GARMIN

Forerunner® 25

Owner's Manual

Table of Contents

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.

Keys

Item	Icon	Description
①	⏻ ☼	Hold to turn the device on and off. Select to turn the backlight on and off.
②	🏃	Select to start and stop the timer. Select to choose the highlighted menu item.
③	∨	Select to scroll through the data screens, options, and settings.
④	↰ 👣	Select to return to the previous screen. Select to mark a new lap, when lap key function is enabled. Select to scroll through display screen options.

Status Icons

A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

▁▃▅▇	GPS status
≯	Bluetooth® status
♥	Heart rate status
👟	Foot pod status
◉	LiveTrack status

Going for a Run

The device comes partially charged. You may need to charge the device (*Charging the Device*, page 2) before going for a run. If your Forerunner device was packaged with an ANT+® sensor, they are already paired.

1 Put on the optional heart rate monitor (*Putting On the Optional Heart Rate Monitor*, page 4).
2 Hold ⏻ to turn on the device.
3 Select 🏃.
4 Go outside, and wait while the device locates GPS signal.
   It may take a few minutes to locate GPS signals. When GPS is located, ▁▃▅▇ appears solid and a timer screen will appear.
5 When using a heart rate monitor, wait while the device connects to the sensor.
   When the device detects the heart rate monitor, a message appears and ♥ appears solid.
6 Select 🏃 to start the timer.
7 Go for a run.
8 After you complete your run, select 🏃 to stop the timer.
9 Select an option:

- Select **Resume** to restart the timer.
- Select **Save** to save the run and reset the timer. A summary appears.
  NOTE: You can now upload your run to Garmin Connect™ (*Using Garmin Connect*, page 1).
- Select **Discard** to delete the run.

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 /start.

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

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

NOTE: Some data requires an optional accessory such as a heart rate monitor.
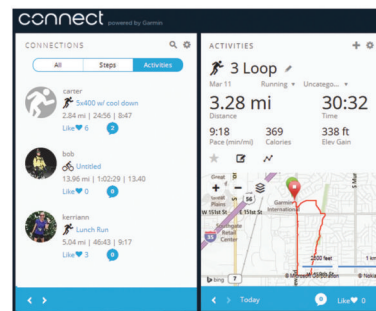
Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

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.

Using Garmin Connect

1 Connect the device to your computer using the USB cable.
2 Go to www.garminconnect.com/start.
3 Follow the on-screen instructions.

Using Garmin Connect Mobile

Before your data can synchronize automatically using your compatible mobile device, you must pair your Forerunner device directly through the Garmin Connect Mobile app.

NOTE: Your compatible Android™ or iOS® mobile device must support Bluetooth 4.0 in order to pair with your Forerunner device and synchronize data.

1 From your mobile device, go to the Garmin Connect Mobile app.
2 Follow the on-screen instructions to pair the device and update your preferences.

Bluetooth Connected Features

The Forerunner device has several Bluetooth connected features for your compatible smartphone or mobile device using the Garmin Connect Mobile app. For more information, go to www.garmin.com/intosports/apps.

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.

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

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

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

Pairing Your Smartphone

1. Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile app to your smartphone.
2. Bring your smartphone within 10 m (33 ft.) of your Forerunner device.
3. From the Forerunner device, select **V** > **Settings** > **Bluetooth** > **Pair Smartphone**.
4. Open the Garmin Connect Mobile app, and follow the on-screen instructions to connect a device.

   The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

Turning Off Bluetooth Technology

Select **V** > **Settings** > **Bluetooth** > **Turn Off**.

Viewing Notifications

When a notification appears on your Forerunner device, select **V** to view the notification.

Turning Off Notifications

From the Forerunner device, select **V** > **Settings** > **Bluetooth** > **Smart Notifications** > **Turn Off**.

Charging the Device

⚠ **WARNING**

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

NOTICE

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

1. Plug the USB cable into a USB port on your computer.
2. Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.

3. Charge the device completely.

Training

Setting the Run Mode

1. Select 🏃 > **Run Options** > **Run Mode**.
2. Select an option:
   - Select **Basic** if going for an outdoor run (*Going for a Run*, page 1) or an indoor run (*Training Indoors*, page 2).

NOTE: This is the default run mode.
   - Select **Run/Walk** to set run and walk intervals for a run (*Using Run and Walk Intervals*, page 2).
   - Select **Virtual Pacer** to help improve your performance (*Running With Virtual Pacer*, page 2).
   - Select **Time**, and enter an amount of time, to train toward a specific time goal.
   - Select **Distance**, and enter a distance, to train toward a specific distance goal.
   - Select **Calories**, and enter an amount of calories, to train toward a specific calorie goal.
3. Select ↰.

