# Table of Contents

## Introduction
- Device Overview
- GPS Status and Status Icons
- Setting Up Your Watch
- Pairing Your Smartphone with Your Device
- Tips for Existing Garmin Connect Users
- Enabling Bluetooth Notifications
  - Viewing Notifications
  - Managing Notifications
  - Playing Audio Prompts on Your Smartphone During Your Activity
  - Turning Off the Bluetooth Smartphone Connection
  - Turning On and Off Smartphone Connection Alerts
  - Viewing the Controls Menu
  - Going for a Run

## Activities and Apps
- Starting an Activity
  - Tips for Recording Activities
  - Stopping an Activity
  - Adding an Activity
    - Creating a Custom Activity
    - Indoor Activities
      - Going for a Virtual Run
      - Calibrating the Treadmill Distance
      - Recording a Strength Training Activity
        - Tips for Recording Strength Training Activities
  - Outdoor Activities
    - Swimming
      - Going for a Pool Swim
      - Distance Recording
      - Swim Terminology
      - Stroke Types
      - Tips for Swimming Activities
    - Resting During Pool Swimming
  - Auto Rest
    - Training with the Drill Log
- Playing Audio Prompts During Your Activity

## Training
- Workouts
  - Following a Workout From Garmin Connect
  - Creating a Custom Workout on Garmin Connect
  - Sending a Custom Workout to Your Device
  - Starting a Workout
  - Following a Pool Swim Workout
  - About the Training Calendar
  - Using Garmin Connect Training Plans
  - Adaptive Training Plans
    - Starting Today’s Workout
    - Interval Workouts
      - Creating an Interval Workout
      - Starting an Interval Workout
      - Stopping an Interval Workout
    - Setting a Training Target
      - Cancelling a Training Target
    - Using Virtual Partner
  - PacePro Training
    - Downloading a PacePro Plan from Garmin Connect
    - Starting a PacePro Plan
    - Stopping a PacePro Plan
  - Racing a Previous Activity
  - Personal Records
    - Viewing Your Personal Records
    - Restoring a Personal Record
  - Clearing a Personal Record
  - Clearing All Personal Records
  - Using the Metronome
  - Setting Up Your User Profile
  - Fitness Goals
  - About Heart Rate Profile
  - Setting Your Heart Rate Zones
  - Letting the Device Set Your Heart Rate Zones
  - Heart Rate Zone Calculations

## Activity Tracking
- Auto Goal
- Using the Move Alert
- Turning on the Move Alert
- Sleep Tracking
- Using Automated Sleep Tracking
- Using Do Not Disturb Mode
- Intensity Minutes
- Earning Intensity Minutes
- Garmin Move IQ™ Events
- Activity Tracking Settings
- Turning Off Activity Tracking

## Smart Features
- Bluetooth Connected Features
  - Updating the Software Using the Garmin Connect App
  - Manually Syncing Data with Garmin Connect
- Locating a Lost Mobile Device
  - Widgets
    - Viewing the Widgets
    - About My Day
    - Viewing the Weather Widget
    - Hydration Tracking
    - Menstrual Cycle Tracking
- Connect IQ Features
  - Downloading Connect IQ Features
  - Downloading Connect IQ Features Using Your Computer
- Wi-Fi Connected Features
  - Connecting to a Wi-Fi Network
- Safety and Tracking Features
  - Adding Emergency Contacts
  - Turning Incident Detection On and Off
  - Requesting Assistance

## Heart Rate Features
- Wrist-based Heart Rate
  - Wearing the Device
  - Tips for Erratic Heart Rate Data
  - Heart Rate While Swimming
  - Broadcasting Heart Rate Data to Garmin Devices
    - Broadcasting Heart Rate Data During an Activity
    - Setting an Abnormal Heart Rate Alert
  - Turning Off the Wrist-based Heart Rate Monitor
- Running Dynamics
  - Viewing the Heart Rate Widget
  - Training with Running Dynamics
  - Color Gauges and Running Dynamics Data
    - Ground Contact Time Balance Data
    - Vertical Oscillation and Vertical Ratio Data
    - Tips for Missing Running Dynamics Data
- Performance Measurements
  - Turning Off Performance Notifications
  - Detecting Your Heart Rate Automatically
  - Syncing Activities and Performance Measurements
  - Training Status
    - Tips for Getting Your Training Status
    - About VO2 Max. Estimates
    - Getting Your VO2 Max. Estimate for Running
<table>
<thead>
<tr>
<th>Music</th>
<th>18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connecting to a Third-Party Provider</td>
<td>18</td>
</tr>
<tr>
<td>Downloading Audio Content from a Third-Party Provider</td>
<td>18</td>
</tr>
<tr>
<td>Disconnecting from a Third-Party Provider</td>
<td>19</td>
</tr>
<tr>
<td>Spotify®</td>
<td>19</td>
</tr>
<tr>
<td>Downloading Audio Content from Spotify</td>
<td>19</td>
</tr>
<tr>
<td>Downloading Personal Audio Content</td>
<td>19</td>
</tr>
<tr>
<td>Listening to Music</td>
<td>19</td>
</tr>
<tr>
<td>Music Playback Controls</td>
<td>19</td>
</tr>
<tr>
<td>Changing the Audio Mode</td>
<td>19</td>
</tr>
<tr>
<td>Controlling Music Playback on a Connected Smartphone</td>
<td>19</td>
</tr>
<tr>
<td>Connecting Bluetooth Headphones</td>
<td>20</td>
</tr>
<tr>
<td>History</td>
<td>20</td>
</tr>
<tr>
<td>Viewing History</td>
<td>20</td>
</tr>
<tr>
<td>Viewing Your Time in Each Heart Rate Zone</td>
<td>20</td>
</tr>
<tr>
<td>Viewing Data Totals</td>
<td>20</td>
</tr>
<tr>
<td>Deleting History</td>
<td>20</td>
</tr>
<tr>
<td>Data Management</td>
<td>20</td>
</tr>
<tr>
<td>Deleting Files</td>
<td>20</td>
</tr>
<tr>
<td>Disconnecting the USB Cable</td>
<td>20</td>
</tr>
<tr>
<td>Garmin Connect</td>
<td>20</td>
</tr>
<tr>
<td>Syncing Your Data with the Garmin Connect App</td>
<td>21</td>
</tr>
<tr>
<td>Using Garmin Connect on Your Computer</td>
<td>21</td>
</tr>
<tr>
<td>Navigation</td>
<td>21</td>
</tr>
<tr>
<td>Courses</td>
<td>21</td>
</tr>
<tr>
<td>Creating and Following a Course on Your Device</td>
<td>21</td>
</tr>
<tr>
<td>Saving Your Location</td>
<td>21</td>
</tr>
<tr>
<td>Editing Your Saved Locations</td>
<td>21</td>
</tr>
<tr>
<td>Deleting All Saved Locations</td>
<td>21</td>
</tr>
<tr>
<td>Navigating to Your Starting Point During an Activity</td>
<td>21</td>
</tr>
<tr>
<td>Navigating to the Starting Point of Your Last Saved Activity</td>
<td>22</td>
</tr>
<tr>
<td>Navigating to a Saved Location</td>
<td>22</td>
</tr>
<tr>
<td>Map</td>
<td>22</td>
</tr>
<tr>
<td>Adding a Map to an Activity</td>
<td>22</td>
</tr>
<tr>
<td>Panning and Zooming the Map</td>
<td>22</td>
</tr>
<tr>
<td>Map Settings</td>
<td>22</td>
</tr>
<tr>
<td>Wireless Sensors</td>
<td>22</td>
</tr>
<tr>
<td>Pairing Your Wireless Sensors</td>
<td>22</td>
</tr>
<tr>
<td>Foot Pod</td>
<td>22</td>
</tr>
<tr>
<td>Going for a Run Using a Foot Pod</td>
<td>22</td>
</tr>
<tr>
<td>Foot Pod Calibration</td>
<td>23</td>
</tr>
<tr>
<td>Improving Foot Pod Calibration</td>
<td>23</td>
</tr>
<tr>
<td>Calibrating Your Foot Pod Manually</td>
<td>23</td>
</tr>
<tr>
<td>Setting Foot Pod Speed and Distance</td>
<td>23</td>
</tr>
<tr>
<td>Using an Optional Bike Speed or Cadence Sensor</td>
<td>23</td>
</tr>
<tr>
<td>Situational Awareness</td>
<td>23</td>
</tr>
<tr>
<td>tempe</td>
<td>23</td>
</tr>
<tr>
<td>Customizing Your Device</td>
<td>23</td>
</tr>
<tr>
<td>Customizing Your Activity List</td>
<td>23</td>
</tr>
<tr>
<td>Customizing the Widget Loop</td>
<td>23</td>
</tr>
<tr>
<td>Customizing the Controls Menu</td>
<td>23</td>
</tr>
<tr>
<td>Activity Settings</td>
<td>24</td>
</tr>
<tr>
<td>Customizing the Data Screens</td>
<td>24</td>
</tr>
<tr>
<td>Alerts</td>
<td>24</td>
</tr>
<tr>
<td>Enabling Auto Pause</td>
<td>24</td>
</tr>
<tr>
<td>Setting an Alert</td>
<td>25</td>
</tr>
<tr>
<td>Auto Lap</td>
<td>25</td>
</tr>
<tr>
<td>Marking Laps by Distance</td>
<td>25</td>
</tr>
<tr>
<td>Using Auto Scroll</td>
<td>25</td>
</tr>
<tr>
<td>Changing the GPS Setting</td>
<td>25</td>
</tr>
<tr>
<td>GPS and Other Satellite Systems</td>
<td>25</td>
</tr>
<tr>
<td>UltraTrac</td>
<td>25</td>
</tr>
<tr>
<td>Setting the Pool Size</td>
<td>25</td>
</tr>
<tr>
<td>Power Save Timeout Settings</td>
<td>25</td>
</tr>
<tr>
<td>Removing an Activity or App</td>
<td>26</td>
</tr>
<tr>
<td>Watch Face Settings</td>
<td>26</td>
</tr>
<tr>
<td>Customizing the Watch Face</td>
<td>26</td>
</tr>
<tr>
<td>System Settings</td>
<td>26</td>
</tr>
<tr>
<td>Time Settings</td>
<td>26</td>
</tr>
<tr>
<td>Changing the Backlight Settings</td>
<td>26</td>
</tr>
<tr>
<td>Setting the Device Sounds</td>
<td>26</td>
</tr>
<tr>
<td>Changing the Units of Measure</td>
<td>26</td>
</tr>
<tr>
<td>Displaying Pace or Speed</td>
<td>27</td>
</tr>
<tr>
<td>Extended Display Mode</td>
<td>27</td>
</tr>
<tr>
<td>Clock</td>
<td>27</td>
</tr>
<tr>
<td>Syncing the Time with GPS</td>
<td>27</td>
</tr>
<tr>
<td>Setting the Time Manually</td>
<td>27</td>
</tr>
<tr>
<td>Setting an Alarm</td>
<td>27</td>
</tr>
<tr>
<td>Deleting an Alarm</td>
<td>27</td>
</tr>
<tr>
<td>Starting the Countdown Timer</td>
<td>27</td>
</tr>
<tr>
<td>Using the Stopwatch</td>
<td>27</td>
</tr>
<tr>
<td>VIRB Remote</td>
<td>27</td>
</tr>
<tr>
<td>Controlling a VIRB Action Camera</td>
<td>27</td>
</tr>
<tr>
<td>Controlling a VIRB Action Camera During an Activity</td>
<td>27</td>
</tr>
<tr>
<td>Device Information</td>
<td>28</td>
</tr>
<tr>
<td>View Device Information</td>
<td>28</td>
</tr>
<tr>
<td>Viewing E-label Regulatory and Compliance Information</td>
<td>28</td>
</tr>
<tr>
<td>Charging the Device</td>
<td>28</td>
</tr>
<tr>
<td>Tips for Charging the Device</td>
<td>28</td>
</tr>
<tr>
<td>Device Care</td>
<td>28</td>
</tr>
<tr>
<td>Cleaning the Device</td>
<td>28</td>
</tr>
<tr>
<td>Changing the Bands</td>
<td>28</td>
</tr>
<tr>
<td>Specifications</td>
<td>29</td>
</tr>
<tr>
<td>Troubleshooting</td>
<td>29</td>
</tr>
<tr>
<td>Product Updates</td>
<td>29</td>
</tr>
<tr>
<td>Setting Up Garmin Express</td>
<td>29</td>
</tr>
<tr>
<td>Getting More Information</td>
<td>29</td>
</tr>
<tr>
<td>Activity Tracking</td>
<td>29</td>
</tr>
<tr>
<td>My daily step count does not appear</td>
<td>29</td>
</tr>
<tr>
<td>My step count does not seem accurate</td>
<td>29</td>
</tr>
<tr>
<td>My device is in the wrong language</td>
<td>29</td>
</tr>
<tr>
<td>The step counts on my device and my Garmin Connect account don’t match</td>
<td>29</td>
</tr>
<tr>
<td>My intensity minutes are flashing</td>
<td>29</td>
</tr>
<tr>
<td>Acquiring Satellite Signals</td>
<td>29</td>
</tr>
<tr>
<td>Improving GPS Satellite Reception</td>
<td>29</td>
</tr>
<tr>
<td>Restarting the Device</td>
<td>30</td>
</tr>
<tr>
<td>Resetting All Default Settings</td>
<td>30</td>
</tr>
<tr>
<td>Updating the Software Using the Garmin Connect App</td>
<td>30</td>
</tr>
<tr>
<td>Updating the Software Using Garmin Express</td>
<td>30</td>
</tr>
<tr>
<td>Is my smartphone compatible with my device</td>
<td>30</td>
</tr>
<tr>
<td>My phone will not connect to the device</td>
<td>30</td>
</tr>
<tr>
<td>Maximizing Battery Life</td>
<td>30</td>
</tr>
<tr>
<td>How can I manually pair ANT+ sensors</td>
<td>30</td>
</tr>
</tbody>
</table>
Can I use my Bluetooth sensor with my watch? .......................... 31
My music cuts out or my headphones do not stay connected.. 31

