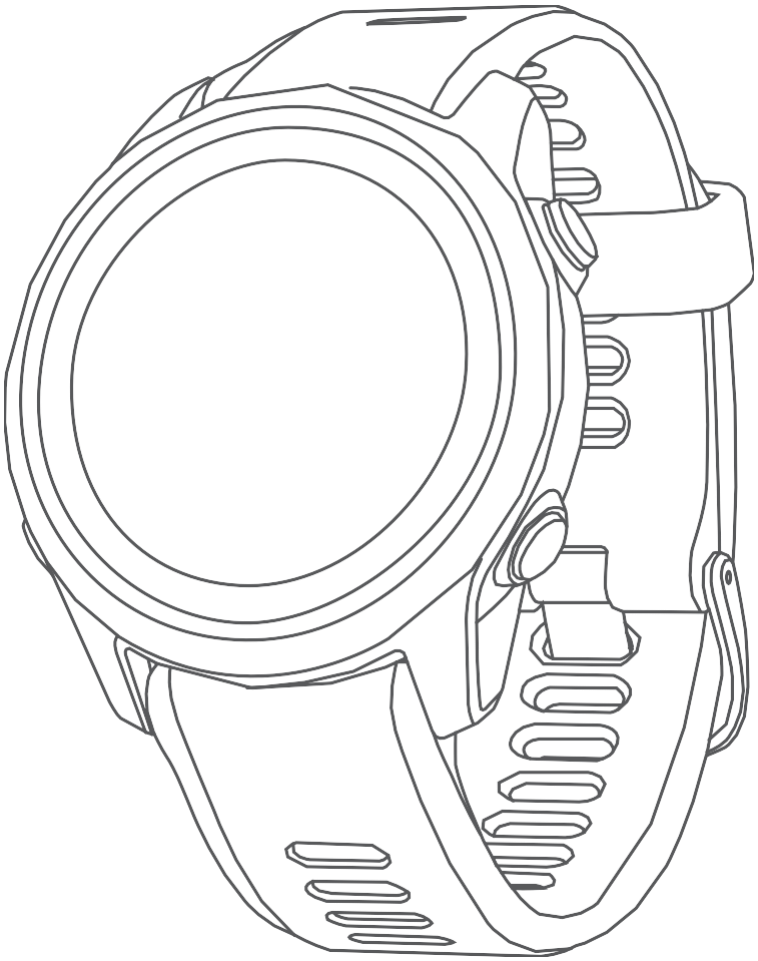
GARMIN



FORERUNNER

745

Owner's Manual

Table of Contents

Introduction

WARNING

See the Important Safety and Product Information guide in the product box for product warnings and other important information.

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

Device Overview

1	LIGHT	Select to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu.
2	START STOP	Select to start and stop the activity timer. Select to choose an option or to acknowledge a message.
3	BACK	Select to return to the previous screen. Select to record a lap, rest, or transition during an activity.
4	DOWN	Select to scroll through the widgets, data screens, options, and settings. Hold to open the music controls (*Music, page 31*).
5	UP	Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu. Hold to manually change sports during an activity.

GPS Status and Status Icons

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

GPS	GPS status
	Battery status
	Smartphone connection status
	Wi-Fi® technology status
	Heart rate status
	Foot pod status
	Running Dynamics Pod status
	Speed and cadence sensor status
	Bike lights status
	Bike radar status
	Extended display mode status
	Power meter status
	tempe™ sensor status
	VIRB® camera status

Setting Up Your Watch

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

- Pair the Forerunner device with your smartphone using the Garmin Connect app (*Pairing Your Smartphone with Your Device, page 27*).
- Set up safety features (*Safety and Tracking Features, page 30*).
- Set up music (*Music, page 31*).
- Set up Wi-Fi networks (*Connecting to a Wi-Fi Network, page 30*).
- Set up your Garmin Pay wallet (*Setting Up Your Garmin Pay Wallet, page 33*).

Activities and Apps

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

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

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

Going for a Run

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

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

1. Select **START**, and select an activity.
2. Go outside, and wait while the device locates satellites.

3 Select **START**.

4 Go for a run.

NOTE: On a Forerunner 745, hold DOWN while in an activity to open the music controls.

5 After you complete your run, select **STOP**.

6 Select an option:
- Select **Resume** to restart the activity timer.
- Select **Save** to save the run and reset the activitytimer. You can select the run to view a summary.

NOTE: For more run options, see *Stopping an Activity, page 2*.

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 37*).

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

2 Select an activity.

NOTE: Activities set as favorites appear first in thelist (*Customizing Your Activity List, page 39*).

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 Select **START** to start the activity timer.

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

NOTE: You can hold **DOWN** while in an activity to open the music controls.

Tips for Recording Activities

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

Stopping an Activity

1 Press **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 measure the difference between your heart rate at the end of the activity and your heart ratetwo minutes later, select **Recovery HR**, and wait while the timer counts down.
- 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 or indoor trainer. 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 distancedata are not available unless you have an optional sensor that sends speed and distance data to the device, such as a speed or cadence sensor.

Going for a Virtual Run

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

1 Select **START** > **Virtual Run**.

2 On your tablet, laptop, or smartphone, open the Zwift™ app or another virtual training app.

3 Follow the on-screen instructions to start a running activity and pair the devices.

4 Select **START** to start the activity timer.

5 After you complete your run, select **STOP** to 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 2*), 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 to finish the set.

The watch displays the total reps for the set. After several 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 to start yournext 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 to

your Garmin Connect account.

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

Using an ANT+ Indoor Trainer

Before you can use a compatible ANT+ indoor trainer,you must mount your bike on the trainer and pair it with your device (*Pairing Your Wireless Sensors, page 37*).

You can use your device with an indoor trainer to simulate resistance while following a course, activity,or workout. While using an indoor trainer, GPS is turned off automatically.

1. Select **START** > **Bike Indoor**.
2. Select an option:
   - Select **Free Ride** to go for a ride.
   - Select **Follow Course** to follow a saved course (*Courses, page 35*).
   - Select **Follow Workout** to follow a saved workout (*Workouts, page 7*).
   - Select **Set Power** to set the target power value.
   - Select **Set Grade** to set the simulated grade value.
   - Select **Set Resistance** to set the resistance force applied by the trainer.
3. Select **START** to start the activity timer.

   The trainer increases or decreases resistance based on the elevation information in the course orride.

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 2*).

Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisportactivities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time and distance. For example, you can switch from biking to running and view your total time and distance for biking and running throughout the multisport activity.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standardtriathlon.

Triathlon Training

When you participate in a triathlon, you can use thetriathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

1. Select **START** > **Triathlon**.
2. Select **START** to start the timer.
3. Select at the beginning and end of each transition.

   The transition feature can be turned on or off forthe triathlon activity settings.
4. After you complete your activity, select **STOP** > **Save**.

Creating a Multisport Activity

1. From the watch face, select **START** > **Add** > **Multisport**.
2. Select a multisport activity type, or enter a custom name.

   Duplicate activity names include a number. For example, Triathlon(2).
3. Select two or more activities.
4. Select an option:
   - Select an option to customize specific activity settings. For example, you can select whether to include transitions.
   - Select **Done** to save and use the multisport activity.
5. Select **Yes** to add the activity to your list of favorites.

Tips for Triathlon Training or Using Multisport Activities

- Select **START** to start your first activity.
- Select to transition to the next activity.

  If transitions are turned on, the transition time is recorded separately from the activity times.
- If necessary, select to start the next activity.
- Select **UP** or **DOWN** to view additional data pages.

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400m track.

You can use the track run activity to record your outdoor track data including distance in meters andlap splits.

1. Stand on the outdoor track.
2. Select **START** > **Track Run**.
3. Wait while the device locates satellites.
4. If you are running in lane 1, skip to step 10
5. Hold .
6. Select the activity settings.
7. Select **Lane Number**.
8. Select a lane number.
9. Select **BACK** twice to return to the timer page.
10. Select **START**.
11. Run around the track.

    After you run a couple of laps, your device recordsthe track dimensions and calibrates your track distance.
12. After you complete your run, select **STOP** > **Save**.

Tips for Recording a Track Run

- Wait until the GPS status indicator turns green before starting a track run.
- During your first run on an unfamiliar track, run for a minimum of 4 laps to calibrate your track distance.

  You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.

  NOTE: The default Auto Lap® distance is 1600 m, or 4 laps around the track.
- If you are running a lane other than lane 1, set the lane number in the activity settings.

Swimming

NOTICE

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

Swimming in Open Water

You can record swim data including distance, pace, and stroke rate. You can add data screens to the default open water swimming activity (*Customizing the Data Screens, page 40*).

1. Select **START** > **Open Water**.
2. Go outside and wait while the device locates satellites.
3. Select **START** to start the activity timer.
4. Start swimming.
5. Select **UP** or **DOWN** to view additional data pages (optional).
6. After you finish the activity, select **STOP** > **Save**.

Going for a Pool Swim

1. Select **START** > **Pool Swim**.
2. Select your pool size, or enter a custom size.
3. Select **START**.

   The device records swim data only while the activity timer is running.
4. Start your activity.

   The device automatically records swim intervals and lengths.
5. Select **UP** or **DOWN** to view additional data pages (optional).
6. When resting, select to pause the activity timer.
7. Select to restart the activity timer.
8. After you finish the activity, select **STOP** > **Save**.

Heart Rate While Swimming

NOTICE

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

The device has wrist-based heart rate enabled for swim activities. The device is also compatible with the HRM-Tri, HRM-Swim and HRM-Pro accessories. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

Distance Recording

The Forerunner device measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance (*Setting the Pool Size, page 5*).

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

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

TIP: When doing drills, you must either pause the timer or use the drill logging feature (*Training with the Drill Log, page 6*).

Setting the Pool Size

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

Swim Terminology

Length: One trip down the pool.

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

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

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Critical swim speed (CSS): Your CSS is the theoretical speed that you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens, page 40*).

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 6*)

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 , select the activity settings, and select Pool Size tochange the size.
- Select to record a rest during pool swimming.

  The device automatically records swim intervalsand lengths for pool swimming.
- Select to record an interval during open water 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 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 , and continue swimming.
4. Repeat for additional rest intervals.

Auto Rest

The auto rest feature is available only for pool swimming. Your device automatically detects when you are resting, and the rest screen appears. If you restfor more than 15 seconds, the device automatically creates a rest interval. When you resume swimming, the device automatically starts a new swim interval.
You can turn on the auto rest feature in the activity options (*Activities and App Settings, page 39*).

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

If you do not want to use the auto rest feature, you canselect to manually mark the beginning and end of each rest interval.

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 to start the drill timer.
3. After you complete a drill interval, select .

   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 .
   - To start a swim interval, select **UP** or **DOWN** to return to the swim training screens.

