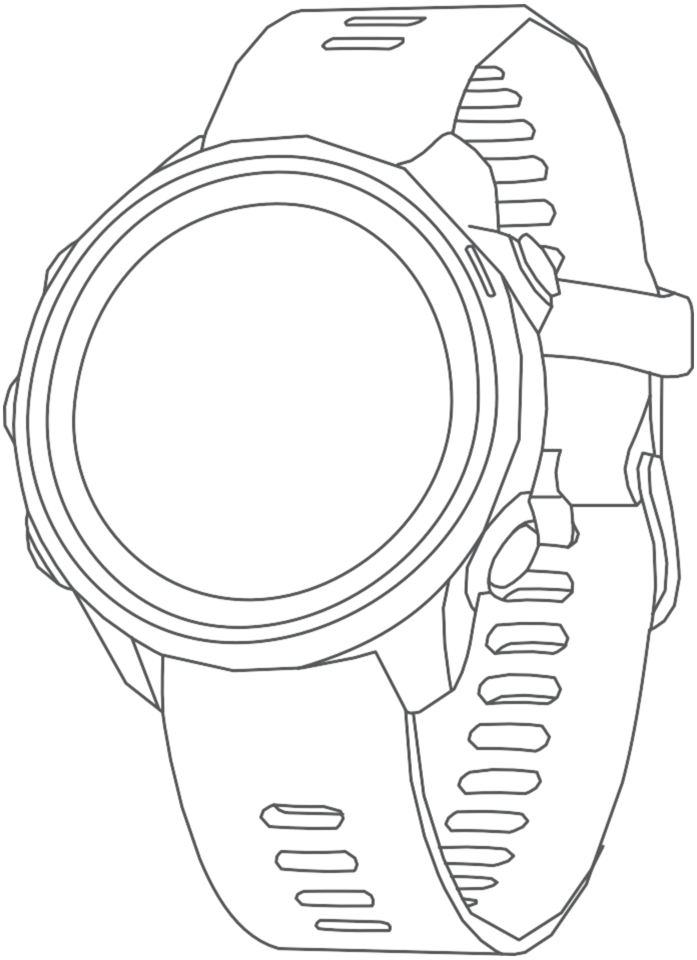

FORERUNNER 245/245

MUSIC

Owner’s Manual

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Table of Contents

Introduction 1
Keys 1
GPS Status and Status Icons 1
Pairing Your Smartphone with Your Device 1
Enabling Bluetooth Notifications 1
Viewing the Controls Menu 2
Going for a Run 2
Activities and Apps 3
Starting an Activity 3
Tips for Recording Activities 3
Stopping an Activity 3
Adding an Activity 3
Creating a Custom Activity 3
Indoor Activities 4
Going for a Virtual Run 4
Calibrating the Treadmill Distance 4
Recording a Strength Training Activity 4
Outdoor Activities 5
Swimming 5
Outdoor Activities 5
Playing Audio Prompts During Your Activity 6
Training 6
Workouts 6
Following a Workout From the Web 6
Creating a Custom Workout on Garmin Connect 6
Sending a Custom Workout to Your Device 6
Starting a Workout 6
About the Training Calendar 6
Using Garmin Connect Training Plans 6
Adaptive Training Plans 7
Interval Workouts 7
Using Virtual Partner 7
Setting a Training Target 8
Cancelling a Training Target 8
Racing a Previous Activity 8
Personal Records 8
Viewing Your Personal Records 8
Restoring a Personal Record 8
Clearing a Personal Record 8
Clearing All Personal Records 8
Using the Metronome 8
Setting Up Your User Profile 9
Fitness Goals 9
About Heart Rate Zones 9
Activity Tracking 10
Auto Goal 10
Using the Move Alert 10
Turning on the Move Alert 10
Sleep Tracking 10
Using Automated Sleep Tracking 10
Using Do Not Disturb Mode 10
Intensity Minutes 10
Earning Intensity Minutes 11
Garmin Move IQ Events 11
Activity Tracking Settings 11
Turning Off Activity Tracking 11
Smart Features 11
Bluetooth Connected Features 11
Updating the Software Using Garmin Connect App 11
Manually Syncing Data with Garmin Connect 12
Locating a Lost Mobile Device 12
Widgets 12
Viewing the Widgets 12
Connect IQ Features 12
Downloading Connect IQ Features Using Your Computer 13
Wi‑Fi Connected Features 13
Connecting to a Wi‑Fi Network 13
Safety and Tracking Features 13
Adding Emergency Contacts 13
Turning Incident Detection On and Off 13
Requesting Assistance 14
Heart Rate Features 14
Wrist-based Heart Rate 14
Wearing the Device 14
Tips for Erratic Heart Rate Data 14
Viewing the Heart Rate Widget 14
Broadcasting Heart Rate Data to Garmin Devices 14
Setting an Abnormal Heart Rate Alert 15
Turning Off the Wrist-based Heart Rate Monitor 15
Turning Off Wrist-based Heart Rate While Swimming 15

- HRM-Swim Accessory ... 15
  - Heart Rate While Swimming ... 15
- Running Dynamics ... 15
  - Training with Running Dynamics ... 16
  - Color Gauges and Running Dynamics Data ... 16
  - Tips for Missing Running Dynamics Data ... 17
- Performance Measurements ... 17
  - Turning Off Performance Notifications ... 17
  - Detecting Your Heart Rate Automatically ... 17
  - Syncing Activities and Performance Measurements ... 18
  - Training Status ... 18
  - About VO2 Max. Estimates ... 18
  - Getting Your VO2 Max. Estimate for Running 19
  - Recovery Time ... 19
  - Recovery Heart Rate ... 19
  - Training Load ... 19
  - Viewing Your Predicted Race Times ... 19
  - Performance Condition ... 20
  - About Training Effect ... 20
- Pulse Oximeter ... 20
  - Getting Pulse Oximeter Readings ... 20
  - Turning On Pulse Oximeter Sleep Tracking ... 21
  - Tips for Erratic Pulse Oximeter Data ... 21
- Heart Rate Variability and Stress Level ... 21
  - Using the Stress Level Widget ... 21
- Body Battery ... 21
  - Viewing the Body Battery Widget ... 21
  - Tips for Improved Body Battery Data ... 22
  - Health Stats Widget ... 22

Music ... 22

- Installing a Third-Party Provider ... 22
  - Signing in to Your Music Provider ... 22
  - Downloading Audio Content from a Third-Party Provider ... 23
  - Disconnecting from a Third-Party Provider ... 23
- Spotify® ... 23
  - Downloading Audio Content from Spotify ... 23
- Downloading Personal Audio Content ... 23
- Listening to Music ... 23
- Music Playback Controls ... 24
- Controlling Music Playback on a Connected Smartphone ... 24
- Connecting Headphones using Bluetooth Technology ... 24

History ... 24

- Viewing History ... 24
  - Viewing Your Time in Each Heart Rate Zone ... 24
- Viewing Data Totals ... 25
- Deleting History ... 25
- Data Management ... 25
  - Deleting Files ... 25
  - Disconnecting the USB Cable ... 25
- Garmin Connect ... 25
  - Synchronizing Your Data with the Garmin Connect App ... 25
  - Using Garmin Connect on Your Computer ... 26

Navigation ... 26

- Courses ... 26
  - Creating and Following a Course on Your Device 26
- Saving Your Location ... 26
  - Editing Your Saved Locations ... 26
  - Deleting All Saved Locations ... 26
- Navigating to Your Starting Point During an Activity ... 26
- Navigating to the Starting Point of Your Last Saved Activity ... 26
- Navigating to a Saved Location ... 27
  - Map ... 27
  - Adding a Map to an Activity ... 27
  - Panning and Zooming the Map ... 27
  - Map Settings ... 27

Wireless Sensors ... 27

- Pairing Your Wireless Sensors ... 27
- Foot Pod ... 28
  - Going for a Run Using a Foot Pod ... 28
  - Foot Pod Calibration ... 28
  - Setting Foot Pod Speed and Distance ... 28
- Using an Optional Bike Speed or Cadence Sensor ... 28
- Situational Awareness ... 28
- tempe ... 28

Customizing Your Device ... 29

- Customizing Your Activity List ... 29
- Customizing the Widget Loop ... 29
- Customizing the Controls Menu ... 29
- Activity Settings ... 29
  - Customizing the Data Screens ... 29

  - Alerts 30
  - Auto Lap 30
  - Customizing the Lap Alert Message 30
  - Enabling Auto Pause 31
  - Using Auto Scroll 31
  - Changing the GPS Setting 31
  - Power Save Timeout Settings 31
- Removing an Activity or App 31
- Watch Face Settings 31
  - Customizing the Watch Face 31
- System Settings 32
  - Time Settings 32
  - Changing the Backlight Settings 32
  - Changing the Units of Measure 32
- Extended Display Mode 32
- Clock 33
  - Syncing the Time with GPS 33
  - Setting the Time Manually 33
  - Setting an Alarm 33
  - Deleting an Alarm 33
  - Starting the Countdown Timer 33
  - Using the Stopwatch 33
- VIRB Remote 33
  - Controlling a VIRB Action Camera 33
  - Controlling a VIRB Action Camera During an Activity 33

Device Information 34
- Viewing Device Information 34
  - Viewing E-label Regulatory and Compliance Information 34
- Charging the Device 34
  - Tips for Charging the Device 34
- Wearing the Device 34
- Device Care 35
  - Cleaning the Device 35
- Replacing the Bands 35
- Specifications 35

Troubleshooting 35
- Product Updates 35
  - Setting Up Garmin Express 36
- Getting More Information 36
- Activity Tracking 36
  - My daily step count does not appear 36
  - My step count does not seem accurate 36
  - The step counts on my device and my Garmin Connect account don't match 36
  - My intensity minutes are flashing 36
- Acquiring Satellite Signals 36
  - Improving GPS Satellite Reception 36
- Restarting the Device 36
- Resetting All Default Settings 36
- Updating the Software Using Garmin Connect .37
- Updating the Software Using Garmin Express 37
- My device is in the wrong language 37
- Is my smartphone compatible with my device?. 37My
- phone will not connect to the device 37
- Maximizing the Battery Life 37
- The temperature reading is not accurate 38
- How can I manually pair ANT+ sensors? 38
- Can I use my Bluetooth sensor with my watch? .38
- My music cuts out or my headphones do not stay connected 38

Appendix 38
- Data Fields 38
- About Heart Rate Zones 41
  - Heart Rate Zone Calculations 41
- VO2 Max. Standard Ratings 41
- Wheel Size and Circumference 42
- Symbol Definitions 42

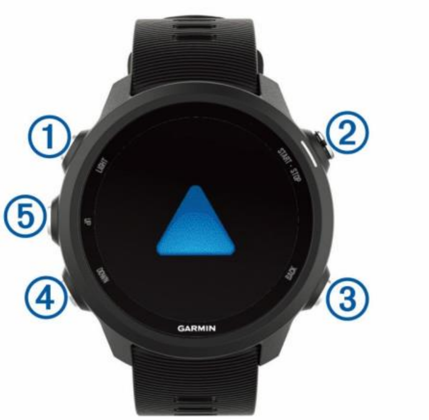
Introduction

WARNING

See the *Important Safety and Product Information* guidein the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Keys



①	LIGHT	Select to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu. Select to
②	START STOP	start and stop the timer. Select to choose an option or to acknowledge a message.
③	– · –	Select to return to the previous screen. Select to record a lap during an activity.
④	– –- -	Select to scroll through the widgets, data screens, options, and settings. Hold to open the music controls (*Music Playback Controls, page 24*).
⑤		Select to scroll through the widgets,UP data screens, options, and settings. Hold to view the menu.