**Appendix** ........................................................................ 31
Data Fields ............................................................................. 31
About Heart Rate Zones ............................................................ 33
   Heart Rate Zone Calculations .............................................. 33
VO2 Max. Standard Ratings ..................................................... 33
Wheel Size and Circumference ................................................. 33
Symbol Definitions .................................................................. 34

**Index** ................................................................................ 35
**Introduction**

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 during an activity.

4. **DOWN**
   - Select to scroll through the widgets, data screens, options, and settings.
   - Hold to open the music controls (*Music Playback Controls*, page 19).

5. **UP**
   - Select to scroll through the widgets, data screens, options, and settings.
   - Hold to view the menu.

**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.

<table>
<thead>
<tr>
<th>Icon</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌍️</td>
<td>GPS status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Battery status</td>
</tr>
<tr>
<td>📠</td>
<td>Smartphone connection status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Wi-Fi® technology status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Heart rate status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Foot pod status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Running Dynamics Pod status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Speed and cadence sensor status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Bike lights status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Bike radar status</td>
</tr>
<tr>
<td>🌍️</td>
<td>Extended display mode status</td>
</tr>
<tr>
<td>🌍️</td>
<td>tempe™ sensor status</td>
</tr>
<tr>
<td>🌍️</td>
<td>VIRB® camera status</td>
</tr>
</tbody>
</table>

**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 on your smartphone.

1. From the app store on your smartphone, install and open 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 device with the Garmin Connect app, follow the on-screen instructions.
   - If you already paired another device with the Garmin Connect app, from the ☐ or •• • menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

**Tips for Existing Garmin Connect Users**

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

**Enabling Bluetooth Notifications**

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

1. Hold UP.
2. Select **Settings > Phone > Smart Notifications > Status > On**.
3. Select **During Activity**.
4. Select a notification preference.
5. Select a sound preference.
6. Select **Not During Activity**.
7. Select a notification preference.
8. Select a sound preference.
9. Select **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 view the notifications widget.
2. Select **START**.
3. Select a notification.
4. Select **DOWN** for more options.
5. Select **BACK** to return to the previous screen.

**Setting Up Your Watch**

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

- Pair your smartphone with the Garmin Connect™ app (*Pairing Your Smartphone with Your Device, page 1*).
- Set up safety features (*Safety and Tracking Features, page 12*).
- Set up music (*Music, page 18*).
- Set up Wi-Fi networks (*Connecting to a Wi-Fi Network, page 11*).
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 to show on the device.
• If you are using an Android™ smartphone, from the Garmin Connect app, select Settings > Notifications.

Playing Audio Prompts on Your Smartphone During Your Activity
Before you can set up audio prompts, you must have a smartphone with the Garmin Connect app paired to your Forerunner device.
You can set the Garmin Connect app to play motivational status announcements on your smartphone during a run or other activity. Audio prompts include the lap number and lap time, pace or speed, and heart rate data. During an audio prompt, the Garmin Connect app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect app.
NOTE: If you have a Forerunner 245 Music device, you can enable audio prompts on the device through your connected headphones, without using a connected smartphone (Playing Audio Prompts During Your Activity, page 5).
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 connection from the controls menu.
NOTE: You can add options to the controls menu (Customizing the Controls Menu, page 23).
1. Hold LIGHT to view the controls menu.
2. Select • to turn off the Bluetooth smartphone connection on your Forerunner device.
   Refer to the owner's manual for your mobile device to turn off Bluetooth technology on your mobile device.

Turning On and Off Smartphone Connection Alerts
You can set the Forerunner device to alert you when your paired smartphone connects and disconnects using Bluetooth wireless technology.
NOTE: Smartphone connection alerts are turned off by default.
1. From the watch face, hold UP.
2. Select Settings > Phone > Alerts.

Viewing the Controls Menu
The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.
NOTE: You can add, reorder, and remove the options in the controls menu (Customizing the Controls Menu, page 23).
1. From any screen, hold LIGHT.

2  Select UP or DOWN to scroll through the options.

Going for a Run
The first fitness activity you record on your device can be a run, ride, or any outdoor activity. You may need to charge the device before starting the activity (Charging the Device, page 28). 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 245 Music, hold DOWN while in an activity to open the music controls (Music Playback Controls, page 19).
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 activity timer.
   You can select the run to view a summary.

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 11).
For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

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 22).
1. Select START.
2 Select an activity.

**NOTE:** Activities set as favorites appear first in the list (*Customizing Your Activity List*, page 23).

3 Select an option:
   - Select an activity from your favorites.
   - Select *Watch Mode*, and select an activity from the extended activity list.

4 If the activity requires GPS signals, go outside to an 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), and connects to your wireless sensors (if required).

6 Select START to start the timer.

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

   **NOTE:** On a Forerunner 245 Music device, you can hold DOWN while in an activity to open the music controls (*Music Playback Controls*, page 19).

**Tips for Recording Activities**

- Charge the device before starting an activity (*Charging the Device*, page 28).
- Press BACK 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 Select STOP.

2 Select an option:
   - To resume your activity, select Resume.
   - To save the activity and return to watch mode, select Save > Done.
   - To suspend your activity and resume it at a later time, 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 Back to Start > TracBack.

   **NOTE:** This feature is available only for activities that use GPS.
   - To navigate back to the starting point of your activity by the most direct path, select Back to Start > Straight Line.

   **NOTE:** This feature is available only for activities that use GPS.
   - To discard the activity and return to watch mode, select Discard > Yes.

   **NOTE:** After stopping the activity, the device saves it automatically after 30 minutes.

**Adding an Activity**

Your device comes preloaded with a number of common indoor and outdoor activities. You can add these 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 Select 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 a stationary bike. GPS is turned off for indoor activities.

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

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

When cycling with GPS turned off, speed and distance 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 compatible third-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 stop the activity timer.

**Calibrating the Treadmill Distance**

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run 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 is on.
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 new one.
4. Select BACK 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 BACK to start your next set.
7. Repeat for each strength training set until your activity is complete.
8. After your last set, select START to stop the set timer.
9. Select Save.

Tips for Recording Strength Training Activities
• Do not look at the device while performing reps.
  You should interact with the device at the beginning and the 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 stop your 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.

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

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

Going for a Pool Swim
You can use the pool swim activity to record your swim data, including distance, pace, stroke count, and stroke type.
1. Select START > Pool Swim.
   The first time you select the pool swim activity, you must select your pool size or enter a custom size.
2. Select START to start the activity timer.
3. Select BACK at the beginning and end of each rest period.
4. After you complete your activity, select START > Save.

TIP: To view your heart rate data while swimming, you can add heart rate data fields (Customizing the Data Screens, page 24).

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 25).

TIP: For accurate results, swim the entire length, and use one stroke 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 5).

Swim Terminology
Length: One trip down the pool.
Interval: One or more consecutive lengths. A new interval starts after a rest.
Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.
Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

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 24).

<table>
<thead>
<tr>
<th>Stroke Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free</td>
<td>Freestyle</td>
</tr>
<tr>
<td>Back</td>
<td>Backstroke</td>
</tr>
<tr>
<td>Breast</td>
<td>Breaststroke</td>
</tr>
<tr>
<td>Fly</td>
<td>Butterfly</td>
</tr>
<tr>
<td>Mixed</td>
<td>More than one stroke type in an interval</td>
</tr>
<tr>
<td>Drill</td>
<td>Used with drill logging (Training with the Drill Log, page 5)</td>
</tr>
</tbody>
</table>

Tips for Swimming Activities
• Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.
  The next time you start a pool swimming activity, the device uses this pool size. You can hold UP, select the activity settings, and select Pool Size to change the size.
• Select BACK to record a rest during pool swimming.
  The device automatically records swim intervals and lengths for pool swimming.

Resting During Pool Swimming
The default rest screen displays two rest timers. It also displays time and distance for the last completed interval.

NOTE: Swim data is not recorded during a rest.
1. During your swim activity, select BACK to start a rest.
   The display reverses to white text on a black background, and the rest screen appears.
2. During a rest, select UP or DOWN to view other data screens (optional).
3. Select BACK, and continue swimming.
4. Repeat for additional rest intervals.

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 rest for more than 15 seconds, the device automatically creates a rest interval. When you resume...
workouts, the device automatically starts a new swim interval. You can turn on the auto rest feature in the activity options (Activity Settings, page 24).

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 can select BACK 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 any type of swimming that is not one of the four major strokes.

1 During your pool swim activity, select UP or DOWN to view the drill log screen.
2 Select BACK to start the drill timer.
3 After you complete a drill interval, select BACK.
   The drill timer stops, but the activity timer continues to record the entire swim session.
4 Select a distance for the completed drill.
   Distance increments are based on the pool size selected for the activity profile.
5 Select an option:
   • To start another drill interval, select BACK.
   • To start a swim interval, select UP or DOWN to return to the swim training screens.

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

NOTE: This feature is not available for all activities.
1 From the watch face, hold UP.
2 Select Settings > Audio Prompts.
3 Select an option:
   • To hear a prompt for each lap, select Lap Alert.
   NOTE: The Lap Alert audio prompt is enabled by default.
   • To customize prompts with your pace and speed data, select Pace/Speed Alert.
   • To customize prompts with your heart rate data, select Heart Rate Alert.
   • To hear prompts when you start and stop the timer, including the Auto Pause feature, select Timer Events.
   • To hear activity alerts play as an audio prompt, select Activity Alerts.
   • To hear a sound play right before an audio alert or prompt, select Audio Tones.
   • To change the language or the dialect of the voice 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 on your 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 20).

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 20).

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 5).

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 5).

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

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

1 From the watch face, select START.
2 Select an activity.
3 Hold UP.
4 Select Training > My Workouts.
5 Select a workout.
   NOTE: Only workouts that are compatible with the selected activity appear in the list.
6 Select Do Workout.
7 Select START to start the timer.