Skiing and Winter Sports

You can add skiing and snowboarding activities to your activity list (*Customizing Your Activity List, page 39*).
You can customize the data screens for each activity (*Customizing the Data Screens, page 40*).

Viewing Your Ski Runs

Your device records the details of each downhill skiingor snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when youstop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. Youcan start moving downhill to restart the timer. You canview run details from the paused screen or while the timer is running.

1. Start a skiing or snowboarding activity.
2. Hold .
3. Select **View Runs**
4. Select **UP** and **DOWN** to view details of your last run, your current run, and your total runs.

   The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Playing Audio Prompts During Your Activity

You can enable your Forerunner 745 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 .
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 speeddata, select **Pace/Speed Alert**.
   - To customize prompts with your heart rate data,select **Heart Rate Alert**.
   - To customize prompts with power data, select **Power 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 hear a sound play right before an audio alertor prompt, select **Audio Tones**.
- 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 and find more workouts using Garmin Connect or select a training plan that has built-in workouts, and transfer them to your device.

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

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 34*).

1. Select an option:
   - Open the Garmin Connect app.
   - Go to *connect.garmin.com*.
2. Select **Training** > **Workouts**.
3. Find a workout, or create and save a new workout.
4. Select or **Send to Device**.
5. Follow the on-screen instructions.

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 34*).

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 7*).

Sending a Custom Workout to Your Device

You can send a custom workout you created with the Garmin Connect app to your device (*Creating a Custom Workout on Garmin Connect, page 7*).

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 downloadthe workout from your Garmin Connect account.

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

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
6. Select **View** to view a list of workout steps (optional).
7. Select **Do Workout**.
8. Select **START** to start the activity timer.

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

Following a Daily Suggested Workout

Before the device can suggest a daily workout, you must have a training status and VO2 max. estimate (*Training Status, page 23*).

1. From the watch face, select **START**.
2. Select **Run** or **Bike**.

   The daily suggested workout appears.
3. Select an option:
   - To do the workout, select **Do Workout**.
   - To discard the workout, select **Dismiss**.
   - To preview the workout steps, select **Steps**.
   - To update the workout target setting, select **Target Type**.
   - To turn off future workout notifications, select **Disable Prompt**.

The suggested workout updates automatically to changes in training habits, recovery time, and VO2max.

Turning Daily Suggested Workout Prompts On and Off

Daily suggested workouts are recommended based on your previous activities saved to your Garmin Connectaccount.

1. From the watch face, select **START**.
2. Select **Run** or **Bike**.
3. Hold .
4. Select **Training** > **Workouts** > **Today's Suggestion**.
5. Select to disable or enable prompts.

Following a Pool Swim Workout

Your device can guide you through multiple steps ina swim workout. Creating and sending a pool swim

workout is similar to *Workouts, page 7* and *Following a Workout From Garmin Connect, page 7*.

1. From the watch face, select **START** > **Pool Swim** > **Options** > **Training**.
2. Select an option:
   - Select **Workouts** to do workouts downloaded from Garmin Connect.
   - Select **Training Calendar** to do or view your scheduled workouts.
3. Follow the on-screen instructions.

Recording a Critical Swim Speed Test

Your Critical Swim Speed (CSS) value is the result of a time-trial-based test. Your CSS is the theoretical speed you can maintain continuously without exhaustion.
You can use your CSS to guide your training pace and monitor your improvement.

1. From the watch face, select **START** > **Pool Swim** > **Options** > **Critical Swim Speed** > **Do Critical Swim Speed Test**.
2. Select **DOWN** to preview the workout steps.
3. Select **OK** > **START**.
4. Follow the on-screen instructions.

Editing Your Critical Swim Speed Result

You can manually edit or enter a new time for your CSS value.

1. From the watch face, select **START** > **Pool Swim** > **Options** > **Critical Swim Speed** > **Critical Swim Speed**.
2. Enter the minutes.
3. Enter the seconds.

About the Training Calendar

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

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 34*), and youmust 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.

Interval Workouts

You can create interval workouts based on distance ortime. The device saves your custom interval workout until you create another interval workout. You can useopen 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 ☰.
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 therest 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 ☰.
4. Select **Training** > **Intervals** > **Do Workout**.
5. Select **START** to start the timer.
6. When your interval workout has a warm up, select ↻ 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 ↻ 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 ↻ to end the interval workout and transition to a timer that can be used for cool down.
- At any time, select **STOP** to stop the activity timer.You can resume the timer or end the interval workout.

Using Virtual Partner

The Virtual Partner feature is a training tool designed to help you meet your goals. You can set a pace for theVirtual 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 .
4. Select the activity settings.
5. Select **Data Screens** > **Add New** > **Virtual Partner**.
6. Enter a pace or speed value.
7. Start your activity (*Starting an Activity, page 2*).
8. Select **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

Setting a Training Target

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

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

PacePro Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can alsocreate a pace band for a known course to maximize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect app. You can preview the splits and elevationplot before you run the course.

Creating a PacePro Plan on Your Watch

Before you can create a PacePro plan on your watch, you must create a course (*Following a Course on Your Device, page 35*).

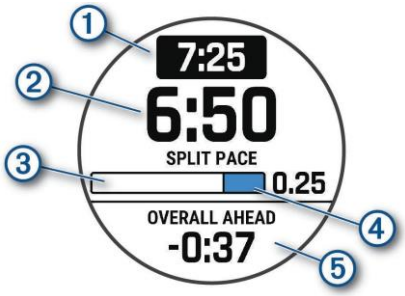
1. From the watch face, press **START**.
2. Select an outdoor running activity.
3. Hold .
4. Select **Navigation** > **Courses**.
5. Select a course.
6. Select **PacePro** > **Create New**.
7. Select an option:
   - Select **Goal Pace**, and enter your target pace.
   - Select **Goal Time**, and enter your target time.The device displays your custom pace band.

   TIP: You can press **DOWN** and select **View Splits** to preview the splits.
8. Select **START** to start the plan.
9. If necessary, select **Yes** to enable course navigation.
10. Select **START** to start the activity timer.

Starting a PacePro Plan

1. From the watch face, select **START**.
2. Select an outdoor running activity.
3. Hold .
4. Select **Training** > **PacePro Plans**.
5. Select a plan.

   TIP: You can select **DOWN** > **View Splits** to preview the splits.
6. Select **START** to start the plan.
7. If necessary, select **Yes** to enable course navigation.
8. Select **START** to start the activity timer.



①	Target split pace
②	Current split pace
③	Completion progress for the split
④	Distance remaining in the split
⑤	Overall time ahead of or behind your targettime

Stopping a PacePro Plan

1. Hold .
2. Select **Stop PacePro** > **Yes**.

   The device stops the PacePro plan. The activitytimer continues running.

Personal Records

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

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

Viewing Your Personal Records

1. From the watch face, hold .
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 onepreviously recorded.

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

Segments

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

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

Strava™ Segments

You can download Strava segments to your Forerunner device. Follow Strava segments to compare your performance with your past rides, friends, and pros who have ridden the same segment.

To sign up for a Strava membership, go to the segments widget in your Garmin Connect account. Formore information, go to *www.strava.com*.

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

Racing a Segment

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

NOTE: If your Garmin Connect account and Strava account are linked, your activity is automatically sent

to your Strava account so you can review the segment position.

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

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

A message appears when the segment is complete.

Viewing Segment Details

1. Select **START**.
2. Select an activity.
3. Hold .
4. Select **Training** > **Segments**.
5. Select a segment.
6. Select an option:
   - Select **Race Times** to view the time and average speed or pace for the segment leader.
   - Select **Map** to view the segment on the map.
   - Select **Elevation Plot** to view an elevation plot ofthe segment.

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 .
4. Select the activity settings.
5. Select **Metronome** > **Status** > **On**.
6. Select an option:
   - Select **Beats** / **Minute** to enter a value based onthe 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 1*).

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

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.

Setting Up Your User Profile

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

1. Hold .
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 12*) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default 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 .
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 Performance Measurements Automatically, page 19*).

4. Select **LTHR** > **Enter Manually**, and enter your lactate threshold heart rate.

   You can perform a guided test to estimate your lactate threshold (*Lactate Threshold, page 22*). You can use the Auto Detection feature to automatically record your lactate threshold duringan activity (*Detecting Performance Measurements Automatically, page 19*).
5. 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.
6. Select **Zones** > **Based On**.
7. 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).
   - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.
8. Select a zone, and enter a value for each zone.
9. Select Sport Heart Rate, and select a sport profileto 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 11*).
- 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

Setting Your Cycling Power Zones

The values for the zones are default values based on gender, weight, and average ability, and may not matchyour personal abilities. If you know your functional threshold power (FTP) value, you can enter it and allowthe software to calculate your zones automatically.

You can manually adjust your zones on the device orusing your Garmin Connect account.

1. Hold .
2. Select **Settings** > **User Profile** > **Power Zones** > **Based On**.
3. Select an option:
   - Select **Watts** to view and edit the zones in watts.
   - Select **%FTP** to view and edit the zones as a percentage of your functional threshold power.
4. Select **FTP**, and enter your FTP value.
5. Select a zone, and enter a value for each zone.
6. If necessary, select **Minimum**, and enter a minimum power value.

Pausing Your Training Status

If you are injured or pregnant, you can pause your training status. You can continue to record fitness activities, but your training load, VO2 max. estimate,and workout recommendations are temporarily disabled.

Select an option:

- From the training status widget, hold , and select **Options** > **Pause Training Status**.
- From your Garmin Connect settings, select **Performance Stats** > **Training Status** > > **Pause Training Status**.

TIP: You should sync your device with your Garmin Connect account.

Resuming Your Paused Training Status

You can resume your training status when you are ready to start training again. You need at least two VO2 max. measurements each week to impact yourtraining status (*About VO2 Max. Estimates, page 20*).

Select an option:

- From the training status widget, hold , and select **Options** > **Resume Training Status**.
- From your Garmin Connect settings, select **Performance Stats** > **Training Status** > > **Resume Training Status**.

TIP: You should sync your device with your Garmin Connect account.

Activity Tracking

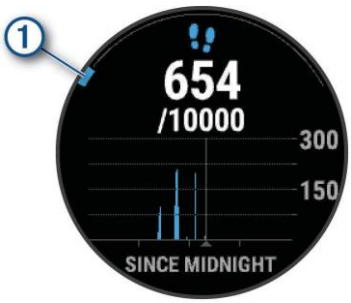
The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for eachrecorded day. Your calories burned includes your basemetabolism plus activity calories.

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 areturned on (*System Settings, page 43*).

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

Turning on the Move Alert

1. Hold .
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 13*).

Using Automated Sleep Tracking

1. Wear your device while sleeping.
2. Upload your sleep tracking data to the Garmin Connect site (*Manually Syncing Data with Garmin Connect, page 28*).