GPS Status and Status Icons

The GPS status ring and icons temporarily overlay eachdata screen. For outdoor activities, the status ring turnsgreen when GPS is ready. A flashing icon means the device is searching for a signal. A solid icon means thesignal was found or the sensor is connected.

GPS	GPS status
🔋	Battery status
📞	Smartphone connection statusWi-
📶	Fi® technology status
♥	Heart rate status
👟	Foot pod status
🏃	Running Dynamics Pod status Speed
⚙	and cadence sensor statusBike lights
☰	status
◡	Bike radar status
☀	tempe sensor status
■	VIRB camera status

Pairing Your Smartphone with Your Device

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

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

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

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

Tips for Existing Garmin Connect Users

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

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Forerunner device with a compatible mobile device (*Pairing Your Smartphone with Your Device, page 1*).

1. From the watch face, hold **UP**.
2. Select **Settings** > **Phone** > **Smart Notifications** > **Status** > **On**.
3. Select **During Activity**.
4. Select a notification preference.
5. Select a sound preference.
6. Select **Not During Activity**.
7. Select a notification preference.
8. Select a sound preference.
9. Select **Timeout**.
10. Select the amount of time the alert for a new notification appears on the screen.

11 Select **Signature**.

12 Select to turn on a signature in your text message replies.

Viewing Notifications

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

Managing Notifications

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

Select an option:

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

Playing Audio Prompts on Your Smartphone During Your Activity

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

You can set the Garmin Connect app to play motivational status announcements on your smartphone during a run or other activity. Audio prompts include the lap number and lap time, pace or speed, and heart-rate data. During an audio prompt, the Garmin Connect app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect app.

NOTE: If you have a Forerunner 245 Music device, you can enable audio prompts on the device through your connected headphones, without using a connected smartphone (*Playing Audio Prompts During Your Activity, page 6*).

NOTE: The Lap Alert audio prompt is enabled by default.

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

Turning Off the Bluetooth Smartphone Connection

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

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

Turning On and Off Smartphone Connection Alerts

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

NOTE: Smartphone connection alerts are turned off by default.

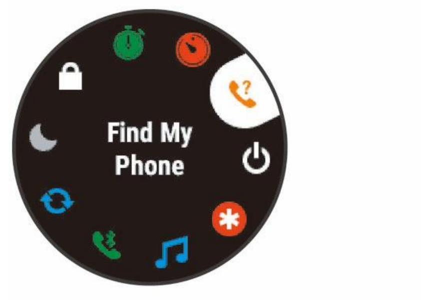
1. From the watch face, hold **UP**.
2. Select **Settings** > **Phone** > **Alerts**.

Viewing the Controls Menu

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

NOTE: You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu, page 29*).

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



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

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. You may need to charge the device before starting the activity (*Charging the Device, page 34*).

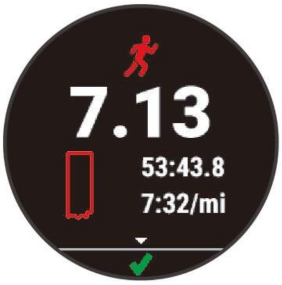
1. Select **START**, and select an activity.
2. Go outside, and wait while the device locates satellites.
3. Select **START** to start the timer.
4. Go for a run.

Distance
24.50
Timer
1
22:25
Pace
6:25

   NOTE: On a Forerunner 245 Music, hold **DOWN** while in an activity to open the music controls (*Music Playback Controls, page 24*).

5. After you complete your run, select **STOP** to stop the timer.
6. Select an option:

- Select **Resume** to restart the timer.
- Select **Save** to save the run and reset the timer. You can select the run to view a summary.



- Select **Resume Later** to suspend the run and continue recording later.
- Select **Lap** to mark a lap.
- Select **Back to Start** to navigate back to your starting location.
- Select **Discard** > **Yes** to delete the run.

Activities and Apps

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

You can also add Connect IQ activities and apps to your device using the Connect IQ website (*Connect IQFeatures, page 12*).

For more information about activity tracking and fitness metric accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

Starting an Activity

When you start an activity, GPS turns on automatically(if required). If you have an optional wireless sensor, you can pair it to the Forerunner device (*Pairing Your Wireless Sensors, page 27*).

1. Press **START**.
2. Select an activity.

   NOTE: Activities set as favorites appear first in thelist (*Customizing Your Activity List, page 29*).
3. Select an option:
   - Select an activity from your favorites.
   - Select ⁘, and select an activity from the extended activity list.
4. If the activity requires GPS signals, go outside toan area with a clear view of the sky.
5. Wait until **GPS** appears.

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

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

   NOTE: On a Forerunner 245 Music device, you can hold **DOWN** while in an activity to open the music controls (*Music Playback Controls, page 24*).

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device, page 34*).
- Select **BACK** to record laps.
- Select **UP** or **DOWN** to view additional data pages.

Stopping an Activity

1. Select **STOP**.
2. Select an option:
   - To resume your activity, select **Resume**.
   - To save the activity and return to watch mode, select **Save** > **Done**.
   - To suspend your activity and resume it at a latertime, select **Resume Later**.
   - To mark a lap, select **Lap**.
   - To navigate back to the starting point of your activity along the path you traveled, select **Backto Start** > **TracBack**.
     NOTE: This feature is available only for activities that use GPS.
   - To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Straight Line**.
     NOTE: This feature is available only for activities that use GPS.
   - To discard the activity and return to watch mode, select **Discard** > **Yes**.

   NOTE: After stopping the activity, the device savesit automatically after 30 minutes.

Adding an Activity

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

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

Creating a Custom Activity

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

Duplicate activity names include a number, for example: Bike(2).

5. Select an option:
   - Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
   - Select **Done** to save and use the custom activity.
6. Select **Yes** to add the activity to your list of favorites.

Indoor Activities

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

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

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

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

Going for a Virtual Run

You can pair your Forerunner device with a compatiblethird-party app to transmit pace, heart rate, or cadencedata.

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

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after yourun at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity, page 3*), and run at least 1.5 km (1 mi.) on the treadmill.
2. After you complete your run, select **STOP**.
3. Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.
     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first- time calibration, select **Calibrate &Save** > **Yes**.
4. Check the treadmill display for the distance traveled, and enter the distance on your device.

Recording a Strength Training Activity

You can record sets during a strength training activity.A set is multiple repetitions (reps) of a single move.

1. From the watch face, select **START** > **Strength**.

   The first time you record a strength training activity, you must select which wrist your watch ison.
2. Select **START** to start the set timer.
3. Start your first set.

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

   TIP: The device can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a newone.
4. Select **BACK** to finish the set.

   The watch displays the total reps for the set. Afterseveral seconds, the rest timer appears.
5. If necessary, select **DOWN** and edit the number of reps.

   TIP: You can also add the weight used for the set.
6. When you are done resting, select **BACK** to start your next set.
7. Repeat for each strength training set until your activity is complete.
8. After your last set, select **START** to stop the set timer.
9. Select **Save**.

Tips for Recording Strength Training Activities

- Do not look at the device while performing reps.

  You should interact with the device at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.

  Each rep is counted when the arm wearing the device returns to the starting position.

  NOTE: Leg exercises may not be counted.
- Turn on automatic set detection to start and stopyour sets.
- Save and send your strength training activity toyour Garmin Connect account.

  You can use the tools in your Garmin Connect account to view and edit activity details.

Outdoor Activities

The Forerunner device comes preloaded with outdoor activities, such as running and cycling. GPS is turned on for outdoor activities. You can add new activities based on default activities, such as walking or rowing.You can also add custom activities to your device (*Creating a Custom Activity, page 3*).

Swimming

NOTICE

The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

Going for a Pool Swim

You can use the pool swim activity profile to record your swim data, including distance, pace, stroke count,and stroke type.

1. Select **START** > **Pool Swim**.

   The first time you select the pool swim activity profile, you must select your pool size or enter a custom size.

2. Select **START** to start the timer.
3. Select **BACK** at the beginning and end of each rest period.
4. After you complete your activity, select **START** > **Save**.

Swim Terminology

Length: One trip down the pool.

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

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

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

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end ofa length. Stroke types appear when you are viewing interval history. You can also select stroke type as a custom data field (*Customizing the Data Screens, page 29*).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log, page 5*)

Tips for Swimming Activities

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

  The next time you start a pool swimming activity, the device uses this pool size. You can hold **UP**, select the activity settings, and select Pool Size tochange the size.

- Select **BACK** to record a rest during pool swimming.

  The device automatically records swim intervalsand lengths for pool swimming.

Resting During Pool Swimming

The default rest screen displays two rest timers. It also displays time and distance for the last completedinterval.

NOTE: Swim data is not recorded during a rest.

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

   The display reverses to white text on a black background, and the rest screen appears.

2. During a rest, select **UP** or **DOWN** to view other data screens (optional).
3. Select **BACK**, and continue swimming.
4. Repeat for additional rest intervals.

Training with the Drill Log

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

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

   The drill timer stops, but the activity timer continues to record the entire swim session.

4. Select a distance for the completed drill.

   Distance increments are based on the pool size selected for the activity profile.

5. Select an option:
   - To start another drill interval, select **BACK**.
   - To start a swim interval, select **UP** or **DOWN** to return to the swim training screens.

Outdoor Activities

The Forerunner device comes preloaded with outdoor activities, such as running and cycling. GPS is turned on for outdoor activities. You can add new activities based on default activities, such as walking or rowing.You can also add custom activities to your device (*Creating a Custom Activity, page 3*).

Playing Audio Prompts During Your Activity

You can enable your Forerunner 245 Music device to play motivational status announcements during a run or other activity. Audio prompts play on your connected headphones using Bluetooth technology,if available. Otherwise, audio prompts play on your smartphone paired through the Garmin Connect app. During an audio prompt, the device or smartphone mutes the primary audio to play the announcement.

NOTE: This feature is not available for all activities.

1. From the watch face, hold **UP**.
2. Select **Settings** > **Audio Prompts**.
3. Select an option:
   - To hear a prompt for each lap, select **Lap Alert**.
     NOTE: The **Lap Alert** audio prompt is enabled by default.
   - To customize prompts with your pace and speed information, select **Pace/Speed Alert**.
   - To customize prompts with your heart rate information, select **Heart Rate Alert**.
   - To hear prompts when you start and stop the timer, including the Auto Pause feature, select**Timer Events**.
   - To hear activity alerts play as an audio prompt, select **Activity Alerts**.
   - To change the language or the dialect of thevoice prompts, select **Dialect**.

Training

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times,and calories. You can create workouts using Garmin Connect or select a training plan that has built-in workouts from Garmin Connect, and transfer them to your device.