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

Following a Pool Swim Workout
Your device can guide you through multiple steps in a swim workout. Creating and sending a pool swim workout is similar to Creating a Custom Workout on Garmin Connect, page 5 and Sending a Custom Workout to Your Device, page 5.

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

About the Training Calendar
The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar widget. When you select a 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 20), and you must pair the Forerunner device with a compatible smartphone.
1 From the Garmin Connect app, select ☰ or ⋮.
2 Select Training > Training Plans.
3 Select and schedule a training plan.
4 Follow the on-screen instructions.
5 Review the training plan in your calendar.

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

Starting Today’s Workout
After you send a Garmin Coach training plan to your device, the Garmin Coach widget appears in your widget loop.
1 From the watch face, select UP or DOWN to view the Garmin Coach widget.
   If a workout for this activity is scheduled for today, the device shows the workout name and prompts you to start it.
   2 Select START.
   3 Select View to view the workout steps (optional).
   4 Select Do Workout.
   5 Follow the on-screen instructions.

Interval Workouts
You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals for track workouts and when you are running a known distance.

Creating an Interval Workout
1 From the watch face, select START.
   2 Select an activity.
   3 Hold UP.
   4 Select Training > Intervals > Edit > Interval > Type.
   5 Select Distance, Time, or Open.
      TIP: You can create an open-ended interval by selecting the Open option.
   6 If necessary, select Duration, enter a distance or time interval value for the workout, and select ✓.
   7 Select BACK.
   8 Select Rest > Type.
   9 Select Distance, Time, or Open.
   10 If necessary, enter a distance or time value for the rest interval, and select ✓.
   11 Select BACK.
   12 Select one or more options:
      • To set the number of repetitions, select Repeat.
      • To add an open-ended warm up to your workout, select Warm Up > On.
      • To add an open-ended cool down to your workout, select Cool Down > On.

Starting an Interval Workout
1 From the watch face, select START.
2 Select an activity.
3 Hold UP.
4 Select Training > Intervals > Do Workout.
5 Select START to start the timer.
6 When your interval workout has a warm up, select BACK to begin the first interval.
7 Follow the on-screen instructions.
After you complete all of the intervals, a message appears.

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

Setting a Training Target
The training target feature works with the Virtual Partner® feature so you can train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the device gives you real-time feedback about how close you are to achieving your training target.
1 From the watch face, select START.
2 Select an activity.
3 Hold UP.
4 Select Training > Set a Target.
5 Select an option:
   • Select Distance Only to select a preset distance or enter a custom distance.
   • Select Distance and Time to select a distance and time target.
   • Select Distance and Pace or Distance and Speed to select a distance and pace or speed target.
The training target screen appears and displays your estimated finish time. The estimated finish time is based on your current performance and the time remaining.
6 Select START to start the timer.
Cancelling a Training Target
1 During an activity, hold UP.
2 Select Cancel Target > Yes.

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

NOTE: This feature is not available for all activities.
1 From the watch face, select START.
2 Select an activity.
3 Hold UP.
4 Select the activity settings.
5 Select Data Screens > Add New > Virtual Partner.
6 Enter a pace or speed value.
7 Start your activity (Starting an Activity, page 2).
8 Select UP or DOWN to scroll to the Virtual Partner screen and see who is leading.

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 also create 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 elevation plot before you run the course.

Downloading a PacePro Plan from Garmin Connect
Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account (Garmin Connect, page 20).
1 Select an option:
   • Open the Garmin Connect app, and select ☰ or ….
   • Go to connect.garmin.com.
2 Select Training > PacePro Pacing Strategies.
3 Follow the on-screen instructions to create and save a PacePro plan.
4 Select ☰ or Send to Device.

Starting a PacePro Plan
Before you can start a PacePro plan, you must download a plan from your Garmin Connect account.
1 From the watch face, select START.
2 Select an outdoor running activity.
3 Hold UP.
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 Select START to start the activity timer.

Stopping a PacePro Plan
1 Hold UP.
2 Select Stop PacePro > Yes.
   The device stops the PacePro plan. The activity timer continues running.

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

NOTE: This feature is not available for all activities.
1 From the watch face, select START.
2 Select an activity.
3 Hold UP.
4 Select Training > Race an Activity.
5 Select an option:
   • Select From History to select a previously recorded activity from your device.
   • Select Downloaded to select an activity you downloaded from your Garmin Connect account.
6 Select the activity.
   The Virtual Partner screen appears indicating your estimated finish time.
7 Select START to start the timer.
8 After you complete your activity, select START > Save.

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

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

Restoring a Personal Record
You can set each personal record back to the one previously recorded.
1 From the watch face, hold UP.
2 Select History > Records.
3 Select a sport.
Clearing All Personal Records
1. From the watch face, hold UP.
2. Select History > Records.
3. Select a sport.
4. Select a record to delete.
5. Select Clear Record > Yes.
   NOTE: This does not delete any saved activities.

Clearing All Personal Records
1. From the watch face, hold UP.
2. Select History > Records.
3. Select a sport.
4. Select Clear All Records > Yes.
   The records are deleted for that sport only.
   NOTE: This does not delete any saved activities.

Using the Metronome
The metronome feature plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence.
NOTE: This feature is not available for all activities.
1. From the watch face, select START.
2. Select an activity.
3. Hold UP.
4. Select the activity settings.
5. Select Metronome > Status > On.
6. Select an option:
   • Select Beats Per Minute to enter a value based on the
     cadence you want to maintain.
   • Select Alert Frequency to customize the frequency of the
     beats.
   • Select Sounds to customize the metronome tone and
     vibration.
7. If necessary, select Preview to listen to the metronome
   feature before you run.
8. Go for a run (Going for a Run, page 2).
   The metronome starts automatically.
9. During your run, select UP or DOWN to view the metronome
   screen.
10. If necessary, hold UP to change the metronome settings.

Setting Up Your User Profile
You can update your gender, birth year, height, weight, and
heart rate zone settings. The device uses this information to calculate
accurate training data.
1. From the watch face, hold UP.
2. Select Settings > User Profile.
3. Select an option.

Fitness Goals
Knowing your heart rate zones can help you measure and
improve your fitness by understanding and applying these
principles.
• Your heart rate is a good measure of exercise intensity.
• Training in certain heart rate zones can help you improve
  cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table
(Heart Rate Zone Calculations, page 9) 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 maximum heart 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 of heartbeats 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 sport profiles, such as running,
cycling, and swimming. For the most accurate calorie data
during your activity, set your maximum heart rate. You can also
set each heart rate zone and enter your resting heart rate
manually. You can manually adjust your zones on the device or
using your Garmin Connect account.
1. From the watch face, hold UP.
2. Select Settings > User Profile > Heart Rate.
3. Select Max. HR, and enter your maximum heart rate.
   You can use the Auto Detection feature to automatically
   record your maximum heart rate during an activity (Detecting
   Your Heart Rate Automatically, page 15).
4. Select Resting HR, and enter your resting heart rate.
   You can use the average resting heart rate measured by your
device, or you can set a custom resting heart rate.
5. Select Zones > Based On.
6. Select an option:
   • Select BPM to view and edit the zones in beats per
     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 (maximum heart rate minus
     resting heart rate).
7. Select a zone, and enter a value for each zone.
8. Select Add Sport Heart Rate, and select a sport profile to
   add separate heart rate zones (optional).

Letting the Device Set Your Heart Rate Zones
The default settings allow the device to detect your maximum
heart rate and set your heart rate zones as a percentage of your
maximum heart rate.
• Verify that your user profile settings are accurate (Setting Up
  Your User Profile, page 8).
• Run often with the wrist or chest heart rate monitor.
• Try a few heart rate training plans, available from your
  Garmin Connect account.
• View your heart rate trends and time in zones using your
  Garmin Connect account.
Heart Rate Zone Calculations

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

Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories. The number of steps taken during the day appears on the steps widget. The step count is updated periodically. For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

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 toward your daily goal.

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 of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on (System Settings, page 26).

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

Turning on the Move Alert

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

Sleep Tracking

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings.

Using Automated Sleep Tracking

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 toward your daily goal.

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

Using Do Not Disturb Mode

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

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the Sleep Time option in the system settings to automatically enter do not disturb mode during your normal sleep hours (System Settings, page 26).

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, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running. The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

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

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

Garmin Move IQ™ Events

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

Activity Tracking Settings

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

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps on your Garmin Connect 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. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (Using Do Not Disturb Mode, page 9).
or vibrates if audible tones are turned on (System Settings, page 26).

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

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

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

Turning Off Activity Tracking
When you turn off activity tracking, your steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events are not recorded.
1 From the watch face, hold UP.
2 Select Settings > Activity Tracking > Status > Off.

Smart Features

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

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

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

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

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

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

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

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

Safety and tracking features: Allows you to send messages and alerts to friends and family, as well as request assistance from emergency contacts set up in the Garmin Connect app. For more information, go to (Safety and Tracking Features, page 12).

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

Software updates: Allows you to update your device software.

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

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

Updating the Software Using 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 a compatible smartphone (Pairing Your Smartphone with Your Device, page 1).

Sync your device with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 10).

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

Manually Syncing Data with Garmin Connect
1 Hold LIGHT to view the controls menu.
2 Select Bluetooth.

Locating a Lost Mobile Device
You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.
1 Hold LIGHT to view the controls menu.
2 Select 🔍.

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

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

Some widgets are not visible by default. You can add them to the widget loop manually (Customizing the Widget Loop, page 23).

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

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

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

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

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

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

Hydration: Allows you to track the amount of water you consume and the progress toward your daily goal.

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

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

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

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

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

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

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

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

Pulse oximeter: Displays your most recent blood oxygen saturation percentage and a graph of your readings.
Respiration: Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.

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

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

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

Weather: Displays the current temperature and weather forecast.

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

- From the watch face, select UP or DOWN to view the widgets.
  Available widgets include heart rate and activity tracking. The performance widget requires several activities with heart rate and outdoor runs with GPS.
- Select START to view additional options and functions for a widget.

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

Viewing the Weather Widget
Weather requires a Bluetooth connection to a compatible smartphone.
1. From the watch face, select UP or DOWN to view the weather widget.
2. Select START to view hourly weather data.
3. Select DOWN to view daily weather data.

Hydration Tracking
You can track your daily fluid intake, turn on goals and alerts, and enter the container sizes you use most often. If you enable automatic goals, your goal increases on the days when you record an activity. When you exercise, you need more fluid to replace the sweat lost.

Using the Hydration Tracking Widget
The hydration tracking widget displays your fluid intake and your daily hydration goal.
1. From the watch face, select UP or DOWN to view the hydration widget.
2. Select START.
3. Select an option:
   - Select + for each serving of fluid you consume.
   - Select a container to increase your fluid intake by the volume of the container.

TIP: You can customize your hydration settings, such as units of measure and daily goal, on your Garmin Connect account.

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 add and remove widgets.

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, data fields, widgets, and apps.

Watch Faces: Allow you to customize the appearance of 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 to built-in features and pages.

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

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

Downloading Connect IQ Features
Before you can download features from the Connect IQ app, you must pair your Forerunner device with your smartphone (Pairing Your Smartphone with Your Device, page 1).
1. From the app store on your smartphone, install and open the Connect IQ app.
2. If necessary, select your device.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

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 recording the activity.

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

Software updates: Your device downloads and installs the 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 Connect app on your smartphone or to the Garmin Express™ application on your computer before you can connect to a Wi-Fi network.
To sync your device with a third-party music provider, you must connect to Wi-Fi. Connecting the device to a Wi-Fi network also helps to increase the transfer speed of larger files.
1. Move within range of a Wi-Fi network.
2. From the Garmin Connect app, select ••• or •••
3. Select Garmin Devices, and select your device.
4. Select General > Wi-Fi Networks > Add a Network.
5. Select an available Wi-Fi network, and enter the login details.
Safety and Tracking Features

**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 on your behalf.**

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

**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 www.garmin.com/safety.

**Assistance:** Allows you to send an automated message with your name, LiveTrack link, and GPS location 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 your emergency 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 Garmin Connect 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 device is connected to an Android smartphone.