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

Using Do Not Disturb Mode

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

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

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 29*).

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 tracksyour time spent participating in moderate to vigorousintensity 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 devicecalculates 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 detailand accuracy, you can record a timed activity on your device.

Activity Tracking Settings

Hold , 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 devicealso beeps or vibrates if audible tones are turned on (*System Settings, page 43*).

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

Move IQ: Allows you to turn on and off Move IQ events.

Pulse Ox Mode: Sets your device to record pulse oximeter readings while you are inactive during theday or continuously 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. Hold .
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Menstrual Cycle Tracking

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

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

NOTE: You can use the Garmin Connect app to addand remove widgets.

Heart Rate Features

The Forerunner device has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors. You can view heart rate data on the heart ratewidget. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heartrate data.

There are several heart rate-related features availablein the default widget loop.

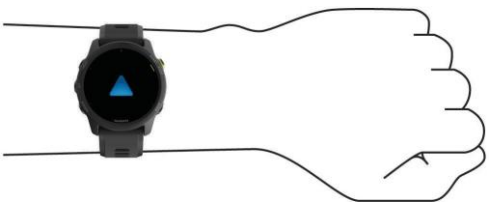
	Your current heart rate in beats per minute (bpm). The widget also displays a graph of yourheart rate for the last four hours, highlighting your highest and lowest heart rate.
	Your current stress level. The device measuresyour heart rate variability while you are inactiveto estimate your stress level. A lower number indicates a lower stress level.
	Your current Body BatteryTM energy level. The device calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
	The current saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting toexercise and stress. **NOTE:** The pulse oximeter sensor is located onthe back of the device.

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 15* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 25*

for more information about the pulse oximeter sensor.

- For more information about accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.
- For more information about device wear and care,go to *Garmin.com.sg/legal/fit-and-care*.

Tips for Erratic Heart Rate Data

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

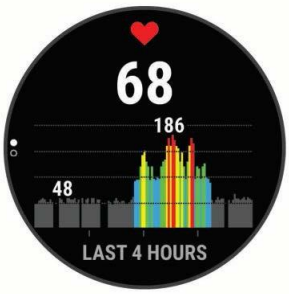
- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the backof the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon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

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

Viewing the Heart Rate Widget

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

   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop,page 39*).
2. Press **START** to view your current heart rate in beats per minute (bpm) and a graph of your heartrate for the last 4 hours.



3. Press **DOWN** 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 ☰.
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,press any button, and select Yes.

Broadcasting Heart Rate Data During an Activity

You can set up your Forerunner device to broadcast your heart rate data automatically when you begin anactivity. 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 ☰.
2. Select **Options** > **Broadcast During Activity**.
3. Begin an activity (*Starting an Activity, page 2*).

   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. 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 2*).

Setting an Abnormal Heart Rate Alert

CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Alwaysdefer to your health care provider for any heart-relatedissues.

You can set the heart rate threshold value.

1. From the heart rate widget, hold ☰.
2. Select **Options** > **Abnormal Heart Rate Alerts**.
3. Select **High Alert** or **Low Alert**.
4. Set the heart rate threshold value.

Each time your heart rate exceeds or drops below the threshold value, a message appears and the device

vibrates.

Turning Off the Wrist-based Heart Rate Monitor

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

NOTE: Disabling the wrist-based heart rate monitor also disables the wrist-based pulse oximeter sensor.You can perform a manual reading from the pulse oximeter widget.

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

Chest Heart Rate While Swimming

The HRM-Pro, HRM-Swim, and HRM-Tri heart rate accessories record and store your heart rate data while you are swimming.

To view your heart rate data, you can add heart ratedata fields (*Customizing the Data Screens, page 40*).

NOTE: Chest heart rate data is not visible on compatible Forerunner devices while the heart rate monitor is underwater.

You must start a timed activity on your paired Forerunner device to view stored heart rate data later. During rest intervals when out of the water, the heart rate accessory sends your heart rate datato your Forerunner device. Your Forerunner device automatically downloads stored heart rate data whenyou save your timed swim activity. Your heart rate accessory must be out of the water, active, and withinrange of the device (3 m) while data downloads. Your heart rate data can be reviewed in the device history and on your Garmin Connect account.

If both wrist-based heart rate and chest heart rate dataare available, your device uses the chest heart rate data.

HRM-Pro Accessory

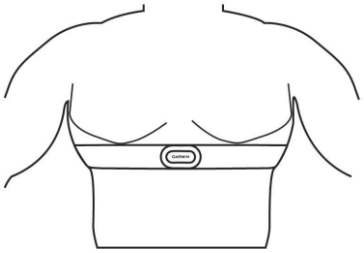
The device can record heart rate during your swim (*Chest Heart Rate While Swimming, page 16*).

Putting On the Heart Rate Monitor

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snugenough to stay in place during your activity.

1. If necessary, attach the strap extender to the heartrate monitor.
2. Wet the electrodes ① on the back of the heart rate monitor to create a strong connection betweenyour chest and the transmitter.

3. Wear the heart rate monitor with the Garmin logo facing right- side up.



The loop ② and hook ③ connection should be on your right side.

4. Wrap the heart rate monitor around your chest, and connect the strap hook to the loop.

NOTE: Make sure the care tag does not fold over.

After you put on the heart rate monitor, it is active and sending data.

Heart Rate Storage for Timed Activities

You can start a timed activity on your paired Forerunner device, and the heart rate monitor records your heart rate data even if you move away from your device. For example, you can record heart rate data during fitness activities or team sports where watchescannot be worn.

Your heart rate monitor automatically sends your stored heart rate data to your Forerunner device when you save your activity. Your heart rate monitor must beactive and within range (3 m) of the device while data is uploaded.

Accessing Stored Heart Rate Data

If you save a timed activity before you upload the stored heart rate data, you can download the data from the Forerunner device.

NOTE: Your Forerunner device stores up to 18 hours of activity history. When the heart rate monitor memory is full, your oldest data is overwritten.

1. Put on the heart rate monitor.
2. From your Garmin device, select the History menu.
3. Select the timed activity you saved while you were wearing the Forerunner device.
4. Select **Download HR**.

Pool Swimming

NOTICE

Hand wash the heart rate monitor after exposure to chlorine or other pool chemicals. Prolonged exposureto these substances can damage the heart rate monitor.

The HRM-Pro accessory is designed primarily for openwater swimming, but it can be used occasionally for pool swimming. The heart rate monitor should be worn under a swim suit or triathlon top during pool swimming. Otherwise, it may slide down your chest when pushing off the pool wall.

Caring for the Heart Rate Monitor

NOTICE

A buildup of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Rinse the heart rate monitor after every use.
- Hand wash the heart rate monitor after every seven uses or one pool swim, using a tiny amountof mild detergent, such as dishwashing liquid.

  NOTE: Using too much detergent may damage the heart rate monitor.
- Do not put the heart rate monitor in a washing machine or dryer.
- When drying the heart rate monitor, hang it up orlay it flat.

Tips for Erratic Heart Rate Data

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

- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.
- Follow the care instructions (*Caring for the Heart Rate Monitor, page 17*).
- Wear a cotton shirt or thoroughly wet both sides ofthe strap.

  Synthetic fabrics that rub or flap against the heartrate monitor can create static electricity that interferes with heart rate signals.
- Move away from sources that can interfere withyour heart rate monitor.

  Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones,and wireless LAN access points.

HRM-Swim Accessory

The device can record heart rate during your swim (*Chest Heart Rate While Swimming, page 16*).

Sizing the Heart Rate Monitor

Before your first swim, take some time sizing the heartrate monitor. It should be tight enough to stay in place when pushing off the pool wall.

- Select a strap extender, and attach it to the elasticend of the heart rate monitor.

  The heart rate monitor comes with three extenderstraps to fit different chest sizes.

  TIP: The medium strap extender works for mostshirt sizes (from medium to extra-large).
- Put on the heart rate monitor backward to easilyadjust the slider on the strap extender.
- Put on the heart rate monitor forward to easily adjust the slider on the heart rate monitor.

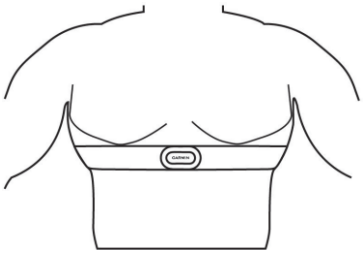
Putting On the Heart Rate Monitor

You should wear the heart rate monitor directly on yourskin, just below your sternum.

1. Select a strap extender for the best fit.
2. Wear the heart rate monitor with the Garmin logo facing right- side up.

   The hook ① and loop ② connection should be on your right side.

3. Wrap the heart rate monitor around your chest, and connect the strap hook to the loop.



   NOTE: Make sure the care tag does not fold over.
4. Tighten the heart rate monitor so it is snug aroundyour chest, but not restrictive.

After you put on the heart rate monitor, it is active, storing, and sending data.

Tips for Using the HRM-Swim Accessory

- Adjust the tightness of the heart rate monitor and strap extender if the heart rate monitor slidesdown your chest when pushing off the pool wall.
- Stand up between intervals so that the heart rate monitor is out of the water to see your heart rate data.

Running Dynamics

You can use your compatible Forerunner device paired with the HRM-Pro accessory or other runningdynamics accessory to provide real-time feedback about your running form.

The running dynamics accessory has an accelerometer that measures torso movement in orderto calculate six running metrics.

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.

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.

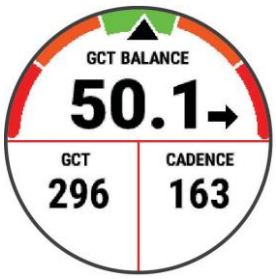
Stride length: Stride length is the length of your stridefrom one footfall to the next. It is measured in meters.

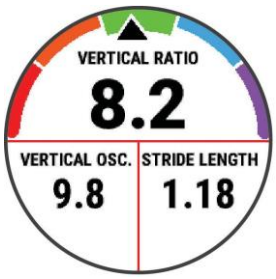
Vertical ratio: Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicatesbetter running form.

Training with Running Dynamics

Before you can view running dynamics, you must put on an HRM-Pro, HRM-Run, or HRM-Tri accessory, or the Running Dynamics Pod, and pair it with your device (*Pairing Your Wireless Sensors, page 37*).

1. Select **START**, and select a running activity.
2. Select **START**.
3. Go for a run.
4. Scroll to the running dynamics screens to viewyour 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 basedon 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 runnerstypically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is yourvertical oscillation divided by stride length. It is not correlated with height.

Go to *www.garmin.com/performance-data/running/* 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 groundcontact 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 greaterimbalances 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. Eliterunners 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 quantitativemeasurement 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 whetherit 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 trythese tips.