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

Following a Workout From the Web

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 25*).

1. Connect the device to your computer.
2. Go to *connect.Garmin.com*.
3. Create and save a new workout.
4. Select **Send to Device**, and follow the on-screen instructions.
5. Disconnect the device.

Creating a Custom Workout on Garmin Connect

Before you can create a workout on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect, page 25*).

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

Sending a Custom Workout to Your Device

You can send a custom workout you created using the Garmin Connect app to your device (*Creating a Custom Workout on Garmin Connect, page 6*).

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

Starting a Workout

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

1. From the watch face, select **START**.
2. Select an activity.
3. Hold **UP**.
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 **START** to start the timer.
   After you begin a workout, the device displays each step of the workout, step notes (optional), thetarget (optional), and the current workout data.

About the Training Calendar

The training calendar on your device is an extension ofthe 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 25*), and you must pair the Forerunner device with a compatible smartphone.

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

Adaptive Training Plans

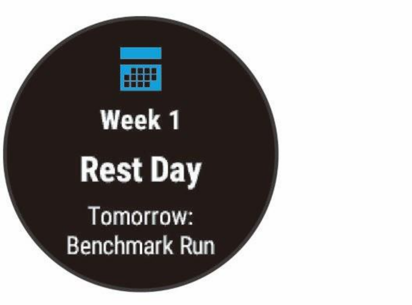
Your Garmin Connect account has an adaptive training plan and Garmin® coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When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

Starting Today's Workout

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

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

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



Week 1

Rest Day

Tomorrow:

Benchmark Run

2 Select **START**.
3 Select **View** to view the workout steps (optional).
4 Select **Do Workout**.
5 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 **START**.
2 Select an activity.
3 Hold **UP**.
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 If necessary, 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 **START**.
2 Select an activity.
3 Hold **UP**.
4 Select **Training** > **Intervals** > **Do Workout**.
5 Select **START** to start the timer.
6 When your interval workout has a warm up, select **BACK** 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

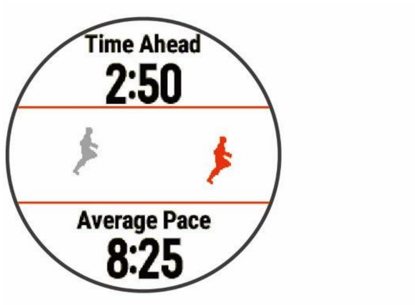
- At any time, select **BACK** to stop the current interval or rest period and transition to the next interval or rest period.
- After all intervals and rest periods are complete, select **BACK** to end the interval workout and transition to a timer that can be used for cool down.
- At any time, select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

Using Virtual Partner

The Virtual Partner feature 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 From the watch face, select **START**.
2 Select an activity.
3 Hold **UP**.
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 3*).
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 areto achieving your training target.

1. From the watch face, select **START**.
2. Select an activity.
3. Hold **UP**.
4. Select **Training** > **Set a Target**.
5. Select an option:
    - Select **Distance Only** to select a preset distanceor enter a custom distance.
    - Select **Distance and Time** to select a distanceand 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 thetime remaining.
6. Select **START** to start the timer.

Cancelling a Training Target

1. During an activity, hold **UP**.
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 youare during the activity.

NOTE: This feature is not available for all activities.

1. From the watch face, select **START**.
2. Select an activity.
3. Hold **UP**.
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 **START** to start the timer.
8. After you complete your activity, select **START** > **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, ride, or swim.

Viewing Your Personal Records

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

Restoring a Personal Record

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

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

   NOTE: This does not delete any saved activities.

Clearing a Personal Record

1. From the watch face. hold **UP**.
2. Select **History** > **Records**.
3. Select a sport.
4. Select a record to delete.
5. Select **Clear Record** > **Yes**.

   NOTE: This does not delete any saved activities.

Clearing All Personal Records

1. From the watch face, hold **UP**.
2. Select **History** > **Records**.
3. Select a sport.
4. Select **Clear All Records** > **Yes**.

   The records are deleted for that sport only.

   NOTE: This does not delete any saved activities.

Using the Metronome

The metronome feature plays tones at a steady rhythmto help you improve your performance by training at a faster, slower, or more consistent cadence.

NOTE: This feature is not available for all activities.

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

4 Select the activity settings.
5 Select **Metronome** > **Status** > **On**.
6 Select an option:
   - Select **Beats Per Minute** to enter a value basedon the cadence you want to maintain.
   - Select **Alert Frequency** to customize the frequency of the beats.
   - Select **Sounds** to customize the metronometone and vibration.
7 If necessary, select **Preview** to listen to the metronome feature before you run.
8 Go for a run (*Going for a Run, page 2*).

   The metronome starts automatically.
9 During your run, select **UP** or **DOWN** to view the metronome screen.
10 If necessary, hold **UP** to change the metronome settings.

Setting Up Your User Profile

You can update your gender, birth year, height, weight,and heart rate zone settings. The device uses this information to calculate accurate training data.

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

Fitness Goals

Knowing your heart rate zones can help you measureand improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can usethe table (*Heart Rate Zone Calculations, page 9*) to determine the best heart rate zone for your fitnessobjectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximumheart rate is 220 minus your age.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range ofheartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Setting Your Heart Rate Zones

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

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

   You can use the Auto Detection feature to automatically record your maximum heart rate during an activity (*Detecting Your Heart Rate Automatically, page 17*).
4 Select **Resting HR**, and enter your resting heartrate.

   You can use the average resting heart rate measured by your device, or you can set a customresting heart rate.
5 Select **Zones** > **Based On**.
6 Select an option:
   - Select **BPM** to view and edit the zones in beatsper minute.
   - Select **%Max HR** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximumheart rate minus resting heart rate).
7 Select a zone, and enter a value for each zone.
8 Select **Add Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).

Letting the Device Set Your Heart Rate Zones

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

- Verify that your user profile settings are accurate (*Setting Up Your User Profile, page 9*).
- Run often with the wrist or chest heart rate monitor.
- Try a few heart rate training plans, available fromyour Garmin Connect account.
- View your heart rate trends and time in zones using your Garmin Connect account.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress

2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

Activity Tracking

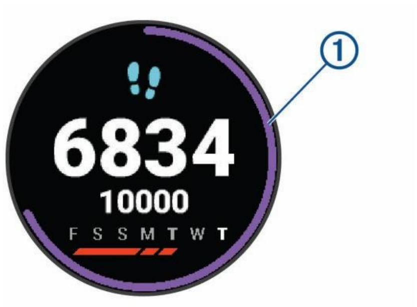
The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for eachrecorded day. Your calories burned includes your basemetabolism plus activity calories.

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

For more information about activity tracking and fitness metric accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

Auto Goal

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



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

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour ofinactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on (*System Settings, page 32*).

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

Turning on the Move Alert

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

Sleep Tracking

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

NOTE: Naps are not added to your sleep statistics. Youcan use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode, page 10*).

Using Automated Sleep Tracking

1. Wear your device while sleeping.
2. Upload your sleep tracking data to the Garmin Connect site (*Garmin Connect, page 25*).

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

Using Do Not Disturb Mode

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

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the Sleep Time option in the system settings toautomatically enter do not disturb mode during your normal sleep hours (*System Settings, page 32*).

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

Intensity Minutes

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

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

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

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.
- Wear your device all day and night for the most accurate resting heart rate.

Garmin Move IQ Events

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

Activity Tracking Settings

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

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (*System Settings, page 32*).

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

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

Sleep Pulse Ox: Allows your device to record up to four hours of pulse oximeter readings while you sleep.

Turning Off Activity Tracking

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

1. From the watch face, hold **UP**.
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Smart Features

Bluetooth Connected Features

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

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

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

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

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

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

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

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

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

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

Software updates: Allows you to update your device software.

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

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

Updating the Software Using Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone with Your Device, page 1*).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect, page 12*).

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

Manually Syncing Data with Garmin Connect

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

Locating a Lost Mobile Device

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

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

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

Widgets

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

Some widgets are not visible by default. You can addthem to the widget loop manually (*Customizing the Widget Loop, page 29*).

Body Battery: Displays your current Body Battery leveland a graph of your Body Battery levels for the last several hours.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

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

Health stats: Displays a dynamic summary of your current health statistics. The measurements includes heart rate, Body Battery level, stress, andmore.

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

History: Displays your activity history and a graph ofyour recorded activities.

Intensity minutes: Tracks your time spent participatingin 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, orlast 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, steps, calories burned, and more.

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

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

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

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

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

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

Weather: Displays the current temperature and weather forecast.

Viewing the Widgets

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

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

  Available widgets include heart rate and activity tracking. The performance widget requires several activities with heart rate and outdoor runs with GPS.
- Select **START** to view additional options and functions for a widget.

About My Day

The My Day widget is a daily snapshot of your activity.This is a dynamic summary that updates throughout the day. The metrics include your last recorded sport, intensity minutes for the week, steps, calories burned, and more. You can select **START** to view additional metrics.

Viewing the Weather Widget

Weather requires a Bluetooth connection to a compatible smartphone.

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

Connect IQ Features

You can add Connect IQ features to your watch from

Garmin and other providers using the Connect IQ website. You can customize your device with watchfaces, data fields, widgets, and apps.

Watch Faces: Allow you to customize the appearanceof the clock.

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

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

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

Downloading Connect IQ Features Using Your Computer

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

Wi-Fi Connected Features

Activity uploads to your Garmin Connect account: Automatically sends your activity to your Garmin Connect account as soon as you finish recordingthe activity.

Audio content: Allows you to sync audio content from third-party providers.

Software updates: Your device downloads and installsthe latest software update automatically when a Wi-Fi connection is available.

Workouts and training plans: Allows you to browse for and select workouts and training plans on theGarmin Connect site. The next time your device has a WiFi connection, the files are wirelessly sentto your device.

Connecting to a Wi-Fi Network

You must connect your device to the Garmin Connectapp on your smartphone or to the Garmin Express application on your computer before you canconnect to a Wi-Fi network.

To sync your device with a third-party music provider, you must connect to Wi-Fi. Connecting the device to a Wi-Fi network also helps to increase the transfer speedof larger files.

1. Move within range of a Wi-Fi network.
2. From the Garmin Connect app, select ☰ or •••.
3. Select **Garmin Devices**, and select your device.
4. Select **General** > **Wi-Fi Networks** > **Add a Network**.
5. Select an available Wi-Fi network, and enter the login details.

Safety and Tracking Features

CAUTION

Incident detection and assistance are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services onyour behalf.

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

NOTICE

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

Assistance: Allows you to send a text message withyour name and GPS location to your emergency contacts.

Incident detection: Allows the Garmin Connect app to send a message to your emergency contacts whenthe Forerunner device detects an incident.

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

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

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

Adding Emergency Contacts

Emergency contact phone numbers are used for theincident detection and assistance features.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Safety & Tracking** > **Incident Detection & Assistance** > **Add Emergency Contact**.
3. Follow the on-screen instructions.

Turning Incident Detection On and Off

1. From the watch face, hold **UP**.
2. Select **Settings** > **Safety** > **Incident Detection**.
3. Select an activity.

   NOTE: Incident detection is available only for outdoor walk, run, and bike activities.