**Adding Emergency Contacts**
Emergency contact phone numbers are used for the incident detection and assistance features.

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

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

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

When an incident is detected by your Forerunner device with GPS enabled, the Garmin Connect app 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.

**Requesting Assistance**
Before you can request assistance, you must set up emergency contacts (Adding Emergency Contacts, page 12).

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

   The countdown screen appears.

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

Heart Rate Features

The Forerunner device has a wrist-based heart rate monitor and is also compatible with ANT+™ chest heart rate monitors. You can view wrist-based heart rate data on the heart rate widget. When both wrist-based heart rate and ANT+ heart rate data are available, your device uses the ANT+ heart rate data.

**Wrist-based Heart Rate**

**Wearing the Device**

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

- **NOTE:** The optical sensor is located on the back of the device.

  - See Tips for Erratic Heart Rate Data, page 12 for more information about wrist-based heart rate.
  - See Tips for Erratic Pulse Oximeter Data, page 17 for more information about the pulse oximeter sensor.
  - For more information about accuracy, go to garmin.com/ataccuracy.

**Tips for Erratic Heart Rate Data**

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

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

**NOTE:** In cold environments, warm up indoors.

- Rinse the device with fresh water after each workout.

**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™ accessory and the HRM-Swim™ accessory. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

**Broadcasting Heart Rate Data to Garmin Devices**

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

**NOTE:** Broadcasting heart rate data decreases battery life.

1. From the heart rate widget, hold UP.
2. Select **Options > Broadcast Heart Rate.**
The Forerunner device starts broadcasting your heart rate data, and \( \text{HR} \) appears.

**NOTE:** You can view only the heart rate widget while broadcasting heart rate data from the heart rate widget.

3 Pair your Forerunner device with your Garmin ANT+ compatible device.

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

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

### Broadcasting Heart Rate Data During an Activity

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

**NOTE:** Broadcasting heart rate data decreases battery life.

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

The Forerunner device starts broadcasting your heart rate data in the background.

**NOTE:** There is no indication that the device is broadcasting your heart rate data during an activity.

4 If necessary, pair your Forerunner device with your Garmin ANT+ compatible device.

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

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

### Setting an Abnormal Heart Rate Alert

⚠️ **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. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

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

### Running Dynamics

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

**NOTE:** The running dynamics features are available on only some Garmin devices.

- **Cadence:** Cadence is the number of steps per minute. It displays the total steps (right and left combined).
- **Vertical oscillation:** Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters for each step.
- **Ground contact time:** Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.
- **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 stride from one footfall to the next. It is measured in meters.
- **Vertical ratio:** Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

## Training with Running Dynamics

Before you can view running dynamics, you must put on the HRM-Run accessory, HRM-Tri accessory, or Running Dynamics Pod, and pair it with your device (Pairing Your Wireless Sensors, page 22).

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

1 Select **START**, and select a running activity.
2 Select **START**.
3 Go for a run.
4 Scroll to the running dynamics screens to view your metrics.
If necessary, hold UP to edit how the running dynamics data appears.

**Color Gauges and Running Dynamics Data**

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

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

Go to www.garmin.com/runningdynamics for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Percentile in Zone</th>
<th>Cadence Range</th>
<th>Ground Contact Time Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>&gt;95</td>
<td>&gt;183 spm</td>
<td>&lt;218 ms</td>
</tr>
<tr>
<td>Blue</td>
<td>70–95</td>
<td>174–183 spm</td>
<td>218–248 ms</td>
</tr>
<tr>
<td>Green</td>
<td>30–69</td>
<td>164–173 spm</td>
<td>249–277 ms</td>
</tr>
<tr>
<td>Orange</td>
<td>5–29</td>
<td>153–163 spm</td>
<td>278–308 ms</td>
</tr>
<tr>
<td>Red</td>
<td>&lt;5</td>
<td>&lt;153 spm</td>
<td>&gt;308 ms</td>
</tr>
</tbody>
</table>

**Ground Contact Time Balance Data**

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

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Red</th>
<th>Orange</th>
<th>Green</th>
<th>Orange</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symmetry</td>
<td>Poor</td>
<td>Fair</td>
<td>Good</td>
<td>Fair</td>
<td>Poor</td>
</tr>
<tr>
<td>Percent of Other Runners</td>
<td>5%</td>
<td>25%</td>
<td>40%</td>
<td>25%</td>
<td>5%</td>
</tr>
<tr>
<td>Ground Contact Time Balance</td>
<td>&gt;52.2% L</td>
<td>50.8–52.2% L</td>
<td>50.7% L–50.7% R</td>
<td>50.8–52.2% R</td>
<td>&gt;52.2% R</td>
</tr>
</tbody>
</table>

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

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

**Vertical Oscillation and Vertical Ratio Data**

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

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Percentile in Zone</th>
<th>Vertical Oscillation Range at Chest</th>
<th>Vertical Oscillation Range at Waist</th>
<th>Vertical Ratio at Chest</th>
<th>Vertical Ratio at Waist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>&gt;95</td>
<td>&lt;6.4 cm</td>
<td>&lt;6.8 cm</td>
<td>&lt;6.1%</td>
<td>&lt;6.5%</td>
</tr>
<tr>
<td>Blue</td>
<td>70–95</td>
<td>6.4–8.1 cm</td>
<td>6.8–8.9 cm</td>
<td>6.1–7.4%</td>
<td>6.5–8.3%</td>
</tr>
<tr>
<td>Green</td>
<td>30–69</td>
<td>8.2–9.7 cm</td>
<td>9.0–10.9 cm</td>
<td>7.5–8.6%</td>
<td>8.4–10.0%</td>
</tr>
<tr>
<td>Orange</td>
<td>5–29</td>
<td>9.8–11.5 cm</td>
<td>11.0–13.0 cm</td>
<td>8.7–10.1%</td>
<td>10.1–11.9%</td>
</tr>
<tr>
<td>Red</td>
<td>&lt;5</td>
<td>&gt;11.5 cm</td>
<td>&gt;13.0 cm</td>
<td>&gt;10.1%</td>
<td>&gt;11.9%</td>
</tr>
</tbody>
</table>

**Tips for Missing Running Dynamics Data**

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

- Make sure you have a running dynamics accessory, such as the HRM-Run accessory.
- Accessories with running dynamics have the symbol on the front of the module.
- Pair the running dynamics accessory with your Forerunner device again, according to the instructions.

- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

**Performance Measurements**

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor.
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. For example, you can record a ride with an Edge device, and view your activity details and overall training load on your Forerunner device.

1. From the watch face, hold UP.

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

Training Status

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

Peak: Peaking means that you are in ideal race condition. Your recently reduced training load 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 training to 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.

Unproductive: Your training load is low and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

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

Tips for Getting Your Training Status

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

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

- At least two times per week, run outdoors and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.
- After using the device for one week, your 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 VO2 Max. Estimates
VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The Forerunner device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

On the device, your VO2 max. estimate appears as a 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.

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (VO2 Max. Standard Ratings, page 33), 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 using a chest heart rate monitor, you must put it on and pair it with your device (Pairing Your Wireless Sensors, page 22). If your Forerunner device was packaged with a heart rate monitor, the devices are already paired.

For the most accurate estimate, complete the user profile setup (Setting Up Your User Profile, page 8), and set your maximum heart rate (Setting Your Heart Rate Zones, page 8). The estimate may seem inaccurate at first. The device requires a few runs to learn about your running performance.

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

Recovery Time
You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display 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 a few runs to learn about your performance.

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

Viewing Your Recovery Time
For the most accurate estimate, complete the user profile setup (Setting Up Your User Profile, page 8), and set your maximum heart rate (Setting Your Heart Rate Zones, page 8).

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

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

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

Viewing Your Predicted Race Times
For the most accurate estimate, complete the user profile setup (Setting Up Your User Profile, page 8), and set your maximum heart rate (Setting Your Heart Rate Zones, page 8). Your device uses the VO2 max. estimate (About VO2 Max. Estimates, page 16) and your training history to provide a target race time. The device analyzes several weeks of your training data to refine the race time estimates.

TIP: If you have more than one Garmin device, you can enable the Physio TrueUp feature, which allows your device to sync activities, history, and data from other devices (Syncing Activities and Performance Measurements, page 15).

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

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

Performance Condition
As you perform a running activity, the performance condition feature analyzes your 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 is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your
performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run. 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.

**NOTE:** The device requires a few runs with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running ability (About VO2 Max. Estimates, page 16).

**About Training Effect**
Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates value increases, telling you how the activity has improved your fitness. Training Effect is determined by your user profile information, heart rate, duration, and intensity of your activity. Aerobic Training Effect uses your heart rate to measure how well your heart is doing its work. This activity information, heart rate, duration, and intensity of your activity. Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your EPOC accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and 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.

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

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

<table>
<thead>
<tr>
<th>Color Zone</th>
<th>Training Effect</th>
<th>Aerobic Benefit</th>
<th>Anaerobic Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>From 0.0 to 0.9</td>
<td>No benefit.</td>
<td>No benefit.</td>
</tr>
<tr>
<td></td>
<td>From 1.0 to 1.9</td>
<td>Minor benefit.</td>
<td>Minor benefit.</td>
</tr>
<tr>
<td></td>
<td>From 2.0 to 2.9</td>
<td>Maintains your aerobic fitness.</td>
<td>Maintains your anaerobic fitness.</td>
</tr>
<tr>
<td></td>
<td>From 3.0 to 3.9</td>
<td>Improves your aerobic fitness.</td>
<td>Improves your anaerobic fitness.</td>
</tr>
<tr>
<td></td>
<td>From 4.0 to 4.9</td>
<td>Highly improves your aerobic fitness.</td>
<td>Highly improves your anaerobic fitness.</td>
</tr>
<tr>
<td></td>
<td>5.0</td>
<td>Overreaching and potentially harmful without enough recovery time.</td>
<td>Overreaching and potentially harmful without enough recovery time.</td>
</tr>
</tbody>
</table>

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

**Pulse Oximeter**
The Forerunner device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. Your device gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO2.

On the device, your pulse oximeter readings appear as an SpO2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (Turning On Pulse Oximeter Sleep Tracking, page 17). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

**Getting Pulse Oximeter Readings**
You can manually begin a pulse oximeter reading on your device at any time. The accuracy of the reading can vary based on your blood flow, the device placement on your wrist, and your stillness.

1. Wear the device above your wrist bone.
2. Select UP or DOWN to view the pulse oximeter widget.
3. Select START.
4. Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
5. Keep still.

The device displays your oxygen saturation as a percentage.

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

**Turning On Pulse Oximeter Sleep Tracking**
You can set your device to continuously measure your blood oxygen saturation while you sleep.

**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

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

**Tips for Erratic Pulse Oximeter Data**
If the pulse oximeter data is erratic or does not appear, you can try these tips.

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

**Using the Stress Level Widget**
The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

1. While you are sitting or inactive, select UP or DOWN to view the stress level widget.
2. Select START.
• If your stress level is in the low or medium range, a graph appears showing your stress level for the last four hours.

  TIP: To start a relaxation activity from the graph, select DOWN > START, and enter a duration in minutes.

• If your stress level is in the high range, a message appears asking you to begin a relaxation activity.

3 Select an option:
• View your stress level graph.
  NOTE: Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.
• Select Yes to start the relaxation activity, and enter a duration in minutes.
• Select No to bypass the relaxation activity and view the stress level graph.

Body Battery
Your device analyzes your heart rate variability, stress level, 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 reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level and stress 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 reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very 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 for Improved Body Battery Data, page 18).

Viewing the Body Battery Widget
The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

1 Select UP or DOWN to view the Body Battery widget.
  NOTE: You may need to add the widget to your widget loop (Customizing the Widget Loop, page 23).