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

  Accessories with running dynamics have on thefront of the module.
- Pair the running dynamics accessory with your Forerunner device again, according to the instructions.
- If you are using the HRM-Pro accessory, pair it withyour Forerunner device using ANT+ technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-sideup.

  NOTE: Ground contact time and balance appearsonly 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 measurementsrequire a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat. For more information, go to *Garmin.com.sg/legal/fit-and-care*.

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

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minuteper kilogram of body weight at your maximum performance.

Predicted race times: Your device uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness.

HRV stress test: The heart rate variability (HRV) stresstest requires a Garmin chest heart rate monitor. The device records your heart rate variability while standing still for 3 minutes. It provides your overall stress level. The scale is 1 to 100, and a lower score indicates a lower stress level.

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

Functional threshold power (FTP): The device uses your user profile information from the initial setupto estimate your FTP. For a more accurate rating, you can conduct a guided test.

Lactate threshold: Lactate threshold requires a chest heart rate monitor. Lactate threshold is the point where your muscles start to rapidly fatigue. Your device measures your lactate threshold level usingheart rate data and pace.

Turning Off Performance Notifications

Some performance notifications 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. You can turn off the performance condition feature to avoid some of thesenotifications.

1. Hold .
2. Select **Physiological Metrics** > **Perf Condition**.

Detecting Performance Measurements Automatically

The Auto Detection feature is turned on by default. The device can automatically detect your maximum heart rate, and lactate threshold during an activity. When paired with a compatible power meter, the device can

automatically detect your functional threshold power(FTP) 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. Hold .
2. Select **Settings** > **Physiological Metrics** > **Auto Detection**.
3. Select an option.

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.

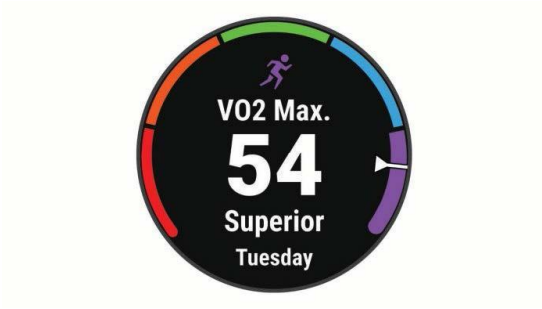
1. From the watch face, hold .
2. Select **Settings** > **Physiological Metrics** > **TrueUp**.

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

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogramof 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. The device has separate VO2 max. estimates for runningand cycling. You must run either outside with GPS or
ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate 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 56*), 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 37*).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 11*), and set your maximum heart rate (*Setting Your HeartRate Zones, page 11*). 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 scroll through the performance measurements.

   TIP: You can select **START** to view additional information.

Getting Your VO2 Max. Estimate for Cycling

This feature requires a power meter and wrist-based heart rate or a compatible chest heart rate monitor. The power meter must be paired with your Forerunner device (*Pairing Your Wireless Sensors, page 37*). If you are using a chest heart rate monitor, you must put it onand pair it with your device.

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 11*) and set your maximum heart rate (*Setting Your HeartRate Zones, page 11*). The estimate may seem inaccurate at first. The device requires a few rides tolearn about your cycling performance.

1. Ride at a steady, high intensity for at least 20 minutes.
2. After your ride, select **Save**.

3 Select **UP** or **DOWN** to scroll through the performance measurements.

TIP: You can select **START** to view additional information.

Heat and Altitude Performance Acclimation

Environmental factors such as high temperature and altitude impact your training and performance. For example, high altitude training can have a positive impact on your fitness, but you may notice a temporary VO2 max. decline while exposed to high altitudes. Your Forerunner device provides acclimation notifications and corrections to your VO2 max. estimate and training status when the temperature is above 22°C (72°F) and when the altitude is above 800 m (2625 ft.). You can keep track of your heat andaltitude acclimation in the training status widget.

NOTE: The heat acclimation feature is available only for GPS activities and requires weather data from your connected smartphone.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 11*), and set your maximum heart rate (*Setting Your HeartRate Zones, page 11*).

Your device uses the VO2 max. estimate (*About VO2 Max. Estimates, page 20*) 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 TrueUpTM feature, which allows your device to sync activities, history, and data from other devices (*Syncing Activities and Performance Measurements, page 20*).

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.

About Training Effect

Training Effect measures the impact of an activity onyour aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases.

Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are sevendifferent Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training LoadFocus, page 24*). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

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 your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for yourfitness 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 TrainingEffect.

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 beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

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	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

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

Performance Condition

As you complete your activity, such as running or cycling, the performance condition feature analyzesyour pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It isapproximately 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 are rested,fresh, and capable of a good run or ride. You can add performance 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 training run or ride.

NOTE: The device requires a few runs or rides witha heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability (*About VO2 Max. Estimates, page 20*).

Viewing Your Performance Condition

This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

1. Add **Performance Condition** to a data screen (*Customizing the Data Screens, page 40*).
2. Go for a run or ride.

   After 6 to 20 minutes, your performance condition appears.
3. Scroll to the data screen to view your performance condition throughout the run or ride.

Lactate Threshold

Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, it is the estimated level of effort or pace. When a runner exceeds the threshold,fatigue starts to increase at an accelerating rate.
For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10k and half-marathon race pace. For averagerunners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.

If you already know your lactate threshold heart ratevalue, you can enter it in your user profile settings (*Setting Your Heart Rate Zones, page 11*).

Performing a Guided Test to Determine Your Lactate Threshold

This feature requires a Garmin chest heart rate monitor. Before you can perform the guided test, youmust put on a heart rate monitor and pair it with yourdevice (*Pairing Your Wireless Sensors, page 37*).

The device uses your user profile information from theinitial setup and your VO2 max. estimate to estimate your lactate threshold. The device will automatically detect your lactate threshold during runs at a steady, high intensity with heart rate.

TIP: The device requires a few runs with a chest heart rate monitor to get an accurate maximum heart rate value and VO2 max. estimate. If you are having troublegetting a lactate threshold estimate, try manually lowering your maximum heart rate value.

1. From the watch face, select **START**.
2. Select an outdoor running activity. GPS is required to complete the test.
3. Hold ☰.
4. Select **Training** > **Lactate Threshold Guided Test**.
5. Start the timer, and follow the on-screen instructions.

   After you begin your run, the device displays each step duration, the target, and current heartrate data. A message appears when the test is complete.
6. After you complete the guided test, stop the timerand save the activity.

   If this is your first lactate threshold estimate, the device prompts you to update your heart rate zones based on your lactate threshold heart rate.For each additional lactate threshold estimate, the device prompts you to accept or decline the estimate.

Getting Your FTP Estimate

Before you can get your functional threshold power (FTP) estimate, you must pair a chest heart rate monitor and power meter with your device (*Pairing YourWireless Sensors, page 37*), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling, page 20*).

The device uses your user profile information from theinitial setup and your VO2 max. estimate to estimate your FTP. The device will automatically detect your FTP during rides at a steady, high intensity with heart rate and power.

1. Select **UP** or **DOWN** to view the performance widget.
2. Select **START** to scroll through the performance measurements.

   Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts,and a position on the color gauge.

Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Untrained

   For more information, see the appendix (*FTP Ratings, page 56*).

   NOTE: When a performance notification alerts youto a new FTP, you can select Accept to save the new FTP, or Decline to keep your current FTP.

Conducting an FTP Test

Before you can conduct a test to determine your functional threshold power (FTP), you must pair a chest heart rate monitor and a power meter with yourdevice (*Pairing Your Wireless Sensors, page 37*), and

you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling, page 20*).

NOTE: The FTP test is a challenging workout that takes about 30 minutes to complete. Choose a practical and mostly flat route that allows you to rideat a steadily increasing effort, similar to a time trial.

1. From the watch face, select **START**.
2. Select a cycling activity.
3. Hold ☰.
4. Select **Training** > **FTP Guided Test**.
5. Follow the on-screen instructions.

   After you begin your ride, the device displays each step duration, the target, and current power data. Amessage appears when the test is complete.
6. After you complete the guided test, complete thecool down, stop the timer, and save the activity.

   Your FTP appears as a value measured in wattsper kilogram, your power output in watts, and a position on the color gauge.
7. Select an option:
   - Select **Accept** to save the new FTP.
   - Select **Decline** to keep your current FTP.

Training Status

These measurements are estimates that can help you track and understand your training activities. Themeasurements require a few activities using wrist- based heart rate or a compatible chest heart rate
monitor. Cycling performance measurements require aheart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat. For more information, go to *Garmin.com.sg/legal/fit-and-care*.

NOTE: The estimates may seem inaccurate at first. The device requires you to complete a few activities tolearn 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 minuteper kilogram of body weight at your maximum performance. Your device displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environemnts or high altitude.

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 muchenergy it takes for your body to recover after exercise.

Training load focus: Your device analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated per category,
and the focus of the training. Your device displaysyour load distribution over the last 4 weeks.

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

Training Status Levels

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 or rides with power 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 aVO2 max. estimate in order to preserve the accuracy ofyour fitness level trend.

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

- At least two times per week, run or ride outdoors with a power meter, and reach a heart rate higherthan 70% of your maximum heart rate for at least10 minutes.

  After using the device for one week, your training status 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 20*).

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.

Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories:low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training
is currently in each category and provides training targets. Training load focus requires at least 7 daysof training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your trainingactivities.

Below targets: Your training load is lower than optimalin all intensity categories. Try increasing the duration or frequency of your workouts.

Low aerobic shortage: Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

High aerobic shortage: Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

Anaerobic shortage: Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

Balanced: Your training load is balanced and providesall-around fitness benefits as you continue training.

Low aerobic focus: Your training load is mostly low aerobic activity. This provides a solid foundationand prepares you for adding more intense workouts.

High aerobic focus: Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

Anaerobic focus: Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

Above targets: Your training load is higher than optimal, and you should consider scaling back theduration and frequency of your workouts.

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. The device
updates your recovery time throughout the day basedon changes in sleep, stress, relaxation, and physical activity.

Viewing Your Recovery Time

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 11*), and set your maximum heart rate (*Setting Your HeartRate Zones, page 11*).

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 training status widget, and select START to scroll through the metrics to viewyour 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.

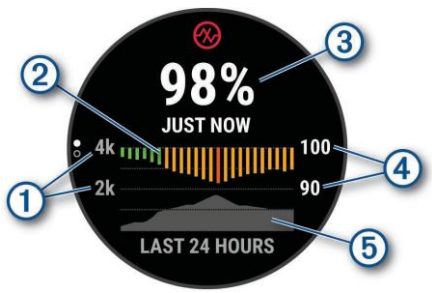
Pulse Oximeter

The Forerunner 745 device has a wrist-based pulse oximeter to gauge the peripheral saturation of oxygenin your blood. Knowing your oxygen saturation can help you determine how your body is acclimating to high altitudes for alpine sport and expedition.