When an incident is detected by your Forerunner device with GPS enabled, the Garmin Connect app cansend an automated text message and email with your name and GPS location to your emergency contacts. A message appears indicating your contacts will be informed after 30 seconds have elapsed. You can select **Cancel** before the countdown is complete to cancel the message.

Requesting Assistance

Before you can request assistance, you must set up emergency contacts (*Adding Emergency Contacts, page 13*).

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

   The countdown screen appears.

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

Heart Rate Features

The Forerunner device has a wrist-based heart rate monitor and is also compatible with ANT+ chest heartrate monitors. You can view wrist-based heart rate data on the heart rate widget.

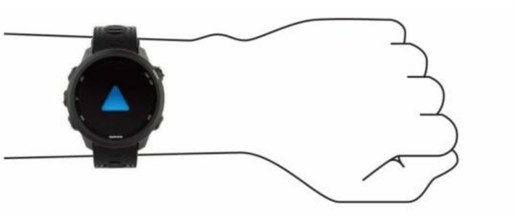
When both wrist-based heart rate and ANT+ heart ratedata are available, your device uses the ANT+ heart rate data.

Wrist-based Heart Rate

Wearing the Device

- Wear the device above your wrist bone.

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

  NOTE: The optical sensor is located on the back ofthe device.
- See *Tips for Erratic Heart Rate Data, page 14* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 21* for more information about the pulse oximeter sensor.
- For more information about accuracy, go to *garmin.com/ataccuracy*.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, youcan try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

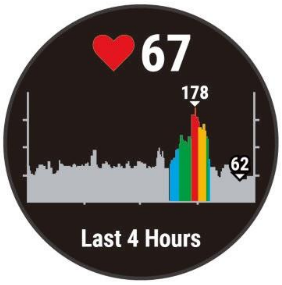
  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Viewing the Heart Rate Widget

The widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate for thelast 4 hours.

1. From the watch face, select **UP** or **DOWN** to viewthe heart rate widget.

   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop,page 29*).
2. Select **START** to view your average resting heartrate values for the last 7 days.



Broadcasting Heart Rate Data to Garmin Devices

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

NOTE: Broadcasting heart rate data decreases batterylife.

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

   The Forerunner device starts broadcasting yourheart rate data, and ((♥ appears.

   NOTE: You can view only the heart rate widget while broadcasting heart rate data from the heartrate widget.
3. Pair your Forerunner device with your Garmin ANT+ compatible device.

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

   TIP: To stop broadcasting your heart rate data,select any key, and select **Yes**.

Broadcasting Heart Rate Data During an Activity

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

NOTE: Broadcasting heart rate data decreases batterylife.

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

   The Forerunner device starts broadcasting yourheart rate data in the background.

   NOTE: There is no indication that the device is broadcasting your heart rate data during anactivity.
4. If necessary, pair your Forerunner device with your Garmin ANT+ compatible device.

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

   TIP: To stop broadcasting your heart rate data,stop the activity (*Stopping an Activity, page 3*).

Setting an Abnormal Heart Rate Alert

You can set the device to alert you when your heartrate exceeds a certain number of beats per minute (bpm) after a period of inactivity.

1. From the heart rate widget, hold **UP**.
2. Select **Options** > **Abnormal HR Alert** > **Status** > **On**.
3. Select **Alert Threshold**.
4. Select a heart rate threshold value.

Each time you exceed the threshold value, a message appears and the device vibrates.

Turning Off the Wrist-based Heart Rate Monitor

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

NOTE: Disabling the wrist-based heart rate monitor also disables the wrist-based pulse oximeter sensor.

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

Turning Off Wrist-based Heart Rate While Swimming

Wrist-based heart rate is turned on by default for swim activities. The device is also compatible with the HRM-Tri™ accessory and the HRM-Swim™ accessory. If bothwrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

1. From the heart rate widget, hold MENU.

   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop,page 29*).
2. Select **Options** > **While Swimming** > **Off**.

HRM-Swim Accessory

Heart Rate While Swimming

NOTE: If both wrist-based heart rate and chest heartrate data are available, your device uses the chest heart rate data.

To view your heart rate data, you can add heart rate data fields (*Customizing the Data Screens, page 29*). Heart rate data is not visible while the heart rate accessory is underwater.The HRM-Tri accessory and the HRM-Swim accessory record and store your heart rate data while you are swimming. You must start a timed activity on your paired Forerunner device to viewyour stored heart rate data later. During rest intervals when you are out of the water, the heart rate accessorysends your heart rate data to your Forerunner device. Your Forerunner device automatically downloads stored heart rate data when you save your timed swim activity. Your heart rate accessory must be out of the water, active, and within range of the device (3 m) while the data downloads.

TIP: To view your heart rate data while swimming, youcan add heart rate data fields (*Customizing the Data Screens, page 29*).

Running Dynamics

You can use the pod with your compatible device to provide real-time feedback about your running form.The pod has an accelerometer that measures torso movement in order to calculate six running metrics.

NOTE: The running dynamics features are available ononly some Garmin devices.

Cadence: Cadence is the number of steps per minute. It displays the total steps (right and left combined).

Vertical oscillation: Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters for each step.

Ground contact time: Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

NOTE: Ground contact time and balance are not available while walking.

Ground contact time balance: Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

Stride length: Stride length is the length of your stridefrom one footfall to the next. It is measured in meters.

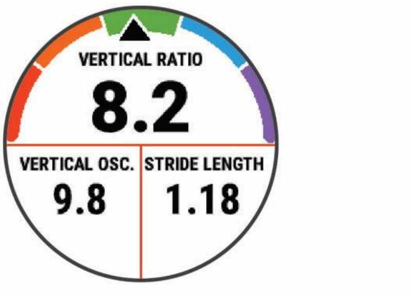
Vertical ratio: Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage.A lower number typically indicates better running form.

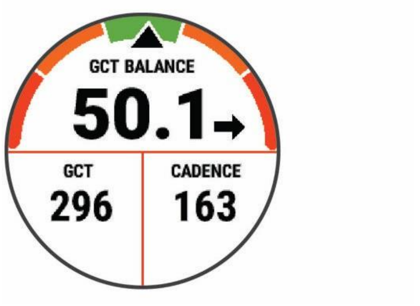
Training with Running Dynamics

Before you can view running dynamics, you must put on the HRM-Run accessory, HRM-Tri accessory, or Running Dynamics Pod, and pair it with your device (*Pairing Your Wireless Sensors, page 27*).

If your Forerunner was packaged with the heart rate monitor, the devices are already paired, and the Forerunner is set to display running dynamics.

1. Select **START**, and select a running activity.
2. Select **START**.
3. Go for a run.
4. Scroll to the running dynamics screens to view your metrics.





5. If necessary, hold **UP** to edit how the running dynamics data appears.

Color Gauges and Running Dynamics Data

The running dynamics screens display a color gauge for the primary metric. You can display cadence, vertical oscillation, ground contact time, ground contact time balance, or vertical ratio as the primary metric. The color gauge shows you how your running dynamics data compare to those of other runners. The color zones are based on percentiles.

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

Go to *Garmin.com.sg/minisite/runningscience* for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

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

Ground Contact Time Balance Data

Ground contact time balance measures your running symmetry and appears as a percentage of your total ground contact time. For example, 51.3% with an arrow pointing left indicates the runner is spending more time on the ground when on the left foot. If your data screen displays both numbers, for example 48–52, 48% is the left foot and 52% is the right foot.

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

While developing and testing running dynamics, the Garmin team found correlations between injuries and greater imbalances with certain runners. For many runners, ground contact time balance tends to deviate further from 50–50 when running up or down hills. Most running coaches agree that a symmetrical running form is good. Elite runners tend to have quick and balanced strides.

You can watch the color gauge or data field during your run or view the summary on your Garmin Connect account after your run. As with the other running dynamics data, ground contact time balance is a quantitative measurement to help you learn about your running form.

Vertical Oscillation and Vertical Ratio Data

The data ranges for vertical oscillation and vertical ratio are slightly different depending on the sensor and whether it is positioned at the chest (HRM-Tri or HRM-Run accessories) or at the waist (Running Dynamics Pod accessory).

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

Tips for Missing Running Dynamics Data

If running dynamics data does not appear, you can try these tips.

- Make sure you have a running dynamics accessory, such as the HRM-Run accessory.

  Accessories with running dynamics have 🏃 on the front of the module.
- Pair the running dynamics accessory with your Forerunner device again, according to the instructions.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

  NOTE: Ground contact time and balance appears only while running. It is not calculated while walking.

Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor.

These estimates are provided and supported by Firstbeat. For more information, go to *www.garmin.com/runningscience*.

Training Status
Productive
Fitness
Load

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

Training status: Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. Your device adjusts the VO2 max. values for heat and altitude, such as when you are acclimating to high heat environments or high altitude.

Recovery time: The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout.

Training load: Training load is the sum of your excess post-exercise oxygen consumption (EPOC) over the last 7 days. EPOC is an estimate of how much energy it takes for your body to recover after exercise.

Predicted race times: Your device uses the VO2 max. estimate and published data sources to provide a target race time based on your current state of fitness. This projection also presumes you have completed the proper training for the race.

Performance condition: Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level.

Turning Off Performance Notifications

Performance notifications are turned on by default. Some performance notifications are alerts that appear upon completion of your activity. Some performance notifications appear during an activity or when you achieve a new performance measurement, such as a new VO2 max. estimate.

1 From the watch face, hold **UP**.
2 Select **Settings** > **Physiological Metrics** > **Performance Notifications**.
3 Select an option.

Detecting Your Heart Rate Automatically

The Auto Detection feature is turned on by default. The device can automatically detect your maximum heart rate during an activity.

NOTE: The device detects a maximum heart rate only when your heart rate is higher than the value set in your user profile.

1. From the watch face, hold **UP**.
2. Select **Settings** > **Physiological Metrics** > **Auto Detection** > **Max. HR**.

   NOTE: You can manually set your maximum heartrate in your user profile (*Setting Your Heart Rate Zones, page 9*).

Syncing Activities and Performance Measurements

You can sync activities, personal records, and performance measurements from other Garmin devices to your Forerunner device using your Garmin Connect account. This allows your device to more accurately reflect your training status and fitness. Forexample, you can record a ride with an Edge device, and view your activity details and overall training loadon your Forerunner device.

1. From the watch face, hold **UP**.
2. Select **Settings** > **Physiological Metrics** > **TrueUp**.

When you sync your device with your smartphone, recent activities, personal records, and performance measurements from your other Garmin devices appearon your Forerunner device.

Training Status

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your training load andVO2 max. over an extended time period. You can useyour training status to help plan future training and continue improving your fitness level.

Peaking: Peaking means that you are in ideal race condition. Your recently reduced trainingload is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

Productive: Your current training load is moving your fitness level and performance in the right direction.You should plan recovery periods into your trainingto maintain your fitness level.

Maintaining: Your current training load is enough to maintain your fitness level. To see improvement,try adding more variety to your workouts or increasing your training volume.

Recovery: Your lighter training load is allowing your body to recover, which is essential during extendedperiods of hard training. You can return to a highertraining load when you feel ready.