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

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

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

Tips for Improved Body Battery Data
• Your Body Battery level updates when you 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 can cause your Body Battery to drain.
• Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

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

Music

NOTE: This section is about three different music playback options.
• Third-party provider music
• Personal audio content
• Music stored on your phone

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

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

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.

Downloading Audio Content from a Third-Party Provider
Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (Connecting to a Wi-Fi Network, page 11).

1 Hold DOWN from any screen to open the music controls.
2 Hold UP.
3 Select Music Providers.
4 Select a connected provider.
5 Select a playlist or other item to download to the device.
6 If necessary, select BACK until you are prompted to sync with the service, and select Yes.

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

Disconnecting from a Third-Party Provider
1 From the Garmin Connect app, select ☐ or ⋆,.
2 Select Garmin Devices, and select your device.
3 Select Music.
4 Select an installed third-party provider, and follow the on-screen instructions to disconnect the third-party provider from your device.

Spotify®
Spotify is a digital music service that gives you access to millions of songs.

TIP: Spotify integration requires the Spotify application be installed on your mobile phone. A compatible mobile digital device and premium subscription is required, where available. Go to www.garmin.com/.

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 and artists 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 11).
1 Hold DOWN from any screen to open the music controls.
2 Hold UP.
3 Select Music Providers > Spotify.
4 Select Add music & podcasts.
5 Select a playlist or other item to download to the device.

NOTE: Downloading audio content can drain the battery. You may need to connect the device to an external power source if the remaining battery life is 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 (www.garmin.com/express).

You can load your personal audio files, such as .mp3 and .aac files, to a Forerunner 245 Music device from your computer.
1 Connect the device to your computer using the included USB cable.
2 On your computer, open the Garmin Express application, select your device, and select Music.

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

Listening to Music
1 Hold DOWN from any screen to open the music controls.
2 Connect your headphones with Bluetooth technology (Connecting Bluetooth Headphones, page 20).
3 Hold UP.
4 Select Music Providers, and select an option:
   • To listen to music downloaded to the watch from your computer, select My Music (Downloading Personal Audio Content, page 19).
   • 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
NOTE: Some music playback controls are available on a Forerunner 245 Music device only.

<table>
<thead>
<tr>
<th align="left">Manage</th>
<th align="left">Select to manage content from some third-party providers.</th>
</tr>
</thead>
<tbody>
<tr>
<td align="left">📀</td>
<td align="left">Select to browse the audio files and playlists for the selected source.</td>
</tr>
<tr>
<td align="left">🎧</td>
<td align="left">Select to adjust the volume.</td>
</tr>
<tr>
<td align="left">🎧</td>
<td align="left">Select to play and pause the current audio file.</td>
</tr>
<tr>
<td align="left">🔁</td>
<td align="left">Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.</td>
</tr>
<tr>
<td align="left">⏪</td>
<td align="left">Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.</td>
</tr>
<tr>
<td align="left">⚪</td>
<td align="left">Select to change the repeat mode.</td>
</tr>
<tr>
<td align="left">🔁</td>
<td align="left">Select to change the shuffle mode.</td>
</tr>
</tbody>
</table>

Changing the Audio Mode
You can change the music playback mode from stereo to mono.
1 Hold UP.
2 Select Settings > Music > Audio.
3 Select an option.

Controlling Music Playback on a Connected Smartphone
1 On your smartphone, start playing a song or playlist.
2 Select an option:
   • On a Forerunner 245 Music device, hold DOWN from any screen to open the music controls.
   • On a Forerunner 245 device, select DOWN to view the music control widget.

   NOTE: You may need to add the music control widget to your widget loop (Customizing the Widget Loop, page 23).
3 Select Music Providers > Control Phone.
Connecting Bluetooth Headphones
To listen to music loaded onto your Forerunner 245 Music device, you must connect headphones using Bluetooth technology.
1. Bring the headphones within 2 m (6.6 ft.) of your device.
2. Enable pairing mode on the headphones.
3. Hold UP.
5. Select your headphones to complete the pairing process.

History
History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.
NOTE: When the device memory is full, your oldest data is overwritten.

Viewing History
History contains previous activities you have saved on your device.
1. From the watch face, hold UP.
2. Select History > Activities.
3. Select an activity.
4. Select an option:
   • To view additional information about the activity, select All Stats.
   • To view the impact of the activity on your aerobic and anaerobic fitness, select Training Effect (About Training Effect, page 17).
   • To view your time in each heart rate zone, select Heart Rate (Viewing Your Time in Each Heart Rate Zone, page 20).
   • To select a lap and view additional information about each lap, select Laps.
   • To view the activity on a map, select Map.
   • To view your time and reps for each strength training set, select Sets.
   • To view your time and distance for each swim interval, select Intervals.
   • To delete the selected activity, select Delete.

Viewing Your Time in Each Heart Rate Zone
Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity.
Viewing your time in each heart rate zone can help you adjust your training intensity.
1. From the watch face, hold UP.
2. Select History > Activities.
3. Select an activity.
4. Select Heart Rate.

Viewing Data Totals
You can view the accumulated distance and time data saved to your device.
1. From the watch face, hold UP.
2. Select History > Totals.
3. If necessary, select an activity.
4. Select an option to view weekly or monthly totals.

Deleting History
1. From the watch face, hold UP.

2. Select History > Options.
3. Select an option:
   • Select Delete All Activities to delete all activities from the history.
   • Select Reset Totals to reset all distance and time totals.
   NOTE: This does not delete any saved activities.

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

Deleting Files
NOTE: If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.
1. Open the Garmin drive or volume.
2. If necessary, open a folder or volume.
4. Press the Delete key on your keyboard.
   NOTE: Mac operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows operating system. You should use the Garmin Express application to remove music files from your device.

Disconnecting the USB Cable
If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect the device.
1. Complete an action:
   • For Windows computers, select the Safely Remove Hardware icon in the system tray, and select your device.
   • For Apple computers, select the device, and select File > Eject.
2. Disconnect the cable from your computer.

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 free account, go to www.garminconnect.com.

Store your activities: After you complete and save an activity with your device, you can upload that activity to your Garmin Connect account and keep it 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 accessory such as a heart rate monitor.
Plan your training: You can choose a fitness goal and load 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 Connect account.

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

Syncing Your Data with the Garmin Connect App
Your device periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.
1. Bring the device within 3 m (10 ft.) of your smartphone.
2. From any screen, hold LIGHT to view the controls menu.
3. Select :.
4. View your current data in the Garmin Connect app.

Using Garmin Connect on Your Computer
The Garmin Express application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to 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 the USB cable.
2. Go to www.garmin.com/express.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select Add Device.
5. Follow the on-screen instructions.

Navigation
You can use the GPS navigation features on your device to view your path on a map, save locations, and find 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 a good 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 trying to complete the course in under 30 minutes.

Creating and Following a Course on Your Device
1. From the watch face, select START.
2. Select an activity.
3. Hold UP.
5. Enter a name for the course, and select ✓.
6. Select Add Location.
7. Select an option.
8. If necessary, repeat steps 4 and 5.
9. Select Done > Do Course.
   Navigation information appears.
10. Select START to begin navigation.

Saving Your Location
You can save your current location to navigate back to it later.
1. Hold LIGHT.
2. Select .
   NOTE: You may need to add this item to the controls menu (Customizing the Controls Menu, page 23).
3. Follow the on-screen instructions.

Editing Your Saved Locations
You can delete a saved location or edit its name, elevation, and position information.
1. From the watch face, select START.
2. Select an activity.
   NOTE: This feature is not available for all activities.
3. Hold UP.
5. Select a saved location.
6. Select an option to edit the location.

Deleting All Saved Locations
You can delete all of your saved locations at once.
1. From the watch face, select START.
2. Select an activity.
   NOTE: This feature is not available for all activities.
3. Hold UP.

Navigating to Your Starting Point During an Activity
You can navigate back to the starting point of your current activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.
1. During an activity, select STOP > Back to Start.
2. Select an option:
   • To navigate back to the starting point of your activity along the path you traveled, select TracBack.
   • To navigate back to the starting point of your activity in a straight line, select Straight Line.
Your current location ①, the track to follow ②, and your destination ③ appear on the map.

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

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

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

1 From the watch face, select START.
2 Select an activity.
   NOTE: This feature is not available for all activities.
3 Hold UP.
4 Select Navigation > Saved Locations.
5 Select a location, and select Go To.
6 Move forward.
   The compass arrow points toward the saved location.
   TIP: For more accurate navigation, orient the top of the screen toward the direction in which you 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 a line on the map.
   • Map navigation (Panning and Zooming the Map, page 22)
   • Map settings (Map Settings, page 22)

Adding a Map to an Activity
You can add the map to the data screens loop for an activity.
1 From the watch face, hold UP.
2 Select Settings > Activities & Apps.
3 Select the activity to customize.
4 Select the activity settings.
5 Select Data Screens > Add New > Map.

Panning and Zooming the Map
1 While navigating, select UP or DOWN to view the map.
2 Hold UP.

3 Select Pan/Zoom.
4 Select an option:
   • To toggle between panning up and down, panning left and right, or zooming, select START.
   • To pan or zoom the map, select UP and DOWN.
   • To quit, select BACK.

Map Settings
You can customize how the map appears in the map app and data screens.
From the watch face, hold UP, and select Settings > Map.
Orientation: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.
User Locations: Shows or hides saved locations on the map.
Auto Zoom: Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

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

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

1 If you are pairing a heart rate monitor, put on the heart rate monitor.
   The heart rate monitor does not send or receive data until you put it on.
2 Bring the device within 3 m (10 ft.) of the sensor.
   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3 Hold UP.
4 Select Settings > Sensors & Accessories > Add New.
5 Select an option:
   • Select Search All.
   • Select your sensor type.
After the sensor is paired with your device, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field.

Foot Pod
Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).
After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

Going for a Run Using a Foot Pod
Before you go for a run, you must pair the foot pod with your Forerunner device (Pairing Your Wireless Sensors, page 22).
You can run indoors using a foot pod to record pace, distance, and cadence. You can also run outdoors using a foot pod to record cadence data with your GPS pace and distance.
Wireless Sensors

Improving Foot Pod Calibration

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

**Improving Foot Pod Calibration**

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (Pairing Your Wireless Sensors, page 22).

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

1. Stand outside for 5 minutes with a clear view of the sky.
2. Start a running activity.
3. Run on a track without stopping for 10 minutes.
4. Stop your activity, and save it.

**Calibrating Your Foot Pod Manually**

Before you can calibrate your device, you must pair your device with the foot pod sensor (Pairing Your Wireless Sensors, page 22).

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

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

**Customizing Your Activity List**

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

1. From the watch face, hold UP.
2. Select Settings > Activities & Apps.
3. Select an option:
   - Select Reorder to change the location of the widget in the widget loop.
   - Select Remove to remove the widget from the widget loop.

**Situational Awareness**

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

**NOTE:** You may need to update the Forerunner software before pairing Varia devices (Updating the Software Using Garmin Express, page 30).

**tempe**

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

**Customizing Your Device**

**Customizing Your Activity List**

1. From the watch face, hold UP.
2. Select Settings > Activities & Apps.
3. Select an option:
   - Select an activity to customize the settings, set the 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 widget loop, remove widgets, and add new widgets.

1. From the watch face, hold UP.
2. Select Settings > Widgets.
3. Select Widget Glances to turn widget glances on or off.
   **NOTE:** Widget glances display summary data for multiple widgets on a single screen.
4. Select Edit.
5. Select a widget.
6. Select an option:
   - Select Reorder to change the location of the widget in the widget loop.
   - Select Remove to remove the widget from the widget loop.
7. Select Add Widgets.
8. Select a widget.
   The widget is added to the widget loop.

**Customizing the Controls Menu**

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

1. From any screen, hold LIGHT to open the controls menu.
2. Hold UP.
3. Select an option:
   - Select Add Controls to add an additional shortcut to the controls menu.
   - Select Reorder Controls to change the location of a shortcut in the controls menu.
   - Select Remove Controls to remove a shortcut from the controls menu.
Activity Settings
These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.
Select START, select an activity, hold UP, and select the activity settings.