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget (*Getting Pulse Oximeter Readings, page 25*). You can also turn on all-day readings (*Turning On All-Day Acclimation Mode,page 25*). When you remain motionless, your device analyzes your oxygen saturation and your elevation. The elevation profile helps indicate how your pulse oximeter readings are changing, relative to your to elevation.

On the device, your pulse oximeter reading appears as an oxygen saturation percentage and color on the graph. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days.

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



1	The elevation scale.
2	A graph of your average oxygen saturation readings for the last 24 hours.
3	Your most recent oxygen saturation reading.
4	The oxygen saturation percentage scale.
5	A graph of your elevation readings for the last24 hours.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget. The widget displays your most recent blood oxygen saturation percentage, a graph of your hourly average readings for the last 24 hours, and a graph of your elevation forthe last 24 hours.

NOTE: The first time you view the pulse oximeter widget, the device must acquire satellite signals to determine your elevation. You should go outside, andwait while the device locates satellites.

1. While you are sitting or inactive, press **UP** or **DOWN** to view the pulse oximeter widget.
2. Press **START** to view widget details and begin a pulse oximeter reading.
3. Remain motionless for up to 30 seconds.

   NOTE: If you are too active for the watch to geta pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
4. Press **DOWN** to view a graph of your pulse oximeter readings for the last seven days.

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 .
2. Select **Options** > **Pulse Ox Mode** > **During Sleep**.

Turning On All-Day Acclimation Mode

1. From the pulse oximeter widget, hold .
2. Select **Options** > **Pulse Ox Mode** > **All Day**.

   The device automatically analyzes your oxygen saturation throughout the day, when you are notmoving.

   NOTE: Turning on all-day acclimation mode decreases battery life.

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.

Viewing Your Heart Rate Variability Stress Score

Before you can perform the heart rate variability (HRV) stress test, you must put on a Garmin chest heart rate monitor and pair it with your device (*Pairing Your Wireless Sensors, page 37*).

Your HRV stress score is the result of a three- minute test performed while standing still, where theForerunner device analyzes heart rate variability to determine your overall stress. Training, sleep, nutrition,and general life stress all impact how you perform.
The stress score range is 1 to 100, where 1 is a very low stress state, and 100 is a very high stress state. Knowing your stress score can help you decide if yourbody is ready for a tough training run or yoga.

TIP: Garmin recommends that you measure your stress score before you exercise, at approximately the same time, and under the same conditions every day. You can view previous results on your Garmin Connectaccount.

1. Select **START** > **DOWN** > **HRV Stress** > **START**.
2. Follow the onscreen instructions.

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.

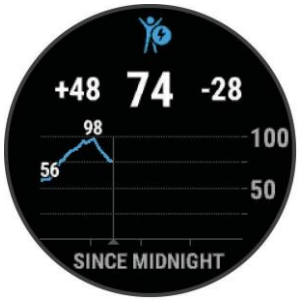
You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips forImproved Body Battery Data, page 26*).

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

   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop,page 39*).
2. Press **START** to view a graph of your body battery level since midnight.



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

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

Tips for Improved Body Battery Data

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

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 (*Customizing theWidget Loop, page 39*).

1. While you are sitting or inactive, select **UP** or **DOWN** to view the stress level widget.
2. Select **START**.
3. Select an option:
   - Select **DOWN** to view additional details.
     TIP: Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.
   - Select **START** > **DOWN** to start a relaxation activity.

Smart Features

Pairing Your Smartphone with Your Device

To use the connected features of the Forerunner device, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings onyour 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 27*).

1. Hold .
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 **Privacy**.
10. Select a privacy preference.
11. Select **Timeout**.
12. Select the amount of time the alert for a new notification appears on the screen.
13. Select **Signature** to add a signature to your text message replies.

Viewing Notifications

1. From the watch face, select **UP** or **DOWN** to viewthe 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 iOS® notifications settings to select the items toshow on the device.
- If you are using an AndroidTM 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 orspeed, 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 745 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

You can turn off the Bluetooth smartphone connectionfrom the controls menu.

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 29*).

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 deviceto turn off Bluetooth technology on your mobile device.

Turning On and Off Smartphone Connection Alerts

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

using Bluetooth technology.

NOTE: Smartphone connection alerts are turned off by default.

1. Hold .
2. Select **Settings** > **Phone** > **Alerts**.

Bluetooth Connected Features

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

- Activity uploads
- Assistance
- Connect IQ
- Find my phone
- Find my watch
- Incident detection
- GroupTrack
- LiveTrack
- Live Event Sharing
- Music controls
- Phone notifications
- Social media interactions
- Software updates
- Weather updates
- Workout and course downloads

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 29*).

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

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with acompatible smartphone (*Pairing Your Smartphone withYour Device, page 27*).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect, page 28*).

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

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.

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 29*).

1. Hold **LIGHT** to view the controls menu.
2. Select **Find My Phone**.

   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 39*).

ABC: Displays combined altimeter, barometer, andcompass information.

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

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

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

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 average resting heart rate (RHR).

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.

inReach controls: Allows you to send messages onyour paired inReach device.

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.

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

Music controls: Provides music player controls foryour smartphone or on-device music.

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

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

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

Pulse oximeter: Allows you to take a manual pulse oximeter reading.

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

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.

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

Training status: Displays your current training status and training load, which shows you how your training affects your fitness level and performance.

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 several widgets, and more are available when you pair your device witha smartphone.

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

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

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

Viewing the Weather Widget

Weather requires a Bluetooth connection to a compatible smartphone.

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

Customizing the My Day Widget

You can customize the list of metrics displayed on theMy Day widget.

1. From the watch face, press **UP** or **DOWN** to viewthe **My Day widget**.
2. Hold .
3. Select **Options**.
4. Select the toggle switches to show or hide each metric.

Viewing the Controls Menu

The controls menu contains options, such as turningon do not disturb mode, locking the keys, and turningthe device off. You can also open the Garmin Pay wallet.

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. Press **UP** or **DOWN** to scroll through the options.

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 29*).

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

Opening the Music Controls

Music controls require a Bluetooth connection to a compatible smartphone.

1. From the watch face, hold **LIGHT**.
2. Select .
3. Select **UP** or **DOWN** to use the music controls.

Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Connect IQ app. You can customize your device with watch faces, datafields, 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 *apps.garmin.com*, 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: You can browse for and select workouts and training plans on the Garmin Connect site. The next time your device has a Wi-Fi connection, the files are wirelessly sent to your device.

Connecting to a Wi-Fi Network

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

1. Hold .
2. Select **Settings** > **Wi-Fi** > **My Network**s > **Add Network**.

   The device displays a list of nearby Wi-Fi networks.
3. Select a network.
4. If necessary, enter the password for the network.

The device connects to the network, and the networkis added to the list of saved networks. The device reconnects to this network automatically when it is within range.

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.

For more information about incident detection and assistance, go to *Garmin.com/safety*.

Assistance: Allows you to send an automated message with your name, LiveTrack link, and GPSlocation to your emergency contacts.

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

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

GroupTrack: Allows you to keep track of your connections using LiveTrack directly on screenand in real time.

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.

Requesting Assistance

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

1. Hold the key.
2. When you feel three vibrations, release the key to

activate the assistance feature. The countdown screen appears.

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

Turning Incident Detection On and Off

1. From the watch face, hold .
2. Select **Settings** > **Safety & Tracking** > **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 can send 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.

Starting a GroupTrack Session

Before you can start a GroupTrack session, you must have a Garmin Connect account, a compatible smartphone, and the Garmin Connect app.

These instructions are for starting a GroupTrack session with Forerunner devices. If your connections have other compatible devices, you can see them on the map. The other devices may not be able to display GroupTrack riders on the map.

1. Go outside, and turn on the Forerunner device.
2. Pair your smartphone with the Forerunner device (*Pairing Your Smartphone with Your Device*, *page 27*).
3. On the Forerunner device, hold , and select **Settings** > **Safety & Tracking** > **GroupTrack** > **Show on Map** to enable viewing connections on the map screen.
4. In the Garmin Connect app, from the settings menu, select **Safety & Tracking** > **LiveTrack** > **GroupTrack**.
5. If you have more than one compatible device, select a device for the GroupTrack session.
6. Select **Visible to** > **All Connections**.
7. Select **Start LiveTrack**.
8. On the Forerunner device, start an activity.
9. Scroll to the map to view your connections.

Tips for GroupTrack Sessions

The GroupTrack feature allows you to keep track of other connections in your group using LiveTrack directly on the screen. All members of the group must be your connections in your Garmin Connect account.

- Start your activity outside using GPS.
- Pair your Forerunner device with your smartphone using Bluetooth technology.
- In the Garmin Connect app, from the settings menu, select **Connections** to update the list of connections for your GroupTrack session.
- Make sure all of your connections pair to their smartphones and start a LiveTrack session in the Garmin Connect app.
- Make sure all your connections are in range (40 km or 25 mi.).
- During a GroupTrack session, scroll to the map to view your connections (*Adding a Map to an Activity*, *page 40*).

Music

NOTICE

The copyright of music provided by third-party music services are owned by the record companies. The record companies license the music tracks or albums to 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) so that you can continue to make use of third-party offline music services.

You can download audio content to your device, so you can listen when your smartphone is not nearby. The Garmin Connect app and Garmin Express application allow you to download audio content from a third-party provider or your computer.

You can use the music controls to control music playback on your smartphone or to play music stored on your device. To listen to audio content stored on your device, you must connect headphones with Bluetooth technology.

Connecting to a Third-Party Provider

Before you can download music or other audio files to your compatible watch from a supported third-party provider, you must connect to the provider using the Garmin Connect app.

1. From the Garmin Connect app, select or •••.
2. Select **Garmin Devices**, and select your device.
3. Select **Music**.
4. Select an option:
   - To connect to an installed provider, select a provider, and follow the on-screen instructions.
   - To connect to a new provider, select **Get Music Apps**, locate a provider, and follow the on-screen instructions.

Spotify®

Spotify is a digital music service that gives you access

to 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 30*).

1. Hold **DOWN** from any screen to open the music controls.
2. Hold ☰.
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 .mp3and .aac files, to a Forerunner 745 device from your computer.

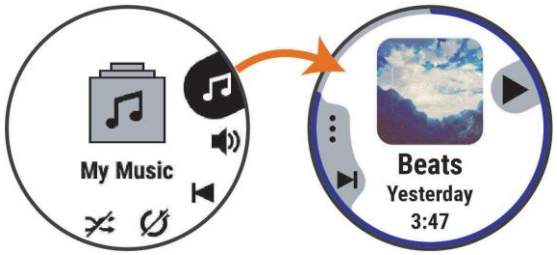
1. Connect the device to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your device, and select **Music**.