Unproductive: Your training load is at a good level, but your fitness is decreasing. Your body may be struggling to recover, so you should pay attentionto your overall health including stress, nutrition, and rest.

Detraining: Detraining occurs when you are training much less than usual for a week or more, and it isaffecting your fitness level. You can try increasingyour training load to see improvement.

Overreaching: Your training load is very high and counterproductive. Your body needs a rest. Youshould give yourself time to recover by adding lighter training to your schedule.

No Status: The device needs one or two weeks of training history, including activities with VO2 max.results from running or cycling, to determine your training status.

Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least two VO2 max. measurements per week. Your VO2 max.estimate is updated after outdoor runs during which your heart rate reached at least 70% of your maximum heart rate for several minutes. The trail run and indoor run activities do not generate a VO2 max. estimate
in order to preserve the accuracy of your fitness leveltrend.

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

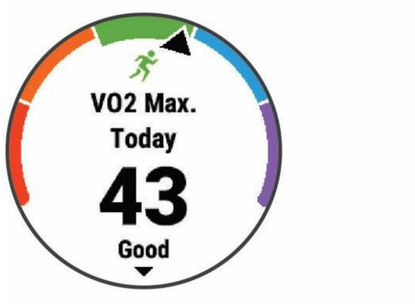
- At least two times per week, run outdoors and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

  After using the device for one week, your trainingstatus should be available.
- Record all of your fitness activities on this device,or enable the Physio TrueUp™ feature, allowing your device to learn about your performance (*Syncing Activities and Performance Measurements,page 18*).

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The Forerunner device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

On the device, your VO2 max. estimate appears asa number, description, and position on the color gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise,your fitness age can decrease over time.



🟪 Purple	Superior
🟦 Blue	Excellent
🟩 Green	Good
🟧 Orange	Fair
🟥 Red	Poor

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The CooperInstitute®. For more information, see the appendix (*VO2 Max. Standard Ratings, page 41*), and go to *www. CooperInstitute.org*.

Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are usinga chest heart rate monitor, you must put it on and pair it with your device (*Pairing Your Wireless Sensors,page 27*). If your Forerunner device was packaged with a heart rate monitor, the devices are already paired.

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 9*), and set your maximum heart rate (*Setting Your HeartRate Zones, page 9*). The estimate may seem inaccurate at first. The device requires a few runs tolearn about your running performance.

1. Run for at least 10 minutes outdoors.
2. After your run, select **Save**.
3. Select **UP** or **DOWN** to view the performance widget.
4. Select **START** to scroll through the performance measurements.

Recovery Time

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

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

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout.

Viewing Your Recovery Time

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 9*), and set your maximum heart rate (*Setting Your HeartRate Zones, page 9*).

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

   The recovery time appears. The maximum time is4 days.

   NOTE: From the watch face, you can select **UP** or **DOWN** to view the performance widget, and select **START** to scroll through the performance measurements to view your recovery time.

Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can checkyour recovery heart rate value after each activity.
Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rateis 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

TIP: For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value. You can save or discard the activity after this value appears.

Training Load

Training load is a measurement of your training volume over the last seven days. It is the sum of yourexcess post-exercise oxygen consumption (EPOC) measurements for the last seven days. The gauge indicates whether your current load is low, high, or within the optimal range to maintain or improve your fitness level. The optimal range is determined based on your individual fitness level and training history.
The range adjusts as your training time and intensity increase or decrease.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 9*), and set your maximum heart rate (*Setting Your HeartRate Zones, page 9*).

Your device uses the VO2 max. estimate (*About VO2 Max. Estimates, page 18*) and your training history to provide a target race time. The device analyzes severalweeks of your training data to refine the race time estimates.

TIP: If you have more than one Garmin device, you can enable the Physio TrueUp feature, which allowsyour device to sync activities, history, and data fromother devices (*Syncing Activities and Performance*

Measurements, page 18).

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

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

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

Performance Condition

As you perform a running activity, the performance condition feature analyzes your pace, heart rate, andheart rate variability to make a real-time assessmentof your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you arerested, fresh, and capable of a good run. You can addperformance condition as a data field to one of your training screens to monitor your ability throughout the activity.

Performance condition can also be an indicator of fatigue level, especially at the end of a long trainingrun.

NOTE: The device requires a few runs with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running ability (*About VO2 Max.Estimates, page 18*).

About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases, tellingyou how the activity has improved your fitness.
Training Effect is determined by your user profile information, heart rate, duration, and intensity of your activity.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exerciseaffects your aerobic fitness and indicates if the workout had a maintaining or improving effect on yourfitness level. Your EPOC accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed(or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOCand the type of activity. Repeated high- intensity intervals of 10 to 120 seconds have a highly beneficialimpact on your anaerobic capability and result in an improved anaerobic Training Effect.

It is important to know that your Training Effect numbers (from 0.0 to 5.0) may seem abnormally high during your first few activities. It takes severalactivities for the device to learn your aerobic and anaerobic fitness.

You can add Training Effect as a data field to one of your training screens to monitor your numbers throughout the activity.

Color Zone	Training Effect	Aerobic Benefit	Anaerobic Benefit
⬜	From 0.0 to 0.9	No benefit.	No benefit.
⬜	From 1.0 to 1.9	Minor benefit.	Minor benefit.
🟦	From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
🟩	From 3.0 to 3.9	Improves your aerobic fitness.	Improves your anaerobic fitness.
🟧	From 4.0 to 4.9	Highly improves your aerobic fitness.	Highly improves your anaerobic fitness.
🟥	5 .0	Overreaching and potentially harmful without enoughrecovery time.	Overreaching and potentially harmful without enoughrecovery time.

Training Effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to *www.firstbeat.com*.

Pulse Oximeter

The Forerunner device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise andstress. Your device gauges your blood oxygen level by shining light into the skin and checking how muchlight is absorbed. This is referred to as SpO_2.

On the device, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account,you can view additional details about your pulse oximeter readings, including trends over multiple days (*Turning On Pulse Oximeter Sleep Tracking, page 21*).
For more information on pulse oximeter accuracy, goto *garmin.com/ataccuracy*.

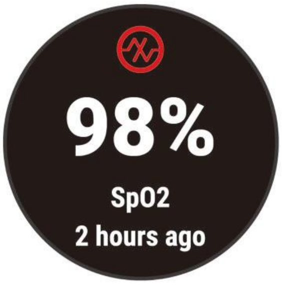
Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading on your device at any time. The accuracy of the reading can vary based on your blood flow, the deviceplacement on your wrist, and your stillness.

1. Wear the device above your wrist bone.

   The device should be snug but comfortable.
2. Select **UP** or **DOWN** to view the pulse ox widget.
3. Select **START**.
4. Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
5. Keep still.

   The device displays your oxygen saturation as a percentage.



NOTE: You can customize the pulse oximeter settings in your Garmin Connect account.

Turning On Pulse Oximeter Sleep Tracking

You can set your device to continuously measure yourblood oxygen saturation while you sleep.

NOTE: Unusual sleep positions can cause abnormallylow sleep-time SpO2 readings.

1. From the pulse oximeter widget, hold **UP**.
2. Select **Sleep Pulse Ox** > **On**.

Tips for Erratic Pulse Oximeter Data

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

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

Heart Rate Variability and Stress Level

Stress level is the result of a three-minute test performed while standing still, where the Forerunner device analyzes heart rate variability to determine youroverall stress. Training, sleep, nutrition, and general lifestress all impact how a runner performs. The stress level range is from 1 to 100, where 1 is a very low stress state and 100 is a very high stress state.

Knowing your stress level can help you decide if yourbody is ready for a tough training run or yoga.

Using the Stress Level Widget

The stress level widget displays your current stresslevel 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.
2. Select **START**.
   - If your stress level is in the low or medium range, a graph appears showing your stresslevel for the last four hours.
     TIP: To start a relaxation activity from the graph, select **DOWN** > **START**, and enter a duration in minutes.
   - If your stress level is in the high range, a message appears asking you to begin a relaxation activity.
3. Select an option:
   - View your stress level graph.
     NOTE: Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.
   - Select **Yes** to start the relaxation activity, andenter a duration in minutes.
   - Select **No** to bypass the relaxation activity andview the stress level graph.

Body Battery

Your device analyzes your heart rate variability, stresslevel, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserveenergy, 51 to 75 is high reserve energy, and 76 to 100 isvery high reserve energy.

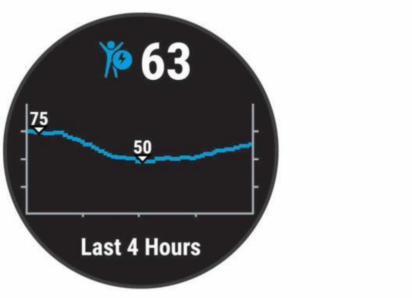
You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips forImproved Body Battery Data, page 22*).

Viewing the Body Battery Widget

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

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

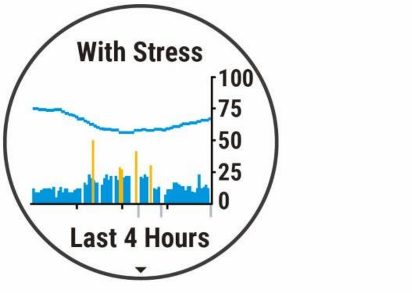
   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop,page 29*).

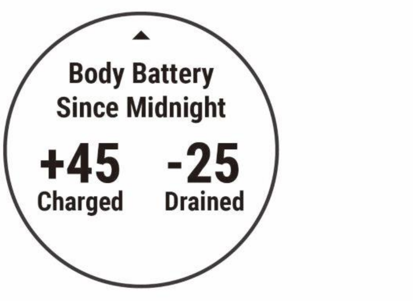


2. Select **START** to view a combined graph of your Body Battery and stress level.

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

3. Select **DOWN** to see your Body Battery data since midnight.





Tips for Improved Body Battery Data

- Your Body Battery level updates when you syncyour device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep cancause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, hasno impact on your Body Battery.

Health Stats Widget

The Health Stats widget provides an at-a-glance viewof your health data. This is a dynamic summary that updates throughout the day. The metrics include your heart rate, stress level, and Body Battery level. You canselect **START** to view additional metrics.

Music

NOTICE

There is a 7-day limit on the license for offline music downloaded to your watch. We recommend reconnecting your watch to the internet every 7 daysto renew your license so that you can continue to make use of third-party offline music services.

The copyright of music provided by third-party music services are owned by the record companies. The record companies license the music tracks or albumsto third-party music services with a time limit, and the music license must be periodically updated and renewed. If you often listen to downloaded music offline, you will need to reconnect your watch to the internet every 7 days (via Wi-Fi or Garmin Connect Mobile) so that you can continue to make use of third-party offline music services.

NOTE: This section is about three different music playback options.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a Forerunner 245 Music device, you can download audio content to your device from your computer or from a third-party provider, so you can listen when yoursmartphone is not nearby. To listen to audio content stored on your device, you must connect headphones with Bluetooth technology.

You can also control music playback on your paired smartphone using your device.