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

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

Auto Lap: Sets the options for the Auto Lap® feature (Marking Laps by Distance, page 25).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed (Enabling Auto Pause, page 24).

Auto Rest: Enables the device to automatically detect when you are resting during a pool swim and create a rest interval (Auto Rest, page 4).

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running (Using Auto Scroll, page 25).

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

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

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

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

GPS: Sets the mode for the GPS antenna. Using GPS + GLONASS or GPS + GALILEO provides increased performance in challenging environments and faster position acquisition (GPS and Other Satellite Systems, page 25). Using either of these options can reduce battery life more than using the GPS option only. Using the UltraTrac option records track points and sensor data less frequently (UltraTrac, page 25).

Lap Key: Enables you to record a lap, set, or a rest during an activity.

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

Pool Size: Sets the pool length for pool swimming.

Power Save Timeout: Sets the power-save timeout setting for the activity (Power Save Timeout Settings, page 25).

Rename: Sets the activity name.

Restore Defaults: Allows you to reset the activity settings.

Stroke Detect.: Enables the device to automatically detect your swimming stroke during a pool swim.

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

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

1 Select START.
2 Select an activity.
3 Hold UP.
4 Select the activity settings.
5 Select Data Screens.
6 Select a data screen to customize.
7 Select an option:

• Select Layout to adjust the number of data fields on the data screen.
• Select a field to change the data that appears in the field.
• Select Reorder to change the location of the data screen in the loop.
• Select Remove to remove the data screen from the loop.

If necessary, select Add New to add a data screen to the loop.
You can add a custom data screen, or select one of the predefined data screens.

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

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

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

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

<table>
<thead>
<tr>
<th>Alert Name</th>
<th>Alert Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cadence</td>
<td>Range</td>
<td>You can set minimum and maximum cadence values.</td>
</tr>
<tr>
<td>Calories</td>
<td>Event, recurring</td>
<td>You can set the number of calories.</td>
</tr>
<tr>
<td>Custom</td>
<td>Recurring</td>
<td>You can select an existing message or create a custom message and select an alert type.</td>
</tr>
<tr>
<td>Distance</td>
<td>Recurring</td>
<td>You can set a distance interval.</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>Range</td>
<td>You can set minimum and maximum heart rate values or select zone changes. See About Heart Rate Zones, page 8 and Heart Rate Zone Calculations, page 9.</td>
</tr>
<tr>
<td>Pace</td>
<td>Range</td>
<td>You can set minimum and maximum pace values.</td>
</tr>
<tr>
<td>Run/Walk</td>
<td>Recurring</td>
<td>You can set timed walking breaks at regular intervals.</td>
</tr>
<tr>
<td>Stroke Rate</td>
<td>Range</td>
<td>You can set high or low strokes per minute.</td>
</tr>
<tr>
<td>Time</td>
<td>Event, recurring</td>
<td>You can set a time interval.</td>
</tr>
</tbody>
</table>

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

NOTE: History is not recorded while the timer is stopped or paused.
1 Hold UP.
2 Select Settings > Activities & Apps.
3 Select an activity.

NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select Auto Pause.
6 Select an option:
   • To pause the timer automatically when you stop moving, select When Stopped.
Setting an Alert
1  Hold UP.
2  Select Settings > Activities & Apps.
3  Select an activity.
   NOTE: This feature is not available for all activities.
4  Select the activity settings.
5  Select Alerts.
6  Select an option:
   •  Select Add New to add a new alert for the activity.
   •  Select the alert name to edit an existing alert.
7  If necessary, select the type of alert.
8  Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
9  If necessary, turn on the alert.
For event and recurring alerts, a message appears each time you exceed or drop below the 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 an activity (for example, every 1 mile or 5 kilometers).
1  Hold UP.
2  Select Settings > Activities & Apps.
3  Select an activity.
   NOTE: This feature is not available for all activities.
4  Select the activity settings.
5  Select Auto Lap.
6  Select an option:
   •  Select Auto Lap to turn Auto Lap on or off.
   •  Select Auto Distance to adjust the distance between laps.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (System Settings, page 26).
If necessary, you can customize the data pages to display additional lap data (Customizing the Data Screens, page 24).

Customizing the Lap Alert Message
You can customize one or two data fields that appear in the lap alert message.
1  Hold UP.
2  Select Settings > Activities & Apps.
3  Select an activity.
   NOTE: This feature is not available for all activities.
4  Select the activity settings.
5  Select Auto Lap > Lap Alert.
6  Select a data field to change it.
7  Select Preview (optional).

Using Auto Scroll
You can use the auto scroll feature to cycle through all of the activity data screens automatically while the timer is running.
1  Hold UP.
2  Select Settings > Activities & Apps.
3  Select an activity.

NOTE: This feature is not available for all activities.
4  Select the activity settings.
5  Select Auto Scroll.
6  Select a display speed.

Changing the GPS Setting
For more information about GPS, go to www.garmin.com/aboutGPS.
1  Hold UP.
2  Select Settings > Activities & Apps.
3  Select the activity to customize.
4  Select the activity settings.
5  Select GPS.
6  Select an option:
   •  Select Normal (GPS Only) to enable the GPS satellite system.
   •  Select GPS + GLONASS (Russian satellite system) for more accurate position information in situations with poor sky visibility.
   •  Select GPS + GALILEO (European Union satellite system) for more accurate position information in situations with poor sky visibility.
   •  Select UltraTrac to record track points and sensor data less frequently (UltraTrac, page 25).
   NOTE: Using GPS and another satellite together can reduce battery life more quickly than using GPS only (GPS and Other Satellite Systems, page 25).

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 can reduce 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. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

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

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

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

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

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

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

Customizing the Watch Face
Before you can activate a Connect IQ watch face, you must install a watch face from the Connect IQ store (Connect IQ Features, page 11).

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

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

System Settings
Hold UP, and select Settings > System.

Language: Sets the language displayed on the device.
Time: Adjusts the time settings (Time Settings, page 26).
Backlight: Adjusts the backlight settings (Changing the Backlight Settings, page 26).
Sounds: Sets the device sounds, such as key tones, alerts, and vibrations.

Do Not Disturb: Turns on or off do not disturb mode. Use the Sleep Time option to turn on do not disturb mode automatically during your normal sleep hours. You can set your normal sleep hours on your Garmin Connect account.
Auto Lock: Allows you to lock the keys automatically to prevent accidental key presses. Use the During Activity option to lock the keys during a timed activity. Use the Not During Activity option to lock the keys when you are not recording a timed activity.

Units: Sets the units of measure used on the device (Changing the Units of Measure, page 26).
Format: Sets general format preferences, such as the pace and speed shown during activities, and the start of the week.
Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.
USB Mode: Sets the device to use MTP (media transfer protocol) or Garmin mode when connected to a computer.
Reset: Allows you to reset user data and settings (Resetting All Default Settings, page 30).
Software Update: Allows you to install software updates downloaded using Garmin Express.

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

Time Format: Sets the device to show time in a 12-hour, 24-hour, or military format.
Set Time: Sets the time zone for the device. The Auto option sets the time zone automatically based on your GPS position.
Time: Allows you to adjust the time if it is set to the Manual option.
Alerts: Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs.
Sync With GPS: Allows you to manually sync the time with GPS when you change time zones, and to update for daylight saving time.

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

Setting the Device Sounds
You can set the device to sound a tone or vibration when keys are selected or when an alert is triggered.

1. From the watch face, hold UP.
2. Select Settings > System > Sounds.
3. Select an option:
   - Select Key Tones to turn the key tones on and off.
   - Select Alert Tones to enable the alert tones settings.
   - Select Vibration to turn device vibration on and off.
   - Select Key Vibe to enable vibration when you select a key.

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

1. From the watch face, hold UP.
2. Select Settings > System > Units.
3. Select a measurement type.
4. Select a unit of measure.
Displaying Pace or Speed
You can change the type of information that appears in your activity summary and history.
1. From the watch face, hold UP.
2. Select Settings > System > Format > Pace/Speed Preference.
3. Select an activity.

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

Clock
Syncing the Time with GPS
Each time you turn on the device and acquire satellites, the device automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones, and to update for daylight saving time.
1. From the watch face, hold UP.
2. Select Settings > System > Time > Sync With GPS.
3. Wait while the device locates satellites (Acquiring Satellite Signals, page 29).

Setting the Time Manually
1. From the watch face, hold UP.
3. Select Time, and enter the time of day.

Setting an Alarm
You can set multiple alarms. You can set each alarm to sound once or to repeat regularly.
1. From the watch face, hold UP.
2. Select Alarm Clock > Add Alarm.
3. Select Time, and enter the alarm time.
4. Select Repeat, and select when the alarm should repeat (optional).
5. Select Sounds, and select a type of notification (optional).
6. Select Backlight > On to turn on the backlight with the alarm.
7. Select Label, and select a description for the alarm (optional).

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

Starting the Countdown Timer
1. From any screen, hold LIGHT.
2. Select Timer.
   NOTE: You may need to add this item to the controls menu (Customizing the Controls Menu, page 23).
3. Enter the time.
4. If necessary, select Restart > On to automatically restart the timer after it expires.
5. If necessary, select Sounds, and select a type of notification.

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 23).
3. Select START to start the timer.
4. Select BACK to restart the lap timer.
3. Select an activity.

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

VIRB Remote
The VIRB remote function allows you to control your VIRB action camera using your device. Go to www.garmin.com/VIRB to purchase a VIRB action camera.

Controlling a VIRB Action Camera
Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the Virb Series Owner’s Manual for more information. You must also set the VIRB widget to be shown in the widget loop (Customizing the Widget Loop, page 23).
1. Turn on your VIRB camera.
2. On your Forerunner device, select UP or DOWN from the watch face to view the VIRB widget.
3. Wait while the device connects to your VIRB camera.
4. Select START.
5. Select an option:
   • To record video, select Start Recording.
     The video counter appears on the Forerunner screen.
   • To take a photo while recording video, select DOWN.
   • To stop recording video, select STOP.
   • To take a photo, select Take Photo.
   • To change video and photo settings, select Settings.

Controlling a VIRB Action Camera During an Activity
Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the VIRB Series Owner’s Manual for more information. You must also set the VIRB widget to be shown in the widget loop (Customizing the Widget Loop, page 23).
1. Turn on your VIRB camera.
2. On your Forerunner device, select UP or DOWN from the watch face to view the VIRB widget.
3. Wait while the device connects to your VIRB camera.
   When the camera is connected, a VIRB data screen is automatically added to the activity apps.
4. During an activity, select UP or DOWN to view the VIRB data screen.
5. Hold UP.
6. Select VIRB.
Select an option:
- To control the camera using the activity timer, select Settings > Timer Start/Stop.
  
  NOTE: Video recording automatically starts and stops when you start and stop an activity.
- To control the camera using the menu options, select Settings > Manual.
- To manually record video, select Start Recording. The video counter appears on the Forerunner screen.
- To take a photo while recording video, select DOWN.
- To manually stop recording video, select STOP.
- To take a photo, select Take Photo.

**Device Information**

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

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

**Viewing E-label Regulatory and Compliance Information**
The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

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

**Charging the Device**

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

**NOTICE**
To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (Device Care, page 28).

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 28).
   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 takes up to two hours.
2. Remove the charger from the device after the battery charge level reaches 100%.

**Device Care**

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

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

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

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

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

**Cleaning the Device**

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

1. Wipe the device using a cloth dampened with a mild detergent solution.
2. Wipe it dry.
   After cleaning, allow the device to dry completely.
   TIP: For more information, go to www.garmin.com/fitandcare.