   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 745 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 musiccontrols.
2. Connect your headphones with Bluetooth technology (*Connecting Bluetooth Headphones,page 33*).
3. Hold ☰.
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 32*).
   - To control music playback on 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



♫	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 throughthe current audio file.
↻	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. On your Forerunner 745 device, hold **DOWN** from any screen to open the music controls.
3. Select **Music Providers** > **Control Phone**.

Changing the Audio Mode

You can change the music playback mode from stereoto mono.

1. Hold ☰.
2. Select **Settings** > **Music** > **Audio**.

3 Select an option.

Connecting Bluetooth Headphones

To listen to music loaded onto your Forerunner 745 device, you must connect headphones using Bluetoothtechnology.

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

Garmin Pay

The Garmin Pay feature allows you to use your watchto pay for purchases in participating stores using credit or debit cards from a participating financial institution.

Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to *garmin.com/garminpay/banks* to find participating financial institutions.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Garmin Pay** > **Get Started**.
3 Follow the on-screen instructions.

Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to yourGarmin Pay wallet.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Garmin Pay** > ⋮ > **Add Card**.
3 Follow the on-screen instructions.

After the card is added, you can select the card on yourwatch when you make a payment.

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

NOTE: In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Garmin Pay**.
3 Select a card.
4 Select an option:
- To temporarily suspend or unsuspend the card,select **Suspend Card**.
  The card must be active to make purchasesusing your Forerunner device.
- To delete the card, select 🗑.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases,you must set up at least one payment card.

You can use your watch to pay for purchases in aparticipating store.

1 Hold **LIGHT**.
2 Select **Wallet**.
3 Enter your four-digit passcode.

  NOTE: If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

  Your most recently used payment card appears.

4 If you have added multiple cards to your Garmin Pay wallet, select **DOWN** to change to another card (optional).
5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

  The watch vibrates and displays a check mark when it is finished communicating with the reader.
6 If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. Ifyou forget your passcode, you must reset the GarminPay feature for your Forerunner device, create a new passcode, and reenter your card information.

1 From the Forerunner device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.
2 Follow the on-screen instructions.

The next time you pay using your Forerunner device,you must enter the new passcode.

History

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

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

Using History

History contains previous activities you have saved onyour device.

The device has a history widget for quick access toyour activity data (*Widgets, page 28*).

1. From the watch face, hold .
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 21*).
   - To view your time in each heart rate zone, select **Heart Rate** (*Viewing Your Time in Each Heart Rate Zone, page 34*).
   - To select a lap and view additional information about each lap, select **Laps**.
   - To select an exercise set and view additional information about each set, select **Sets**.
   - To view the activity on a map, select **Map**.
   - To view an elevation plot for the activity, select **Elevation Plot**.
   - To delete the selected activity, select **Delete**.

Multisport History

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

Viewing Your Time in Each Heart Rate Zone

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

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

Using the Odometer

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

1. From the watch face, hold .
2. Select **History** > **Totals** > **Odometer**.
3. Select **UP** or **DOWN** to view odometer totals.

Deleting History

1. From the watch face, hold .
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.

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 *connect.garmin.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.

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.

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: Mac operating systems provide limited support for MTP file transfer mode. You must openthe Garmin drive on a Windows operating system. You should use the Garmin Express application to remove music files from your device.

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.

Following a Course on Your Device

1. From the watch face, select **START**.
2. Select an activity.
3. Hold ☰.
4. Select **Navigation** > **Courses**.
5. Select a course.
6. Select **Do Course**.

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

Creating a Course on Garmin Connect

Before you can create a course on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect, page 34*).

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Training** > **Courses** > **Create Course**.
3. Select a course type.
4. Follow the on-screen instructions.
5. Select **Done**.

   NOTE: You can send this course to your device (*Sending a Course to Your Device, page 35*).

Sending a Course to Your Device

You can send a course you created using the Garmin Connect app to your device (*Creating a Course on Garmin Connect, page 35*).

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Training** > **Courses**.
3. Select a course.
4. Select ⋮ > **Send to Device**.
5. Select your compatible device.
6. Follow the on-screen instructions.

Viewing or Editing Course Details

You can view or edit course details before you navigate a course.

1. From the watch face, select **START**.
2. Select an activity.
3. Hold .
4. Select **Navigation** > **Courses**.
5. Press **START** to select a course.
6. Select an option:
   - To begin navigation, select **Do Course**.
   - To create a custom pace band, select **PacePro**.
   - To view the course on the map and pan or zoomthe map, select **Map**.
   - To begin the course in reverse, select **Do Coursein Reverse**.
   - To view an elevation plot of the course, select **Elevation Plot**.
   - To change the course name, select **Name**.
   - To view a list of ascents in the course, select **View Climbs**.
   - To delete the course, select **Delete**.

Saving Your Location

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

1. Hold **LIGHT**.
2. Select **Save Location**.

   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 .
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.

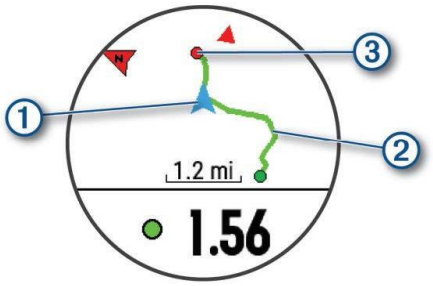
1. From the watch face, select **START**.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Hold .
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, press **STOP**.
2. Select **Back to Start**, and 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 lastsaved 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 .
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**.
7. Select **DOWN** to view the compass (optional).The arrow points toward your starting point.

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 .
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 are

moving.

7 Select **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 37*)
- Map settings (*Map Settings, page 37*)

Viewing the Map

1 Start an outdoor activity.

2 Select **UP** or **DOWN** to scroll to the map screen.

3 Hold .

4 Select **Pan/Zoom**.

TIP: You can select START to toggle between panning up and down, panning left and right, or zooming.

Panning and Zooming the Map

1 While navigating, select **UP** or **DOWN** to view the map.

2 Hold .

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 , 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.

Altimeter and Barometer

The device contains an internal altimeter and barometer. The device collects elevation and pressuredata continuously, even in low-power mode. The altimeter displays your approximate elevation based on pressure changes. The barometer displays environmental pressure data based on the fixed elevation where the altimeter was most recently calibrated (*Altimeter Settings, page 43*). You can press **START** from the altimeter or barometer widgetsto open the altimeter or barometer settings quickly.

Navigation Settings

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

Customizing Map Features

1 Hold .

2 Select **Settings** > **Navigation** > **Data Screens**.

3 Select an option:
- Select **Map** to turn on or off the map.
- Select **Guide** to turn on or off the guide screen that displays the compass bearing or course tofollow while navigating.
- Select **Elevation Plot** to turn on or off the elevation plot.
- Select a screen to add, remove, or customize.

Setting Up a Heading Bug

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

1 Hold .

2 Select **Settings** > **Navigation** > **Heading Bug**.

Setting Navigation Alerts

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

1 Hold .

2 Select **Settings** > **Navigation** > **Alerts**.

3 Select an option:
- To set an alert for a specified distance from yourfinal destination, select **Final Distance**.
- To set an alert for the estimated time remaininguntil you reach your final destination, select **Final ETE**.
- To set an alert when you stray from the course, select **Off Course**.
- To enable turn-by-turn navigation prompts, select **Turn Prompts**.

4 If necessary, select **Status** to turn on the alert.

5 If necessary, enter a distance or time value, andselect .

Wireless Sensors

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

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your device using ANT+ or Bluetooth technology, you mustpair 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 the heart rate monitor (*Putting On the Heart Rate Monitor, page 16*).

   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 .
4. Select **Settings** > **Sensors & Accessories** > **Add New**.
5. Select an option:
   - Select **Search All Sensors**.
   - 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 canuse the foot pod to record pace and distance insteadof 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, amessage appears on your device. Approximately fivehours of battery life remain.

Going for a Run Using a Foot Pod

Before you go for a run, you must pair the foot podwith your Forerunner device (*Pairing Your Wireless Sensors, page 37*).

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 GPSpace 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 outdoorruns using GPS.

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquireGPS signals and pair your device with the foot pod (*Pairing Your Wireless Sensors, page 37*).

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

1. Stand outside for 5 minutes with a clear view ofthe 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 shouldnot 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 pairyour device with the foot pod sensor (*Pairing Your Wireless Sensors, page 37*).

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 .
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 istoo low.
   - Decrease the calibration factor if your distanceis 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 podsensor (*Pairing Your Wireless Sensors, page 37*).

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 .
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 37*).
- Set your wheel size (*Wheel Size and Circumference, page 56*).

- Go for a ride (*Starting an Activity, page 2*).

Training with Power Meters

- Go to *buy.garmin.com* for a list of ANT+ sensorsthat are compatible with your device (such as Vector).
- For more information, see the owner's manual foryour power meter.
- Adjust your power zones to match your goals and abilities (*Setting Your Cycling Power Zones, page 12*).
- Use range alerts to be notified when you reach a specified power zone (*Setting an Alert, page 41*).
- Customize the power data fields (*Customizing the Data Screens, page 40*).

Using Electronic Shifters

Before you can use compatible electronic shifters, such as Shimano® Di2™shifters, you must pair themwith your device (*Pairing Your Wireless Sensors, page 37*). You can customize the optional data fields (*Customizing the Data Screens, page 40*). The Forerunner device displays current adjustment valueswhen the sensor is in adjustment mode.

Situational Awareness

Your Forerunner device can be used with the 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 the Garmin Connect App, page 49*).

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 temperaturedata. 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 .
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. Hold .
2. Select **Settings** > **Widgets**.
3. Select a widget.
4. Select an option:
   - Select **UP** or **DOWN** to change the location ofthe widget in the widget loop.
   - Select to remove the widget from the widget loop.
5. Select **Add**.
6. Select a widget.

   The widget is added to the widget loop.

Activities and App Settings

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

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

3D Distance: Calculates your distance traveled using your elevation change and your horizontalmovement over ground.

3D Speed: Calculates your speed using your elevation change and your horizontal movement over ground(*3D Speed and Distance, page 42*).

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

Add Activity: Allows you to customize a multisport activity.

Alerts: Sets the training or navigation alerts for theactivity.

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

Auto Lap: Sets the options for the Auto Lap feature(*Auto Lap, page 41*).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below aspecified speed (*Enabling Auto Pause, page 41*).

Auto Rest: Enables the device to automatically detectwhen you are resting during a pool swim and create a rest interval (*Auto Rest, page 6*).

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

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timeris running (*Using Auto Scroll, page 42*).

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.

ClimbPro: Displays ascent planning and monitoring screens while navigating.

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

Data Screens: Enables you to customize data screens and add new data screens for the activity(*Customizing the Data Screens, page 40*).

Edit Weight: Allows you to add the weight used for an exercise set during a strength training or cardio activity.

GPS: Sets the mode for the GPS antenna (*Changing the GPS Setting, page 42*).