Installing a Third-Party Provider

Before you can download music or other audio files to your Forerunner 245 Music from a supported third- party provider, you must install the provider and sign into the provider in the Garmin Connect app.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Devices**, and select your device.
3. Select **Music**, installed third-party providers will appear under the INSTALLED list.
4. If your preferred music provider is not on the list, select **Get Music Apps**, and follow the on-screen instructions to install a supported music provider.

Signing in to Your Music Provider

Before you can sign in to your music provider, you must connect the device to a Wi-Fi network (*Connecting to a Wi-Fi Network, page 13*).

1. On your Forerunner 245 Music, hold **DOWN** to openthe music controls.

2. Select **Manage** > **Music Providers**.
3. Select a connected provider.
4. With Garmin Connect open, select **START**.
5. A notification will appear on your smartphone, prompting your to sign in. Follow the on-screen instructions to sign in to your music provider.

   NOTE: If you don't see a notification, check the notification settings on your smartphone.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a WiFi network (*Connecting to a Wi-Fi Network, page 13*).

1. Hold **DOWN** from any screen to open the music controls.
2. Hold **UP**.
3. Select **Music Providers**.
4. Select a connected provider.
5. Select **Playlists**.
6. Select **UP** or **DOWN** to view available playlists and tracks, and select **START** to select items to download to the device.
7. Select **Done** to download the selected items to the device.

   NOTE: Downloading audio content can drain the battery. You may be required to connect the deviceto an external power source if the battery is low.

Disconnecting from a Third-Party Provider

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Devices**, and select your device.
3. Select **Music**.
4. Select an installed third-party provider
5. Follow the on-screen instructions to disconnectthe third-party provider from your device.

Spotify®

This feature is not available in all countries

Spotify is a digital music service that gives you accessto millions of songs.

TIP: Spotify integration requires the Spotify applicationbe installed on your mobile phone. A compatible mobile digital device and premium subscription is required, where available. Go to *Garmin.com.sg*.

This product incorporates Spotify software which is subject to third party licenses found here: *https://developer.spotify.com/legal/third-party-licenses*. Soundtrack every journey with Spotify. Play songs andartists you love, or let Spotify entertain you.

Downloading Audio Content from Spotify

Before you can download audio content from Spotify, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network, page 13*).

1. Hold **DOWN** from any screen to open the music controls.
2. Hold **UP**.
3. Select **Music Providers** > **Spotify**.
4. Select **Add music & podcasts**.
5. Select a playlist or other item to download to the device.

   NOTE: Downloading audio content can drain the battery. You may need to connect the device to an external power source if the remaining battery lifeis insufficient.

   The selected playlists and other items are downloaded to the device.

Downloading Personal Audio Content

Before you can send your personal music to your device, you must install the Garmin Express application on your computer (*Garmin.com.sg/express*).

You can load your personal audio files, such as .mp3 and .aac files, to a Forerunner 245 Music device from your computer.

1. Connect the device to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your device, and select **Music**.

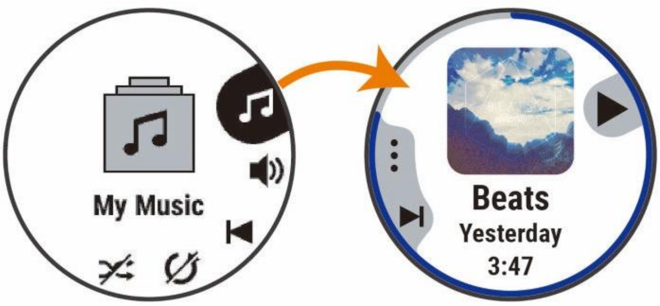
   TIP: For Windows® computers, you can select ⊞ and browse to the folder with your audio files. For Apple® computers, the Garmin Express applicationuses your iTunes® library.
3. In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4. Select the checkboxes for the audio files, and select **Send to Device**.
5. If necessary, in the Forerunner 245 Music list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Listening to Music

1. Hold **DOWN** from any screen to open the music controls.
2. Connect your headphones with Bluetooth technology (*Connecting Headphones using BluetoothTechnology, page 24*).
3. Hold **UP**.
4. Select **Music Providers**, and select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music** (*Downloading Personal Audio Content, page 23*).
   - To listen to music from your smartphone, select **Control Phone**.
   - To listen to music from a third-party provider, select the name of the provider.
5. Select ⋮ to open the music playback controls.

Music Playback Controls

NOTE: Some music playback controls are available ona Forerunner 245 Music device only.



Manage	Select to manage content from some third-party providers.
⋮	Select to browse the audio files and playlists for the selected source.
🔊	Select to adjust the volume.
▶	Select to play and pause the current audiofile.
⏭	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
⏮	Select to restart the current audio file. Select twice to skip to the previous audiofile in the playlist. Hold to rewind through the current audiofile.
↻	Select to change the repeat mode.
🔀	Select to change the shuffle mode.

Controlling Music Playback on a Connected Smartphone

1. On your smartphone, start playing a song or playlist.
2. Select an option:
   - On a Forerunner 245 Music device, hold **DOWN** from any screen to open the music controls.
   - On a Forerunner 245 device, select **DOWN** to view the music control widget.
     NOTE: You may need to add the music control widget to your widget loop (*Customizing the Widget Loop, page 29*).
3. On a Forerunner 245 Music device, select **Source** > **Control Phone**.
4. Use the icons to pause and resume playback, skip tracks, and adjust the volume (*Music Playback Controls, page 24*).

Connecting Headphones using Bluetooth Technology

To listen to music loaded onto your Forerunner 245 Music device, you must connect headphones using Bluetooth technology.

1. Bring the headphones within 2 m (6.6 ft.) of your device.
2. Enable pairing mode on the headphones.
3. Hold **UP**.
4. Select **Settings** > **Music** > **Headphones** > **Add New**.
5. Select your headphones to complete the pairing process.

History

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

NOTE: When the device memory is full, your oldestdata is overwritten.

Viewing History

History contains previous activities you have saved onyour device.

1. From the watch face, hold **UP**.
2. Select **History** > **Activities**.
3. Select an activity.
4. Select an option:
   - To view additional information about the activity, select **All Stats**.
   - To view the impact of the activity on your aerobic and anaerobic fitness, select **TrainingEffect** (*About Training Effect, page 20*).
   - To view your time in each heart rate zone, select **Heart Rate** (*Viewing Your Time in Each Heart Rate Zone, page 24*).
   - To select a lap and view additional information about each lap, select **Laps**.
   - To view the activity on a map, select **Map**.
   - To view your time and reps for each strength training set, select **Sets**.
   - To view your time and distance for each swim interval, select **Intervals**.
   - To delete the selected activity, select **Delete**.

Viewing Your Time in Each Heart Rate Zone

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

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

1. Hold **UP**.
2. Select **History** > **Activities**.
3. Select an activity.
4. Select **Heart Rate**.

Viewing Data Totals

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

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

Deleting History

1. From the watch face, hold **UP**.
2. Select **History** > **Options**.
3. Select an option:
   - Select **Delete All Activities** to delete all activities from the history.
   - Select **Reset Totals** to reset all distance andtime totals.
     NOTE: This does not delete any saved activities.

Data Management

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

Deleting Files

NOTICE

If you do not know the purpose of a file, do not deleteit. 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 removethe files.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnectyour 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, andselect your device.
   - For Apple computers, select the device, and select **File** > **Eject**.
2. Disconnect the cable from your computer.

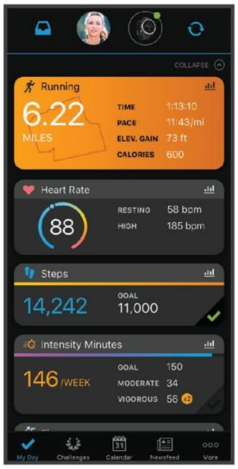
Garmin Connect

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

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

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

NOTE: Some data requires an optional accessorysuch as a heart rate monitor.



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

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

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

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

Access the Connect IQ store: You can download apps, watch faces, data fields, and widgets.

Synchronizing Your Data with the Garmin Connect App

Your device periodically synchronizes data with theGarmin Connect app automatically. You can also manually synchronize your data at any time.

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

Using Garmin Connect on Your Computer

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

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

Navigation

You can use the GPS navigation features on your device to view your path on a map, save locations, andfind your way home.

Courses

You can send a course from your Garmin Connect account to your device. After it is saved to your device,you can navigate the course on your device.

You can follow a saved course simply because it is agood route. For example, you can save and follow a bike friendly commute to work.

You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner tryingto complete the course in under 30 minutes.

Creating and Following a Course on Your Device

1. From the watch face, select **START**.
2. Select an activity.
3. Hold **UP**.
4. Select **Navigation** > **Courses** > **Create New**.
5. Enter a name for the course, and select ✔�
6. Select **Add Location**.
7. Select an option.
8. If necessary, repeat steps 4 and 5.
9. Select **Done** > **Do Course**.

   Navigation information appears.
10. Select **START** to begin navigation.

Saving Your Location

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

1. Hold **LIGHT**.
2. Select 📍.

   NOTE: You may need to add this item to the controls menu (*Customizing the Controls Menu,page 29*).
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 **START**.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Hold **UP**.
4. Select **Navigation** > **Saved Locations**.
5. Select a saved location.
6. Select an option to edit the location.

Deleting All Saved Locations

You can delete all of your saved locations at once.

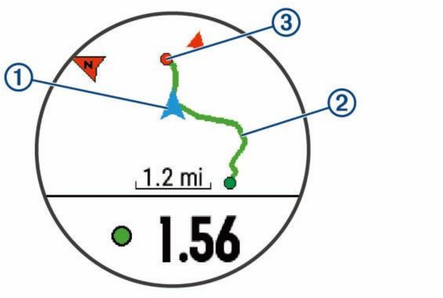
1. From the watch face, select **START**.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Hold **UP**.
4. Select **Navigation** > **Saved Locations** > **Delete All**.

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 youtraveled. This feature is available only for activities that use GPS.

1. During an activity, select **STOP** > **Back to Start**.
2. Select an option:
   - To navigate back to the starting point of your activity along the path you traveled, select **TracBack**.
   - To navigate back to the starting point of your activity in a straight line, select **Straight Line**.



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 **START**.
2. Hold **UP**.
3. Select **Navigation** > **Activities**.
4. Select your last saved activity.
5. Select **Back to Start**.
6. Select an option:
    - To navigate back to the starting point of your activity along the path you traveled, select **TracBack®**.
    - To navigate back to the starting point of your activity in a straight line, select **Straight Line**.

Navigating to a Saved Location

Before you can navigate to a saved location, your device must locate satellites.

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

    NOTE: This feature is not available for all activities.
3. Hold **UP**.
4. Select **Navigation** > **Saved Locations**.
5. Select a location, and select **Go To**.
6. Move forward.

    The compass arrow points toward the saved location.

    TIP: For more accurate navigation, orient the top of the screen toward the direction in which you aremoving.
7. Press **START** to start the activity timer.

Map

➤ represents your location on the map. Location names and symbols appear on the map. When you are navigating to a destination, your route is marked with aline on the map.

- Map navigation (*Panning and Zooming the Map, page 27*)
- Map settings (*Map Settings, page 27*)

Adding a Map to an Activity

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

1. From the watch face, hold **UP**.
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **Data Screens** > **Add New** > **Map**.