**Changing the Bands**
The device is compatible with 20 mm wide, standard, quick-release bands.

1. Slide the quick-release pin on the spring bar to remove the band.
2. Insert one side of the spring bar for the new band into the device.
3. Slide the quick-release pin, and align the spring bar with the opposite side of the device.
4. Repeat steps 1 through 3 to change the other band.
**Specifications**

<table>
<thead>
<tr>
<th>Battery type</th>
<th>Rechargeable, built-in lithium-ion battery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forerunner 245 battery life, watch mode</td>
<td>Up to 7 days with activity tracking, smartphone notifications, and wrist-based heart rate</td>
</tr>
<tr>
<td>Forerunner 245 battery life, activity mode</td>
<td>Up to 24 hr. with GPS and wrist-based heart rate</td>
</tr>
<tr>
<td>Forerunner 245 Music battery life, watch mode</td>
<td>Up to 7 days with activity tracking, smartphone notifications, and wrist-based heart rate</td>
</tr>
<tr>
<td>Forerunner 245 Music battery life, watch mode with music</td>
<td>Up to 8 hr. with activity tracking, smart phone notifications, wrist-based heart rate, and music playback</td>
</tr>
<tr>
<td>Forerunner 245 Music battery life, activity mode</td>
<td>Up to 24 hr. with GPS and wrist-based heart rate</td>
</tr>
<tr>
<td>Forerunner 245 Music battery life, activity mode with music</td>
<td>Up to 6 hr. with GPS, wrist-based heart rate, and music playback</td>
</tr>
<tr>
<td>Water rating</td>
<td>Swim, 5 ATM¹</td>
</tr>
<tr>
<td>Forerunner 245 Music media storage</td>
<td>3.5 GB (approximately 500 songs)</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From -20º to 60ºC (from -4º to 140ºF)</td>
</tr>
<tr>
<td>Charging temperature range</td>
<td>From 0º to 45ºC (from 32º to 113ºF)</td>
</tr>
<tr>
<td>Forerunner 245 radio frequency/protocol</td>
<td>2.4 GHz @ 2 dBm nominal • ANT+ wireless communications protocol • Bluetooth 4.2 technology</td>
</tr>
<tr>
<td>Forerunner 245 Music radio frequency/protocol</td>
<td>2.4 GHz • @ 2 dBm nominal ANT+ wireless communications protocol • @ 10 dBm nominal Bluetooth 4.2 technology • @ 13.6 dBm nominal Wi-Fi wireless technology</td>
</tr>
</tbody>
</table>

**Troubleshooting**

**Product Updates**

On your computer, install Garmin Express (www.garmin.com /express). On your smartphone, install the Garmin Connect app. This provides easy access to these services for Garmin devices:
- Software updates
- Data uploads to Garmin Connect
- Product registration

**Setting Up Garmin Express**

1. Connect the device to your computer using a USB cable.
2. Go to www.garmin.com/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 accessories and replacement parts.
- Go to www.garmin.com/ataccuracy.

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/ataccuracy.

---

¹The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

---

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.
- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when pushing a stroller or lawn mower.
- Carry the device in your pocket when actively using your hands or arms only.

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

My device is in the wrong language

You can change the device language selection if you have accidently selected the wrong language on the device.
1. Hold UP.
2. Scroll down to the last item in the list, and select START.
3. Select START.
4. Select your language.

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 21).
   - Sync your step count with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 10).
2. Wait while the device syncs your data.

Syncing can take several minutes.

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

My intensity minutes are flashing

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

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

Acquiring Satellite Signals

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

**TIP:** For more information about GPS, go to www.garmin.com /aboutGPS.

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

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to your Garmin Connect app on a Bluetooth enabled smartphone.
  - Connect your device to your Garmin Connect account using a Wi-Fi wireless network.
While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

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

**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 LIGHT for 15 seconds.
   - The device turns off.
2. Hold LIGHT for one second to turn on the device.

**Resetting All Default Settings**
**NOTE:** This deletes all user-entered information and activity history.
You can reset all of the device settings to the factory default values.

1. From the watch face, hold UP.
2. Select Settings > System > Reset.
3. Select an option:
   - To reset all of the device settings to the factory default values and save all activity information and stored music, select Reset Default Settings.
   - To delete all activities from your history, select Delete All Activities.
   - To reset all distance and time totals, select Reset Totals.
   - To reset the all of the device settings to the factory default values and delete all activity information and stored music, select Delete Data and Reset Settings.

**Updating the Software Using 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 a compatible smartphone (Pairing Your Smartphone with Your Device, page 1).

Sync your device with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 10).

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

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

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

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

---

**Is my smartphone compatible with my device?**
The Forerunner device is compatible with smartphones using Bluetooth wireless technology.

Go to www.garmin.com/ble for compatibility information.

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

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and 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 26).
- Turn off Bluetooth wireless technology when you are not using connected features (Bluetooth Connected Features, page 10).
- When pausing your activity for a longer period of time, use the Resume Later option (Stopping an Activity, page 3).
- Turn off activity tracking (Activity Tracking Settings, page 9).
- Use a watch face that is not updated every second. For example, use a watch face without a second hand (Customizing the Watch Face, page 26).
- Limit the smartphone notifications the device displays (Managing Notifications, page 2).
- Stop broadcasting heart rate data to paired Garmin devices (Broadcasting Heart Rate Data to Garmin Devices, page 12).
- Turn off wrist-based heart rate monitoring (Turning Off the Wrist-based Heart Rate Monitor, page 13).

**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 13).
- Use UltraTrac GPS mode for your activity (UltraTrac, page 25).
- Select the Smart recording interval (System Settings, page 26).

**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 device connects 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 the heart rate monitor.
The heart rate monitor does not send or receive data until you put it on.
3 Hold UP.
4 Select Settings > Sensors & Accessories > Add New.
5 Select an option:
   • Select Search All.
   • Select your sensor type.
After the sensor is paired with your device, a message appears. Sensor data appears in the data page 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 your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

1 Hold UP.
2 Select Settings > Sensors & Accessories > Add New.
3 Select an option:
   • Select Search All.
   • Select your sensor type.
You can customize the optional data fields (Customizing the Data Screens, page 24).

My music cuts out or my headphones do not stay connected
When using a Forerunner 245 Music 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 245 Music device.
   • Since headphones vary by model, you can try moving the watch to your other wrist.

Appendix

Data Fields
Some data fields require ANT+ accessories to display data.
% Heart Rate Reserve: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).
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.
Aerobic Training Effect: The impact of the current activity 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 heart rate minus resting heart rate) for the current activity.
Average Cadence: Running. The average cadence for the current activity.
Average Cadence: Cycling. The average cadence for 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 the current activity.
Average Heart Rate %Max.: The average percentage of maximum heart rate for the current activity.
Average Lap Time: The average lap time for the current activity.
Average Pace: The average pace for the current activity.
Average Speed: The average speed for the current activity.
Average Stride Length: The average stride length for the current session.
Average Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.
Average Strokes Per Length: The average number of strokes per pool length during the current activity.
Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (Swim Terminology, page 4).
Average Vertical Oscillation: The average amount of vertical oscillation for the current activity.
Average Vertical Ratio: The average ratio of vertical oscillation to stride length for the current session.
Battery Level: The remaining battery power.
Bearing: The direction from your current location to a destination. You must be navigating for this data to appear.
Cadence: Running. The steps per minute (right and left).
Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.
Calories: The amount of total calories burned.
Course: The direction from your starting location to a destination. Course can be viewed as a planned or set 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 to the destination. You must be navigating for this data to appear.
Distance: The distance traveled for the current track or activity.
Distance Remaining: The remaining distance to the final destination. You must be navigating for this data to appear.
Distance To Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.
Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.
Elevation: The altitude of your current location above or below sea level.
Estimated Total Distance: The estimated distance from the start to the final destination. You must be navigating for this data to appear.
ETA: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.
ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.
ETE: The estimated time remaining until you reach the final destination. You must be navigating for this data to appear.

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

GPS: The strength of the GPS satellite signal.

Ground Contact Time: The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time is not calculated while walking.

Heading: The direction you are moving.

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

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

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

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

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

Interval Max 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 strokes per 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 minus resting heart rate) for the current lap.

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

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

Lap Distance: The distance traveled for the current lap.

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

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

Lap Heart Rate: The average heart rate for the current lap.

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

Lap Pace: The average pace for the current lap.

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

Lap Speed: The average speed for the current lap.

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

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

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

Lap Time: The stopwatch time for the current lap.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Last Length Type: The stroke type used during the 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.

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

Maximum Speed: The top speed for the current activity.

Next Split Distance: Running. The total distance of the next split.

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

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

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 of or behind the target pace.

Pace: The current pace.

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

Repeat On: The timer for the last interval plus 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).
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.
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: 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.
Time in Zone: The time elapsed in each heart rate zone.
Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).
Timer: The stopwatch time for the current activity.
Time to Next: The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

Velocity Made Good: The speed at which you are closing on a destination along a route. You must be navigating for this data to appear.
Vertical Oscillation: The amount of bounce while you are running. The vertical motion of your torso, measured in centimeters for each step.
Vertical Ratio: The ratio of vertical oscillation to stride length.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate 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.

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

VO2 Max. Standard Ratings

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

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

<table>
<thead>
<tr>
<th>Females</th>
<th>Percentile</th>
<th>20–29</th>
<th>30–39</th>
<th>40–49</th>
<th>50–59</th>
<th>60–69</th>
<th>70–79</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>95</td>
<td>49.6</td>
<td>47.4</td>
<td>45.3</td>
<td>41.1</td>
<td>37.8</td>
<td>36.7</td>
</tr>
<tr>
<td>Excellent</td>
<td>80</td>
<td>43.9</td>
<td>42.4</td>
<td>39.7</td>
<td>36.7</td>
<td>33</td>
<td>30.9</td>
</tr>
<tr>
<td>Good</td>
<td>60</td>
<td>39.5</td>
<td>37.8</td>
<td>36.3</td>
<td>33</td>
<td>30</td>
<td>28.1</td>
</tr>
<tr>
<td>Fair</td>
<td>40</td>
<td>36.1</td>
<td>34.4</td>
<td>33</td>
<td>30.1</td>
<td>27.5</td>
<td>25.9</td>
</tr>
<tr>
<td>Poor</td>
<td>0–40</td>
<td>&lt;36.1</td>
<td>&lt;34.4</td>
<td>&lt;33</td>
<td>&lt;30.1</td>
<td>&lt;27.5</td>
<td>&lt;25.9</td>
</tr>
</tbody>
</table>

Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.org.

Wheel Size and Circumference

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

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

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

**Symbol Definitions**

These symbols may appear on the device or accessory labels.

- Alternating current. The device is suitable for alternating current.
- Direct current. The device is suitable for direct current only.

*WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.*
<table>
<thead>
<tr>
<th>Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
</tr>
<tr>
<td>accessories 22, 29–31</td>
</tr>
<tr>
<td>activities 2–4, 24, 26</td>
</tr>
<tr>
<td>custom 3, 5, 23</td>
</tr>
<tr>
<td>saving 3</td>
</tr>
<tr>
<td>starting 2, 22</td>
</tr>
<tr>
<td>activity tracking 9, 10</td>
</tr>
<tr>
<td>alarms 24, 27</td>
</tr>
<tr>
<td>alert 5</td>
</tr>
<tr>
<td>alerts 9, 25, 26</td>
</tr>
<tr>
<td>cadence 24</td>
</tr>
<tr>
<td>distance 24</td>
</tr>
<tr>
<td>heart rate 5, 13, 24</td>
</tr>
<tr>
<td>time 24</td>
</tr>
<tr>
<td>ANT+ sensors 22, 23</td>
</tr>
<tr>
<td>applications 10–12</td>
</tr>
<tr>
<td>smartphone 1</td>
</tr>
<tr>
<td>apps 3</td>
</tr>
<tr>
<td>assistance 12</td>
</tr>
<tr>
<td>Auto Lap 25</td>
</tr>
<tr>
<td>Auto Pause 24</td>
</tr>
<tr>
<td>auto rest 4</td>
</tr>
<tr>
<td>auto scroll 25</td>
</tr>
<tr>
<td>B</td>
</tr>
<tr>
<td>back to start, navigation 22</td>
</tr>
<tr>
<td>backlight 1, 26</td>
</tr>
<tr>
<td>bands 28</td>
</tr>
<tr>
<td>battery</td>
</tr>
<tr>
<td>charging 28</td>
</tr>
<tr>
<td>maximizing 2, 25, 30</td>
</tr>
<tr>
<td>bike sensors 23</td>
</tr>
<tr>
<td>Bluetooth sensors 22</td>
</tr>
<tr>
<td>Bluetooth technology 1, 2, 5, 10, 12, 30</td>
</tr>
<tr>
<td>headphones 20, 31</td>
</tr>
<tr>
<td>Body Battery 18</td>
</tr>
<tr>
<td>C</td>
</tr>
<tr>
<td>cadence 8, 13, 14</td>
</tr>
<tr>
<td>alerts 24, 25</td>
</tr>
<tr>
<td>sensors 23</td>
</tr>
<tr>
<td>calendar 6</td>
</tr>
<tr>
<td>calorie, alerts 25</td>
</tr>
<tr>
<td>charging 28</td>
</tr>
<tr>
<td>cleaning the device 28</td>
</tr>
<tr>
<td>clock 1, 27</td>
</tr>
<tr>
<td>computer 19</td>
</tr>
<tr>
<td>Connect IQ 11</td>
</tr>
<tr>
<td>connecting 2</td>
</tr>
<tr>
<td>contacts, adding 12</td>
</tr>
<tr>
<td>controls menu 2, 23</td>
</tr>
<tr>
<td>countdown timer 27</td>
</tr>
<tr>
<td>courses 21</td>
</tr>
<tr>
<td>creating 21</td>
</tr>
<tr>
<td>customizing the device 23, 24</td>
</tr>
<tr>
<td>D</td>
</tr>
<tr>
<td>data pages 24</td>
</tr>
<tr>
<td>sharing 27</td>
</tr>
<tr>
<td>storing 20, 21</td>
</tr>
<tr>
<td>transferring 20, 21</td>
</tr>
<tr>
<td>uploading 10</td>
</tr>
<tr>
<td>data fields 11, 27, 31</td>
</tr>
<tr>
<td>deleting all user data 20</td>
</tr>
<tr>
<td>history 20</td>
</tr>
<tr>
<td>personal records 8</td>
</tr>
<tr>
<td>distance 4</td>
</tr>
<tr>
<td>alerts 24, 25</td>
</tr>
<tr>
<td>drills 4, 5</td>
</tr>
<tr>
<td>E</td>
</tr>
<tr>
<td>elevation 7</td>
</tr>
<tr>
<td>emergency contacts 12</td>
</tr>
<tr>
<td>extended display 27</td>
</tr>
<tr>
<td>F</td>
</tr>
<tr>
<td>favorites 23</td>
</tr>
<tr>
<td>fitness 17</td>
</tr>
<tr>
<td>foot pod 22, 23</td>
</tr>
<tr>
<td>G</td>
</tr>
<tr>
<td>Galileo 25</td>
</tr>
<tr>
<td>Garmin Connect 1, 2, 5–7, 10–12, 20, 21, 30</td>
</tr>
<tr>
<td>storing data 21</td>
</tr>
<tr>
<td>Garmin Express 11, 29</td>
</tr>
<tr>
<td>updating software 29</td>
</tr>
<tr>
<td>GLONASS 25, 26</td>
</tr>
<tr>
<td>goals 6, 7</td>
</tr>
<tr>
<td>GPS 1, 25, 26</td>
</tr>
<tr>
<td>settings 25</td>
</tr>
<tr>
<td>signal 2, 29</td>
</tr>
<tr>
<td>ground contact time 13, 14</td>
</tr>
<tr>
<td>H</td>
</tr>
<tr>
<td>headphones Bluetooth technology 20, 31</td>
</tr>
<tr>
<td>connecting 20</td>
</tr>
<tr>
<td>health stats 11</td>
</tr>
<tr>
<td>heart rate 1, 12, 13, 18</td>
</tr>
<tr>
<td>alerts 13, 24, 25</td>
</tr>
<tr>
<td>monitor 12–14, 16</td>
</tr>
<tr>
<td>pairing sensors 12, 13</td>
</tr>
<tr>
<td>zones 8, 9, 15, 20, 33</td>
</tr>
<tr>
<td>history 20, 21</td>
</tr>
<tr>
<td>deleting 20</td>
</tr>
<tr>
<td>sending to computer 20, 21</td>
</tr>
<tr>
<td>hydration 11</td>
</tr>
<tr>
<td>I</td>
</tr>
<tr>
<td>icons 1</td>
</tr>
<tr>
<td>incident detection 12</td>
</tr>
<tr>
<td>indoor training 3, 22</td>
</tr>
<tr>
<td>intensity minutes 9, 29</td>
</tr>
<tr>
<td>intervals 4</td>
</tr>
<tr>
<td>workouts 6</td>
</tr>
<tr>
<td>K</td>
</tr>
<tr>
<td>keys 1, 26, 28</td>
</tr>
<tr>
<td>L</td>
</tr>
<tr>
<td>language 26</td>
</tr>
<tr>
<td>laps 1, 2, 20</td>
</tr>
<tr>
<td>lengths 4</td>
</tr>
<tr>
<td>LiveTrack 12</td>
</tr>
<tr>
<td>locations 22</td>
</tr>
<tr>
<td>deleting 21</td>
</tr>
<tr>
<td>editing 21</td>
</tr>
<tr>
<td>saving 21</td>
</tr>
<tr>
<td>M</td>
</tr>
<tr>
<td>main menu, customizing 23</td>
</tr>
<tr>
<td>map 22</td>
</tr>
<tr>
<td>maps 20, 22</td>
</tr>
<tr>
<td>browsing 22</td>
</tr>
<tr>
<td>navigating 21, 22</td>
</tr>
<tr>
<td>menstrual cycle 11</td>
</tr>
<tr>
<td>menu 1</td>
</tr>
<tr>
<td>metronome 8</td>
</tr>
<tr>
<td>Move IQ 9</td>
</tr>
<tr>
<td>music 1, 18, 19</td>
</tr>
<tr>
<td>loading 18, 19</td>
</tr>
<tr>
<td>playing 19</td>
</tr>
<tr>
<td>services 18, 19</td>
</tr>
<tr>
<td>music controls 19</td>
</tr>
<tr>
<td>N</td>
</tr>
<tr>
<td>navigation 21, 22</td>
</tr>
<tr>
<td>back to start 2, 22</td>
</tr>
<tr>
<td>notifications 1, 2</td>
</tr>
<tr>
<td>O</td>
</tr>
<tr>
<td>oxygen saturation 17</td>
</tr>
<tr>
<td>P</td>
</tr>
<tr>
<td>pace 7, 24, 27</td>
</tr>
<tr>
<td>pairing 1</td>
</tr>
<tr>
<td>ANT+ sensors 12, 13, 30</td>
</tr>
<tr>
<td>Bluetooth sensors 31</td>
</tr>
<tr>
<td>sensors 22</td>
</tr>
<tr>
<td>smartphone 1, 30</td>
</tr>
<tr>
<td>performance condition 2, 14–16</td>
</tr>
<tr>
<td>personal records 7</td>
</tr>
<tr>
<td>deleting 8</td>
</tr>
<tr>
<td>pool size 4, 25</td>
</tr>
<tr>
<td>profiles 2</td>
</tr>
<tr>
<td>activity 2, 4</td>
</tr>
<tr>
<td>user 8</td>
</tr>
<tr>
<td>projected finish time 16</td>
</tr>
<tr>
<td>pulse oximeter 9, 12, 17</td>
</tr>
<tr>
<td>R</td>
</tr>
<tr>
<td>race predictor 14</td>
</tr>
<tr>
<td>racing 7</td>
</tr>
<tr>
<td>recovery 14–16</td>
</tr>
<tr>
<td>replacement parts 28</td>
</tr>
<tr>
<td>resetting the device 30</td>
</tr>
<tr>
<td>running dynamics 13, 14</td>
</tr>
<tr>
<td>S</td>
</tr>
<tr>
<td>safety information 12</td>
</tr>
<tr>
<td>satellite signals 25, 29</td>
</tr>
<tr>
<td>saving activities 2, 4</td>
</tr>
<tr>
<td>screen 26</td>
</tr>
<tr>
<td>settings 9, 17, 22–24, 26, 30</td>
</tr>
<tr>
<td>sharing data 27</td>
</tr>
<tr>
<td>shortcuts 2, 23</td>
</tr>
<tr>
<td>sleep mode 9</td>
</tr>
<tr>
<td>smartphone 1, 10–12, 30</td>
</tr>
<tr>
<td>applications 10, 11</td>
</tr>
<tr>
<td>apps 2</td>
</tr>
<tr>
<td>pairing 1, 30</td>
</tr>
<tr>
<td>software license 28</td>
</tr>
<tr>
<td>updating 10, 29, 30</td>
</tr>
<tr>
<td>version 28</td>
</tr>
<tr>
<td>specifications 29</td>
</tr>
<tr>
<td>speed, zones 27</td>
</tr>
<tr>
<td>speed and cadence sensors 23</td>
</tr>
<tr>
<td>Spotify 19</td>
</tr>
<tr>
<td>statistics 20</td>
</tr>
<tr>
<td>stopwatch 27</td>
</tr>
<tr>
<td>stress level 17, 18</td>
</tr>
<tr>
<td>stress score 16</td>
</tr>
<tr>
<td>stride length 13, 14</td>
</tr>
<tr>
<td>strokes 4</td>
</tr>
<tr>
<td>swimming 4, 5, 12</td>
</tr>
<tr>
<td>swolf score 4</td>
</tr>
<tr>
<td>system settings 26</td>
</tr>
<tr>
<td>T</td>
</tr>
<tr>
<td>target 6, 7</td>
</tr>
<tr>
<td>tempe 23</td>
</tr>
<tr>
<td>temperature 23</td>
</tr>
<tr>
<td>time 27</td>
</tr>
<tr>
<td>alerts 24, 25</td>
</tr>
<tr>
<td>settings 26</td>
</tr>
<tr>
<td>zones and formats 26</td>
</tr>
<tr>
<td>time zones 27</td>
</tr>
<tr>
<td>timer 1, 2, 4, 20</td>
</tr>
<tr>
<td>countdown 27</td>
</tr>
<tr>
<td>tones 8, 26, 27</td>
</tr>
<tr>
<td>TracBack 3, 21, 22</td>
</tr>
<tr>
<td>tracking 11, 12, 17</td>
</tr>
<tr>
<td>training 2, 4–7, 10</td>
</tr>
<tr>
<td>calendar 6</td>
</tr>
<tr>
<td>plans 5, 6</td>
</tr>
<tr>
<td>Training Effect 15, 17, 20</td>
</tr>
<tr>
<td>training load 14, 16</td>
</tr>
<tr>
<td>training status 14, 15</td>
</tr>
<tr>
<td>treadmill 3</td>
</tr>
<tr>
<td>troubleshooting 1, 4, 12, 14, 17, 18, 28–30</td>
</tr>
<tr>
<td>U</td>
</tr>
<tr>
<td>UltraTrac 25</td>
</tr>
<tr>
<td>unit ID 28</td>
</tr>
<tr>
<td>units of measure 26</td>
</tr>
<tr>
<td>updates, software 10, 30</td>
</tr>
<tr>
<td>uploading data 10</td>
</tr>
</tbody>
</table>
USB 30
  disconnecting 20
user data, deleting 20
user profile 8, 15

V
vertical oscillation 13, 14
vertical ratio 13, 14
vibration 26
VIRB remote 27
virtual course 3
Virtual Partner 6, 7
VO2 max. 14–16, 33

W
wallet 1
watch faces 11, 26
watch mode 25, 30
weather 11
wheel sizes 33
Wi-Fi, connecting 11
Wi-Fi 30
  connecting 11
widgets 10, 11, 13, 17–20
workouts 5, 6
  creating 5
  loading 5

Z
zones
  heart rate 8, 15, 20
  speed 27
  time 27