Lane Number: Enables you to select a lane number fora track run.

Lap Key: Enables you to record a lap or a rest duringthe activity.

Lock Keys: Locks the keys during multisport activitiesto prevent accidental key presses.

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 11*).

Pool Size: Sets the pool length for pool swimming.

Power Save Timeout: Sets the power-save timeoutoptions for the activity (*Power Save Timeout Settings, page 42*).

Rename: Sets the activity name.

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

Restore Defaults: Allows you to reset the activitysettings.

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

Stroke Detect: Enables stroke detection for pool swimming.

Swimrun Auto Sport Change: Allows you to automatically transition between the swim portionand the run portion of a swimrun multisport activity.

Transitions: Enables transitions for multisport activities.

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

Workout Videos: Enables instructive workout animations for a strength, cardio, yoga, or Pilatesactivity. Animations are available for workouts downloaded from Garmin Connect.

Customizing the Data Screens

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

1. Hold .
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **Data Screens**.
6. Select a data screen to customize.
7. Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select **Data Fields** to change the data that appears in the 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.

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

Alerts

You can set alerts for each activity, which can 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 elevation.

Range alert: A range alert notifies you each time the device is above or below a specified range of values. For example, you can set the device to 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	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate valuesor select zone changes. See *About Heart Rate Zones, page 11* and *Heart Rate Zone Calculations, page 12*.
Pace	Range	You can set minimum and maximum pace values.
Power	Range	You can set the high or low power level.
Proximity	Event	You can set a radius from a saved location.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
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 ☰.
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 ☰.
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 43*).

If necessary, you can customize the data pages todisplay additional lap data (*Customizing the Data Screens, page 40*).

Customizing the Lap Alert Message

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

1. Hold ☰.
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 ☰.
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 timeSr automatically when your

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

3D Speed and Distance

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

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 .
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

For more information about GPS, go to *Garmin.com/aboutGPS*.

1. Hold .
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **GPS**.
6. Select an option:
   - Select **GPS Only** to enable the 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 sensordata less frequently (*UltraTrac, page 42*).

   NOTE: Using GPS and another satellite togethercan reduce battery life more quickly than using GPS only (*GPS and Other Satellite Systems, page 42*).

GPS and Other Satellite Systems

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

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

GPS: A satellite constellation built by the United States.

GLONASS: A satellite constellation built by Russia.

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

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 , 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 .
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 from List**.

GroupTrack Settings

Hold , and select **Settings** > **Safety & Tracking** > **GroupTrack**.

Show on Map: Enables you to view connections on themap screen during a GroupTrack session.

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

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 29*).

You can customize the watch face information and

appearance, or activate an installed Connect IQ watchface.

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

Sensors Settings

Altimeter Settings

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

Calibrate: Allows you to manually calibrate the altimeter sensor.

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

Elevation: Sets the units of measure for elevation.

Calibrating the Barometric Altimeter

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

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

Barometer Settings

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

Calibrate: Allows you to manually calibrate the barometer sensor.

Plot: Sets the time scale for the chart in the barometerwidget.

Storm Alert: Sets the rate of barometric pressurechange that triggers a storm alert.

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

Pressure: Sets how the device displays pressure data.

Calibrating the Barometer

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

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

System Settings

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

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings, page 44*).

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

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 During Sleep option to turn on do not disturb mode automatically during your normal sleep hours. You can set your normal sleep hourson your Garmin Connect account.

Hot Keys: Allows you to assign shortcuts to devicekeys (*Customizing the Hot Keys, page 44*).

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 44*).

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 MTP (media transfer protocol) or Garmin mode when connected to a computer.

Reset: Allows you to reset user data and settings(*Resetting All Default Settings, page 49*).

Software Update: Allows you to install software updates downloaded using Garmin Express. Use the Auto Update option to enable your device to download the latest software update when a Wi-Ficonnection is available.

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

Time Settings

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

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

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

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

Alerts: Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a 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 .
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.
   - Select **Brightness** to set the brightness level ofthe backlight.

Customizing the Hot Keys

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

1. From the watch face, hold .
2. Select **Settings** > **System** > **Hot Keys**.
3. Select a key or combination of keys to customize.
4. Select a function.

Changing the Units of Measure

You can customize the units of measure displayed onthe device.

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

Clocks

Setting an Alarm

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

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

Starting the Countdown Timer

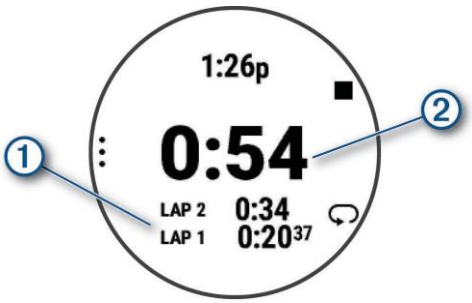
1. From any screen, hold **LIGHT**.
2. Select **Timers**.

   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 an option:
   - Select > **Save Timer** to save the countdown timer.
   - Select > **Restart** > **On** to automatically restartthe timer after it expires.
   - Select > **Sounds**, and select a type of notification.
5. Select .

Using the Stopwatch

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

   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 ↻ 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).

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 ☰.
2. Select **Settings** > **System** > **Time** > **Sync With GPS**.
3. Wait while the device locates satellites (*Acquiring Satellite Signals, page 49*).

Setting the Time Manually

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

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 39*).

1. Turn on your VIRB camera.
2. On your Forerunner watch, select **UP** or **DOWN** to view the VIRB widget.
3. If necessary, select **START** to pair your Forerunner watch with your VIRB camera.
4. Wait while your watch connects to your camera.
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 take multiple photos in burst mode, select **Take Burst**.
   - To send the camera to sleep mode, select **Sleep Camera**.
   - To wake the camera from sleep mode, select **Wake Camera**.
   - 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 39*).

1. Turn on your VIRB camera.
2. On your Forerunner watch, select **UP** or **DOWN** to view the VIRB widget.
3. If necessary, select **START** to pair your Forerunner watch with your VIRB camera.
4. Wait while your watch connects to your camera.

   When the camera is connected, a VIRB data screenis automatically added to the activity apps.
5. During an activity, select **UP** or **DOWN** to view the VIRB data screen.
6. Hold ☰.
7. Select **VIRB Remote**.
8. Select an option:
   - To control the camera using the activity timer, select **Settings** > **Recording Mode** > **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** > **Recording Mode** > **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 multiple photos in burst mode, select **Take Burst**.
- To send the camera to sleep mode, select **Sleep Camera**.
- To wake the camera from sleep mode, select **Wake Camera**.

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 .
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 .
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 theproduct box for product warnings and other importantinformation.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care, page 46*).

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

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

Tips for Charging the Device

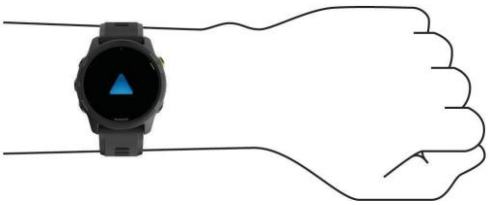
1. Connect the charger securely to the device to charge it using the USB cable (*Charging the Device,page 46*).

   You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery 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 15* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 25* for more information about the pulse oximeter sensor.
- For more information about accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.
- For more information about device wear and care,go to *Garmin.com.sg/legal/fit-and-care*.

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 repellentsthat can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics,alcohol, or other harsh chemicals. Prolonged 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*.

Changing the Bands

You can replace the bands with new Forerunner bandsor compatible QuickFit 22 bands.

1. Use the pin tool to push in the watch pin.

2. Remove the band from the watch.

3. Select an option:
   - To install Forerunner bands, align one side of thenew band with the holes on the device, push in the exposed watch pin, and press the band into place.

NOTE: Make sure the band is secure. The watchpin should align with the holes on the device.

- To install QuickFit 22 bands, remove the watch pin from the Forerunner band, replace the watchpin on the device, and press the new band into place.

NOTE: Make sure the band is secure. The latch should close over the watch pin.

4. Repeat the steps to change the other band.

Forerunner 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
Battery life, watch mode	Up to 1 wk. with activity tracking, smartphone notifications, and wrist-based heart rate
Battery life, watch mode with music	Up to 11 hr. with activity tracking, smartphone notifications, wrist-based heart rate, and music playback

Battery life, activity mode	Up to 16 hr. in GPS mode with wrist-based heart rate
Battery life, activity mode withmusic	Up to 6 hr. in GPS mode with wrist-based heart rate and musicplayback
Battery life, UltraTrac mode, no music playback	Up to 23 hr. Up to 21 hr. with wrist-based heart rate
Media storage	Up to 500 songs
Water rating	Swim, 5 ATM[1]
Operating temperature range	From -20°to 60°C (from -4° to140°F)
Charging temperature range	From 0°to 45°C (from 32° to 113°F)

[1]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
- Course 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* for additional manuals, articles, and software updates.
- Go to *buy.garmin.com*, or contact your Garmin dealer for information about optional accessoriesand 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, allow the device to acquire satellite signals and set thetime 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 35*).
   - Sync your step count with the Garmin Connect app (*Manually Syncing Data with Garmin Connect,page 28*).
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.

The floors climbed amount does not seem accurate

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

- Locate the small barometer holes on the back of the device, near the charging contacts, and clean the area around the charging contacts.

  The barometer performance may be affected if the barometer holes are obstructed. You can rinse thedevice with water to clean the area.

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

My intensity minutes are flashing

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

Exercise for at least 10 consecutive minutes at amoderate 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/aboutGPS*.

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 Wi-Fi wireless network.

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

Restarting the Device

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

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

1. Hold ⏻ for 15 seconds.

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

Resetting All Default Settings

Before you reset all default settings, you should sync the device with the Garmin Connect app to upload youractivity data.

NOTE: This deletes all user-entered information and activity history. If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

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

1. From the watch face, hold ☰.
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 **DeleteData and Reset Settings**.

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with acompatible smartphone (*Pairing Your Smartphone withYour Device, page 27*).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect, page 28*).

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

Updating the Software Using Garmin Express

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

1. Connect the device to your computer using theUSB 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 Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects usingWi-Fi.

My Device is in the Wrong Language

1. Hold ☰.
2. Scroll down to the last item in the list, and select it.
3. Select the first item in the list.
4. Use **UP** and **DOWN** to select your language.

Is my smartphone compatible with my device?

The Forerunner device is compatible with smartphonesusing Bluetooth technology.

Go to *Garmin.com.sg/ble* for compatibilityinformation.

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 turnthem 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 appand the Bluetooth settings on your smartphone to retry the pairing process.
- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- On your device, hold **LIGHT**, and select to turn on Bluetooth technology and enter pairing mode.