Panning and Zooming the Map

1. While navigating, select **UP** or **DOWN** to view the map.
2. Hold **UP**.
3. Select **Pan/Zoom**.
4. Select an option:
    - To toggle between panning up and down, panning left and right, or zooming, select **START**.
    - To pan or zoom the map, select **UP** and **DOWN**.
    - To quit, select **BACK**.

Map Settings

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

From the watch face, hold **UP**, and select **Settings** > **Map**.

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

User Locations: Shows or hides saved locations on themap.

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

Wireless Sensors

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

Pairing Your Wireless Sensors

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

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

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

    NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3. Hold **UP**.
4. Select **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 screenloop or a custom data field.

Foot Pod

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

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

Going for a Run Using a Foot Pod

Before you go for a run, you must pair the foot pod with your Forerunner device (*Pairing Your Wireless Sensors, page 27*).

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

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

Foot Pod Calibration

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

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (*Pairing Your Wireless Sensors, page 27*).

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 27*).

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

1. From the watch face, hold **UP**.
2. Select **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 27*).

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

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

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 27*).
- Set your wheel size (*Wheel Size and Circumference, page 42*).
- Go for a ride (*Starting an Activity, page 3*).

Situational Awareness

Your Forerunner 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 Forerunner software before pairing Varia devices (*Updating the Software Using Garmin Express, page 37*).

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.

Customizing Your Device

Customizing Your Activity List

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

Customizing the Widget Loop

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

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

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Viewingthe Controls Menu, page 2*).

1. From any screen, hold **LIGHT** to open the controls menu.
2. Hold **UP**.
3. Select an option:
   - Select **Add Controls** to add an additional shortcut to the controls menu.
   - Select **Reorder Controls** to change the locationof a shortcut in the controls menu.
   - Select **Remove Controls** to remove a shortcut from the controls menu.

Activity 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.

Select **START**, select an activity, hold UP, and select the activity settings.

Accent Color: Sets the accent color of each activity tohelp identify which activity is active.

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

Auto Lap: Sets the options for the Auto Lap® feature (*Marking Laps by Distance, page 30*).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below aspecified speed (*Enabling Auto Pause, page 31*).

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timeris running (*Using Auto Scroll, page 31*).

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

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

Data Screens: Enables you to customize data screens and add new data screens for the activity(*Customizing the Data Screens, page 29*).

Edit Weight: Allows the user to add and edit the weightused during a rep counting activity.

GPS: Sets the mode for the GPS antenna. Using GPS + GLONASS or GPS + GALILEO provides increased performance in challenging environments and faster position acquisition (*GPS and Other Satellite Systems, page 31*).

Using either of these options 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 31*).

Metronome: Plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence (*Usingthe Metronome, page 8*).

Pool Size: Sets the pool length for pool swimming.

Power Save Timeout: Sets the power-save timeoutsetting for the activity (*Power Save Timeout Settings, page 31*).

Rename: Sets the activity name.

Restore Defaults: Allows you to reset the activity settings.

Stroke Detect: Enables stroke detection for pool swimming.

Customizing the Data Screens

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

1. Select **START**.
2. Select an activity.
3. Hold **UP**.
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 inthe field.
- Select **Reorder** to change the location of thedata screen in the loop.
- Select **Remove** to remove the data screen fromthe loop.

8 If necessary, select **Add New** to add a data screento the loop.

You can add a custom data screen, or select one ofthe predefined data screens.

Alerts

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

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

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

Recurring alert: A recurring alert notifies you each timethe device records a specified value or interval. Forexample, 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.
Heart Rate	Range	You can set minimum and maximum heart rate valuesor select zone changes. See *About Heart Rate Zones, page 41* and *Heart Rate Zone Calculations, page 9*.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
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 **UP**.

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, amessage appears each time you exceed or drop belowthe specified range (minimum and maximum values).

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 anactivity (for example, every 1 mile or 5 kilometers).

1 Hold **UP**.

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 32*).

If necessary, you can customize the data pages todisplay additional lap data (*Customizing the Data Screens, page 29*).

Customizing the Lap Alert Message

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

1 Hold **UP**.

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 **UP**.
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 yourpace or speed drops below a specified level, select **Custom**.

Using Auto Scroll

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

1. Hold **UP**.
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.

Changing the GPS Setting

By default, the device uses GPS to locate satellites. For more information about GPS, go to *www.garmin.com/aboutGPS*.

1. Hold **UP**.
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **GPS**.
6. Select an option:
   - Select **Normal (GPS Only)** to enable the default GPS satellite system.
   - Select **GPS + GLONASS** (Russian satellite system) for more accurate position informationin situations with poor sky visibility.
   - Select **GPS + GALILEO** (European Union satellite system) for more accurate position information in situations with poor sky visibility.
   - Select **UltraTrac** to record track points and sensor data less frequently (*UltraTrac, page 31*)

   NOTE: Using GPS and another satellite togethercan reduce battery life more quickly than using GPS only (*GPS and Other Satellite Systems, page 31*).

GPS and Other Satellite Systems

The default satellite system setting is Normal (GPSOnly). The GPS + GLONASS or GPS + GALILEO options offer increased performance in challenging environments and faster position acquisition. Using GPS and another satellite together can reduce batterylife more quickly than using GPS only.

UltraTrac

The UltraTrac feature is a GPS setting that records track points and sensor data less frequently. Enablingthe 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 staysin training mode, for example, when you are waiting for a race to start. Hold **UP**, 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 watchmode after 5 minutes of inactivity.

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

Removing an Activity or App

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

Watch Face Settings

You can customize the appearance of the watch faceby 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, youmust install a watch face from the Connect IQ store (*Connect IQ Features, page 12*).

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

1. From the watch face, hold **UP**.
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 **START** > **Apply** to activate a pre-loaded watch face or an installed Connect IQ watch face.
6. If using a pre-loaded watch face, select **START** > **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 analogwatch 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 watchface, select **Data**.
    - To add or change an accent color for the watchface, select **Accent Color**.
    - To change the background color, select **Bkgd Color**.
    - To save the changes, select **Done**.

System Settings

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

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings, page 32*).

Backlight: Adjusts the backlight settings (*Changing the Backlight Settings, page 32*).

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 disturbmode automatically during your normal sleep hours. You can set your normal sleep hours on your Garmin Connect account.

Auto Lock: Allows you to lock the keys automatically to prevent accidental key presses. Use the DuringActivity 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 32*).

Format: Sets general format preferences, such as the pace and speed shown during activities, the start of the week, and geographical position format anddatum 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 thatlast for longer periods of time.

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

Reset: Allows you to reset user data and settings(*Resetting All Default Settings, page 36*).

Software Update: Allows you to install softwareupdates downloaded using Garmin Express.

Time Settings

Hold **UP**, 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 theManual option.

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

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

Changing the Backlight Settings

1. From the watch face, hold **UP**.
2. Select **Settings** > **System** > **Backlight**.
3. Select **During Activity** or **Not During Activity**.
4. Select an option:
    - Select **Keys and Alerts** to turn on the backlightfor key presses and 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 beforethe backlight turns off.

Changing the Units of Measure

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

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

Extended Display Mode

You can use Extended Display mode to display data screens from your Forerunner device on a compatibleEdge device during a ride or triathlon. See your Edge owner’s manual for more information.

Clock

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 alsomanually sync the time with GPS when you change time zones, and to update for daylight saving time.

1. From the watch face, hold **UP**.
2. Select **Settings** > **System** > **Time** > **Sync With GPS**.
3. Wait while the device locates satellites (*Acquiring Satellite Signals, page 36*).

Setting the Time Manually

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

Setting an Alarm

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

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

Deleting an Alarm

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

Starting the Countdown Timer

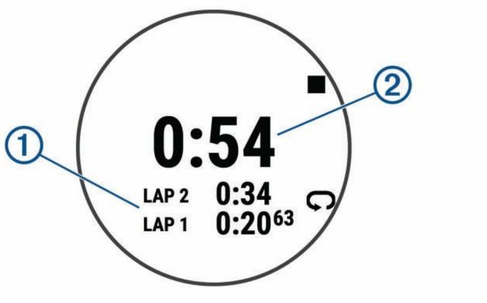
1. From any screen, hold **LIGHT**.
2. Select **Timer**.

   NOTE: You may need to add this item to the controls menu (*Customizing the Controls Menu,page 29*).
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 any screen, hold **LIGHT**.
2. Select **Stopwatch**.

   NOTE: You may need to add this item to the controls menu (*Customizing the Controls Menu,page 29*).
3. Select **START** to start the timer.
4. Select **BACK** to restart the lap timer 1 .◯



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

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to *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 29*).

1. Turn on your VIRB camera.
2. On your Forerunner 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 **START**.
5. Select an option:
   - To record video, select **Start Recording**. The video counter appears on the Forerunner screen.
   - To take a photo while recording video, select **DOWN**.
   - To stop recording video, select **STOP**.
   - To take a photo, select **Take Photo**.
   - To change video and photo settings, select **Settings**.

Controlling a VIRB Action Camera During anActivity

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 29*).

1. Turn on your VIRB camera.
2. On your Forerunner 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 screenis automatically added to the activity apps.
4. During an activity, select **UP** or **DOWN** to view the VIRB data screen.
5. Hold **UP**.
6. Select **VIRB**.
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 Forerunner screen.
   - To take a photo while recording video, select **DOWN**.
   - To manually stop recording video, select **STOP**.
   - To take a photo, select **Take Photo**.

Device Information

Viewing Device Information

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

1. From the watch face, hold **UP**.
2. Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

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

1. From the watch face. hold **UP**.
2. Select **Settings** > **System** > **About**.

Charging the Device

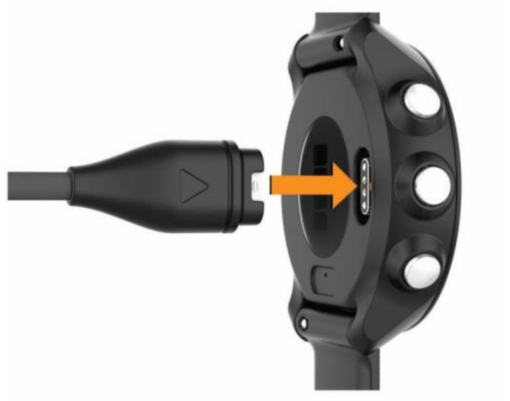
WARNING

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

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



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

Tips for Charging the Device

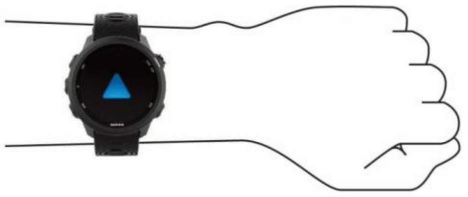
1. Connect the charger securely to the device to charge it using the USB cable (*Charging the Device,page 34*).

   You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery takesup to two hours.
2. Remove the charger from the device after the battery charge level reaches 100%.

Wearing the Device

- Wear the device above your wrist bone.

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



  NOTE: The optical sensor is located on the back ofthe device.
- See *Tips for Erratic Heart Rate Data, page 14* for more information about wrist-based heart rate.