Maximizing Battery Life

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

- Reduce the backlight timeout (*Changing the Backlight Settings, page 44*).
- Reduce the backlight brightness.
- Turn off Bluetooth wireless technology when you are not using connected features (*BluetoothConnected Features, page 28*).
- When pausing your activity for a longer period of time, use the **Resume Later** option (*Stopping an Activity, page 2*).
- Turn off activity tracking (*Turning Off Activity Tracking, page 14*).
- Use a watch face that is not updated every second.

  For example, use a watch face without a secondhand (*Customizing the Watch Face, page 42*).
- Limit the smartphone notifications the device displays (*Managing Notifications, page 27*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices, page 15*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor, page 16*).

  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 16*).
- Use UltraTrac GPS mode for your activity (*UltraTrac, page 42*).
- Select the **Smart** recording interval (*System Settings, page 43*).

The temperature reading is not accurate

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

You can also use an optional 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 ☰.
4. Select **Settings** > **Sensors & Accessories** > **Add New**.
5. Select an option:
   - Select **Search All Sensors**.
   - 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 ☰.
2. Select **Settings** > **Sensors & Accessories** > **Add New**.
3. Select an option:
   - Select **Search All Sensors**.
   - Select your sensor type.

   You can customize the optional data fields (*Customizing the Data Screens, page 40*).

My music cuts out or my headphones do not stay connected

When using a Forerunner 745 device connected to headphones using Bluetooth technology, the signal is strongest when there is a direct line of sight between

the device and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- It is recommended to wear your headphones with the antenna on the same side of your body as your Forerunner 745 device.
- Since headphones vary by model, you can try moving the watch to your other wrist.

Appendix

Data Fields

Some data fields require ANT+ or Bluetooth accessoriesto display data.

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

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

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

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

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

24-Hour Minimum: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

30s Balance: The 30-second moving average of the left/right power balance.

30s Power: The 30-second moving average of power output.

3s Balance: The three-second moving average of the left/right power balance.

3s Power: The 3-second moving average of power output.

500m Pace: The current rowing pace per 500 meters.

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 500m Pace: The average rowing pace per 500 meters for the current activity.

Average Ascent: The average vertical distance of ascent since the last reset.

Average Balance: The average left/right power balancefor the current activity.

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

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

Average Descent: The average vertical distance of descent since the last reset.

Average Distance Per Stroke: Swimming. The average distance traveled per stroke during the current activity.

Average Distance Per Stroke: Paddle sports. The average distance traveled per stroke during the 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 Left Power Phase: The average power phase angle for the left leg for the current activity.

Average Moving Speed: The average speed when moving for the current activity.

Average Nautical Speed: The average speed in knotsfor the current activity.

Average Overall Speed: The average speed for the current activity, including both moving and stoppedspeeds.

Average Pace: The average pace for the current activity.

Average Power: The average power output for the current activity.

Average Right Power Phase: The average power phase angle for the right leg for the current activity.

Average Speed: The average speed for the current activity.

Average Stride Length: The average stride length forthe 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 thatlength (*Swim Terminology, page 5*). In open water swimming, 25 meters is used to calculateyour swolf score.

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.

Avg Left Peak Power Phase: The average power phase peak angle for the left leg for the current activity.

Avg Platform Center Offset: The average platform center offset for the current activity.

Avg Right Peak Power Phase: The average power phase peak angle for the right leg for the currentactivity.

Balance: The current left/right power balance.

Battery Percentage: The percentage of the batterypower remaining.

Bearing: The direction from your current location to a destination. You must be navigating for this data to appear.

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

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

Cadence Gauge: Running. A color gauge showing your current cadence range.

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.

Di2 Battery: The remaining battery power of a Di2 sensor.

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

Distance Per Stroke: Paddle sports. The distance traveled per stroke.

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 will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

ETE: The estimated time remaining until you reach thefinal destination. You must be navigating for this data to appear.

Floors Climbed: The total number of floors climbed upfor the day.

Floors Descended: The total number of floors climbeddown for the day.

Floors per Minute: The number of floors climbed upper minute.

Front: The front bike gear from a gear position sensor.

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

GCT Balance Gauge: A color gauge showing the left/ right balance of ground contact time while running.

Gear Battery: The battery status of a gear positionsensor.

Gear Combo: The current gear combination from agear position sensor.

Gear Ratio: The number of teeth on the front and rearbike gears, as detected by a gear position sensor.

Gears: The front and rear bike gears from a gearposition sensor.

Glide Ratio: The ratio of horizontal distance traveled tothe change in vertical distance.

Glide Ratio to Destination: The glide ratio requiredto descend from your current position to the destination elevation. You must be navigating forthis data to appear.

GPS: The strength of the GPS satellite signal.

GPS Elevation: The altitude of your current locationusing GPS.

Grade: The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

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.

Ground Contact Time Gauge: A color gauge showing the amount of time in each step that you spend on the ground while running, measured in milliseconds.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must have wrist-based heart rate or beconnected to a compatible heart rate monitor.

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

Heart Rate Gauge: A color gauge showing your current heart rate zone.

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).

Intensity Factor: The Intensity FactorTM for thecurrent activity.

Interval Average %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Interval Average %Max: The average percentage of maximum heart rate for the current swim interval.

Interval Average Heart Rate: The average heart rate forthe current swim interval.

Interval Distance: The distance traveled for the current interval.

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

Interval Maximum %HRR: The maximum percentageof heart rate reserve (maximum heart rate minusresting heart rate) for the current swim interval.

Interval Maximum %Max: The maximum percentage of maximum heart rate for the current swim interval.

Interval Maximum Heart Rate: The maximum heart rate for the current swim 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 500m Pace: The average rowing pace per 500meters for the current lap.

Lap Ascent: The vertical distance of ascent for thecurrent lap.

Lap Balance: The average left/right power balance forthe current lap.

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

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

Lap Descent: The vertical distance of descent for thecurrent lap.

Lap Distance: The distance traveled for the current lap.

Lap Distance Per Stroke: Swimming. The average distance traveled per stroke during the current lap.

Lap Distance Per Stroke: Paddle sports. The average distance traveled per stroke during 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 Left Peak Power Phase: The average power phase peak angle for the left leg for the current lap.

Lap Left Power Phase: The average power phase anglefor the left leg for the current lap.

Lap Normalized Power: The average Normalized Powerfor the current lap.

Lap Pace: The average pace for the current lap.

Lap Platform Center Offset: The average platform center offset for the current lap.

Lap Power: The average power output for the currentlap.

Lap Right Peak Power Phase: The average power phase peak angle for the right leg for the currentlap.

Lap Right Power Phase: The average power phase angle for the right leg for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

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

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

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

Lap Strokes: Swimming. The total number of strokesfor the current lap.

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

Lap Swolf: The swolf score for the current lap.

Lap Time: The stopwatch time for the current lap.

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

Last Lap Ascent: The vertical distance of ascent forthe last completed lap.

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

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

Last Lap Descent: The vertical distance of descent forthe last completed lap.

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

Last Lap Distance Per Stroke: Swimming. The average distance traveled per stroke during the last completed lap.

Last Lap Distance Per Stroke: Paddle sports. The average distance traveled per stroke during thelast 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 Normalized Power: The average Normalized Power for the last completed lap.

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

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

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

Last Lap Stroke Rate: Swimming. The average numberof strokes per minute (spm) during 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: Swimming. The total number of strokes for the last completed lap.

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

Last Lap Swolf: The swolf score for the last completedlap.

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.

Left Peak Power Phase: The current power phase peak angle for the left leg. Power phase peak is the angle range over which the rider produces the peakportion of the driving force.

Left Power Phase: The current power phase angle for the left leg. Power phase is the pedal stroke regionwhere positive power is produced.

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

Load: The training load for the current activity. Trainingload is the amount of excess post-exercise oxygen consumption (EPOC), which indicates the strenuousness of your workout.

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

Maximum Ascent: The maximum rate of ascent in feetper minute or meters per minute since the last reset.

Maximum Descent: The maximum rate of descent in meters per minute or feet per minute since the lastreset.

Maximum Elevation: The highest elevation reached since the last reset.

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

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

Maximum Power: The top power output for the current activity.

Maximum Speed: The top speed for the current activity.

Minimum Elevation: The lowest elevation reached since the last reset.

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

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

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

Nautical Distance: The distance traveled in nautical meters or nautical feet.

Nautical Speed: The current speed in knots.

Next Split Distance: Running. The total distance of thenext split.

Next Split Target Pace: Running. The target pace forthe next split.

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

Normalized Power: The Normalized PowerTM for the current activity.

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

Overall Ahead/Behind: Running. The overall time ahead or behind of the target pace.

Pace: The current pace.

PacePro Gauge: Running. Your current split pace and your target split pace.

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

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

Platform Center Offset: The platform center offset. Platform center offset is the location on the pedal platform where force is applied.

Power: The current power output in watts.

Power Gauge: A color gauge showing your current power zone.

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

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

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

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

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

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

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

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

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

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

Speed: The current rate of travel.

Split Distance: Running. The total distance of the current split.

Split Distance Remaining: Running. The remaining distance of the current split.

Split Pace: Running. The pace for the current split.

Split Target Pace: Running. The target pace for the current split.

Steps: The number of steps taken during the current activity.

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

Stress: Your current stress level.

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

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

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

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

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

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

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

Swim Time: The swimming time for the current activity, not including rest time.

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

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

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

Timer: The current time of the countdown timer.

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

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

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

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

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

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

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

Total Ascent/Descent Gauge: The total elevation distances ascended and descended during the activity or since the last reset.

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

Total Hemoglobin: The estimated total hemoglobin concentration in the muscle.

Trainer Grade: The simulated grade (elevation over distance) from resistance force applied by an

indoor trainer.

Trainer Power: The simulated power from resistance force applied by an indoor trainer.

Trainer Resistance: The resistance force applied by an indoor trainer.

Training Effect Gauge: The impact of the current activity on your aerobic and anaerobic fitness levels.

Training Stress Score: The Training Stress ScoreTMfor the current activity.

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

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

Vertical Oscillation Gauge: A color gauge showing the amount of bounce while you are running.

Vertical Ratio: The ratio of vertical oscillation to stridelength.

Vertical Ratio Gauge: A color gauge showing the ratioof vertical oscillation to stride length.

Vertical Speed: The rate of ascent or descent overtime.

Vertical Speed to Target: The rate of ascent or descent to a predetermined altitude. You must benavigating for this data to appear.

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

VO2 Max Standard Ratings

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

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

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

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FTP Ratings

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

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

Superior	4 30 and greater
Excellent	From 3.33 to 4.29
Good	From 2.36 to 3.32
Fair	From 1.90 to 2.35
Untrained	Less than 1.90

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

Wheel Size and Circumference

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

The tire size is marked on both sides of the tire. 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

Tire Size	Wheel Circumference (mm)
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.
	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this productand to promote reuse and recycling.

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