- See *Tips for Erratic Pulse Oximeter Data, page 21* for more information about the pulse oximeter sensor.
- For more information about accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

Device Care

NOTICE

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

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components andfinishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics,alcohol, or other harsh chemicals. Prolonged exposureto these substances can damage the case.

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

Cleaning the Device

NOTICE

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

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

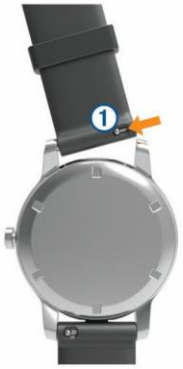
After cleaning, allow the device to dry completely.

TIP: For more information, go to *Garmin.com.sg/legal/fit-and-care*.

Replacing the Bands

The device is compatible with 20 mm wide, standard, quick-release bands. Go to *buy.garmin.com*, or contactyour Garmin dealer for information about optional accessories.

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



2. Insert one side of the spring bar for the new bandinto the device.
3. Slide the quick-release pin, and align the spring barwith the opposite side of the device.
4. Repeat steps 1 through 3 to replace the otherband.

Specifications

NOTICE

Typical value tested under Garmin’s laboratory conditions. The actual battery life depends on the features enabled on your device and environmental factors, such as activity tracking, wrist-based heart rate, smartphone notifications frequency, GPS status,internal sensors, and connected sensors.

Battery type		Rechargeable, built-in lithium-ion battery
Forerunner 245	Smart watch mode	Up to 7 days
	GPS mode	Up to 22 hr
Forerunner 245 Music	GPS mode with music	Up to 6 hr
Water rating		Swim, 5 ATM*
Forerunner 245 Music media storage		Approximately 500 songs
Operating temperature range		From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range		From 0º to 45ºC (from 32º to 113ºF)

*The device withstands pressure equivalent to a depth of 50 m. Formore information, go to *Garmin.com.sg/legal/waterrating*.

Troubleshooting

Product Updates

On your computer, install Garmin Express (*Garmin.com.sg/express*). On your smartphone, install the Garmin Connect app. This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect

- Product registration

Setting Up Garmin Express

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

Getting More Information

- Go to *support.Garmin.com/en-SG* for additional manuals, articles, and software updates.
- Go to *Garmin.com.sg/buy/sg*, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to *Garmin.com.sg/legal/atdisclaimer*.

  This is not a medical device. The pulse oximeter feature is not available in all countries.

Activity Tracking

For more information about activity tracking accuracy,go to *Garmin.com.sg/legal/atdisclaimer*.

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, allowthe 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 trythese 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 usingyour hands or arms only.

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

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

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

1. Select an option:
   - Sync your step count with the Garmin Connect application (*Using Garmin Connect on Your Computer, page 26*).
   - Sync your step count with the Garmin Connect app (*Manually Syncing Data with Garmin Connect,page 12*).
2. Wait while the device syncs your data.

   Syncing can take several minutes.

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

My intensity minutes are flashing

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

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

Acquiring Satellite Signals

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

TIP: For more information about GPS, go to *Garmin.com.sg/about-gps*.

1. Go outdoors to an open area.

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

   It may take 30–60 seconds to locate satellitesignals.

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 app using your Bluetooth enabled smartphone.
  - Connect your device to your Garmin Connect account using a WiFi 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 awayfrom tall buildings and trees.
- Remain stationary for a few minutes.

Restarting the Device

If the device stops responding, you may need to restartit.

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

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

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

Resetting All Default Settings

NOTE: This deletes all user-entered information and activity history.

You can reset all of the device settings to the factorydefault values.

1. From the watch face, hold **UP**.
2. Select **Settings** > **System** > **Reset**.
3. Select an option:
   - To reset all of the device settings to the factory

default values and save all activity information and stored music, select **Reset Default Settings**.
- To delete all activities from your history, select **Delete All Activities**.
- To reset all distance and time totals, select **Reset Totals**.
- To reset the all of the device settings to the factory default values and delete all activity information and stored music, select **Delete Data and Reset Settings**.

Updating the Software Using Garmin Connect

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone with Your Device, page 1*).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect, page 12*).

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

Updating the Software Using Garmin Express

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

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

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

   NOTE: If you have already set up your device with WiFi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using WiFi.

My device is in the wrong language

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

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

Is my smartphone compatible with my device?

The Forerunner device is compatible with smartphones using Bluetooth wireless technology.

Go to *Garmin.com.sg/ble* for compatibility information.

My phone will not connect to the device

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

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app to retry the pairing process.

  If you are using an Apple device, you should also remove your device from the Bluetooth settings on your smartphone.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ☰ or ••• , and select **Garmin Devices** > **Add Device** to enter pairing mode.
- On your device, hold **LIGHT**, and select 📞 to turn on Bluetooth technology and enter pairing mode.

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 32*).
- Use UltraTrac GPS mode for your activity (*UltraTrac, page 31*).
- Turn off Bluetooth wireless technology when you are not using connected features (*Bluetooth Connected Features, page 11*).
- When pausing your activity for a longer period of time, use the resume later option (*Stopping an Activity, page 3*).
- Turn off activity tracking (*Activity Tracking Settings, page 11*).
- Use a watch face that is not updated every second.

  For example, use a watch face without a second hand (*Customizing the Watch Face, page 31*).
- Limit the smartphone notifications the device displays (*Managing Notifications, page 2*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices, page 14*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor, page 15*).

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

- Turn off the pulse oximeter feature (*Turning Off the Wrist-based Heart Rate Monitor, page 15*).
- Use UltraTrac GPS mode for your activity (*UltraTrac, page 31*).
- Select the **Smart** recording interval (*System Settings, page 32*).

The temperature reading is not accurate

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

How can I manually pair ANT+ sensors?

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

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

   The heart rate monitor does not send or receivedata until you put it on.
3. Hold **UP**.
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, a message appears. Sensor data appears in the datapage loop or a custom data field.

Can I use my Bluetooth sensor with my watch?

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

1. Hold **UP**.
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 29*).

My music cuts out or my headphones do not stay connected

When using a Forerunner 245 Music device connectedto 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 Forerunner 245 Music device.

Appendix

Data Fields

Some data fields require ANT+ accessories to displaydata.

% Heart Rate Reserve: The percentage of heart rate reserve (maximum heart rate minus resting heartrate).

24-Hour Maximum: The maximum temperaturerecorded in the last 24 hours.

24-Hour Minimum: The minimum temperaturerecorded in the last 24 hours.

Aerobic Training Effect: The impact of the currentactivity on your aerobic fitness level.

Anaerobic Training Effect: The impact of the current activity on your anaerobic fitness level.

Average % Heart Rate Reserve: The average percentage of heart rate reserve (maximum heartrate minus resting heart rate) for the current activity.

Average Cadence: Running. The average cadence forthe current activity.

Average Cadence: Cycling. The average cadence forthe current activity.

Average GCT Balance: The average ground contact time balance for the current session.

Average Ground Contact Time: The average amount of ground contact time for the current activity.

Average Heart Rate: The average heart rate for thecurrent activity.

Average Heart Rate %Max: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Pace: The average pace for the current activity.

Average Speed: The average speed for the current activity.

Average Stride Length: The average stride length for the current session.

Average Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.

Average Strokes Per Length: The average number of strokes per pool length during 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 5*).

Average Vertical Oscillation: The average amount of vertical oscillation for the current activity.

Average Vertical Ratio: The average ratio of vertical oscillation to stride length for the current session.

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: Running. The steps per minute (right andleft).

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

Calories: The amount of total calories burned.

Course: The direction from your starting location to a destination. Course can be viewed as a planned orset route. You must be navigating for this data to appear.

Destination Location: The position of your final destination.

Destination Waypoint: The last point on the route tothe destination. You must be navigating for this data to appear.

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

Distance Remaining: The remaining distance to the final destination. You must be navigating for thisdata to appear.

Distance To Next: The remaining distance to the next waypoint on the route. You must be navigating forthis data to appear.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, thenstop 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 aboveor below sea level.

Estimated Total Distance: The estimated distance from the start to the final destination. You must benavigating for this data to appear.

ETA: The estimated time of day when you will reach the final destination (adjusted to the local time ofthe destination). You must be navigating for this data to appear.

ETA at Next: The estimated time of day when you willreach 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 thefinal destination. You must be navigating for this data to appear.

GCT Balance: The left/right balance of ground contacttime while running.

GPS: The strength of the GPS satellite signal.

Ground Contact Time: The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time isnot calculated while walking.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatibleheart rate monitor.

Heart Rate %Max: The percentage of maximum heart rate.

Heart Rate Zone: The current range of your heart rate(1 to 5).The default zones are based on your userprofile and maximum heart rate (220 minus your age).

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Stroke Rate: The average number of strokesper minute (spm) during the current interval.

Interval Strokes Per Length: The average number of strokes per pool length during the current interval.

Interval Stroke Type: The current stroke type for the interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Lap % Heart Rate Reserve: The average percentage of heart rate reserve (maximum heart rate minusresting heart rate) for the current lap.

Lap Cadence: Running. The average cadence for thecurrent lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap GCT Balance: The average ground contact time balance for the current lap.

Lap Ground Contact Time: The average amount of ground contact time for the current lap.

Lap Heart Rate: The average heart rate for the currentlap.

Lap Heart Rate %Max�: The average percentage of maximum heart rate for the current lap.

Lap Pace: The average pace 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 Length: The average stride length for the current lap.

Lap Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current lap.

Lap Strokes: Paddle sports. The total number of strokes for the current lap.

Lap Time: The stopwatch time for the current lap.

Lap Vertical Oscillation: The average amount of vertical oscillation for the current lap.

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

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

Last Lap Cadence: Running. The average cadence forthe last completed lap.

Last Lap Cadence: Cycling. The average cadence forthe last completed lap.

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

Last Lap Heart Rate: The average heart rate for the last completed lap.

Last Lap Heart Rate %Max�: The average percentage of maximum heart rate for the last completed lap.

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

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

Last Lap Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the lastcompleted lap.

Last Lap Strokes: Paddle sports. The total number of strokes for the last completed lap.

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

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

Last Length Stroke Rate: The average number strokesper minute (spm) during the last completed pool length.

Last Length Strokes: The total number of strokes forthe last completed pool length.

Last Length Stroke Type: The stroke type used duringthe last completed pool length.

Last Length 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.

Lengths: The number of pool lengths completed duringthe current activity.

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

Maximum Speed: The top speed for the current activity.

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

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

Pace: The current pace.

Performance Condition: The performance condition score is a real-time assessment of your ability to perform.

Repeat On: The timer for the last interval plus thecurrent 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).

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

Speed: The current rate of travel.

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: Paddle sports. The total number of strokesfor the current activity.

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

Sunset: The time of sunset based on your GPSposition.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor.

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

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

Timer: The stopwatch time for the current activity.

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

Velocity Made Good: The speed at which you are closing on a destination along a route. You mustbe navigating for this data to appear.

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

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

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zonesare numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Heart Rate Zone Calculations

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

VO2 Max Standard Ratings

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

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

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

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Wheel Size and Circumference

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

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

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

Symbol Definitions

These symbols may appear on the device or accessorylabels.

∼	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/EUon Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuseand recycling.

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