   When you reach the time, distance, or calorie goal, a message appears. The device also beeps if audible tones are turned on (*Setting the Device Sounds*, page 5).

Using Run and Walk Intervals

NOTE: You must set up the run/walk feature before starting a run. After you start the run timer, you cannot change the settings.

1. Select 🏃 > **Run Options** > **Run Mode** > **Run/Walk**.
2. Set the run time for each interval.
3. Set the walk time for each interval.
4. Go for a run.

After you turn on the run/walk feature, it is used every time you go for a run unless you turn it off or enable a different run mode.

Virtual Pacer™

Virtual Pacer is a training tool designed to help you improve your performance by encouraging you to run at the pace you set.

Running With Virtual Pacer

NOTE: You must set up Virtual Pacer before starting a run. After you start the run timer, you cannot change the settings.

1. Select 🏃 > **Run Options** > **Run Mode** > **Virtual Pacer**.
2. Enter your pace.
3. Go for a run (*Going for a Run*, page 1).

After you turn on Virtual Pacer, it is used every time you go for a run unless you turn it off or enable a different run mode.

Setting Your Heart Rate Alerts

If you have an optional heart rate monitor, you can set the device to alert you when your heart rate is above or below a target zone or a custom range. For example, you can set the device to alert you when your heart rate is below 150 beats per minute (bpm).

1. Select 🏃 > **Run Options** > **HR Alert**.
2. Select an option:
   - To use the range of an existing heart rate zone, select a heart rate zone.
   - To customize the maximum value, select **Custom** > **High** > **Turn On**, and enter a value.
   - To customize the minimum value, select **Custom** > **Low** > **Turn On**, and enter a value.

Each time you exceed or drop below the specified range or custom value, a message appears. The device also beeps if audible tones are turned on (*System Settings*, page 5).

Training Indoors

You can turn GPS off when you are training indoors or to save battery life.

1. Select 🏃 > **Run Options** > **Use Indoors**.

   The device enters timer mode.

2 Select **Start** to start the timer.

3 Go for a run.

When GPS is off, speed and distance are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs using GPS. The next time you turn on or unlock the device, it searches for satellite signals.

Marking Laps

You can set your device to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. You can also mark laps manually. This feature is helpful for comparing your performance over different parts of an activity.

1 Select **V** > **Settings** > **Run Settings** > **Laps**.

2 Select an option:

- Select **Auto Lap** > **Turn On** to turn on the Auto Lap feature.

  NOTE: This is the default run setting.

- Select **Lap Key** > **Turn On** to use **↩** to mark a lap during an activity.

3 Go for a run (*Going for a Run*, page 1).

Pausing Your Run Automatically

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

NOTE: The paused time is not saved with your history data.

Select **V** > **Settings** > **Run Settings** > **Auto Pause** > **Turn On**.

Changing Your Data Fields

You can change the data field combinations for the pages that appear while the timer is running.

1 Select **V** > **Settings** > **Run Settings** > **Data Fields**.

2 Select **Page 1**.

3 Select the data field combination to display on the first page.

4 Select **↩**.

5 Select **Page 2**.

6 Select the data field combination to display on the second page.

Displaying Pace or Speed

You can change the type of information that appears in the pace or speed data field.

1 Select **V** > **Settings** > **Run Settings** > **Pace/Speed**.

2 Select an option:

- Select **Pace** to display your run pace.
- Select **Speed** to display your run speed.

Activity Tracking

Turning on Activity Tracker

The activity tracking feature records your daily step count, step goal, distance traveled, calories burned for each recorded day, and sleep statistics.

Your calories burned includes your base metabolism plus activity calories.

Activity tracking can be enabled during the initial device setup, or at any time.

Select **V** > **Settings** > **Activity Tracking** > **Turn On**.

Your step count does not appear until the device acquires GPS signals and sets the time automatically. The device may need a clear view of the sky to acquire GPS signals.

Your total number of steps taken during the day appears beneath the time of day. The step count is updated periodically.

TIP: From the time screen, you can select **🐾** to scroll through your activity tracking data.

About the Step Goal

You must turn on activity tracking before you can use the step goal.

Your device creates a daily step goal automatically, based on the previous day's step count. You can set a personalized step goal at Garmin Connect. As you move during the day, the device shows your progress toward your daily goal ①.

Hiding the Step Goal

You can hide the step goal from the screen.

Select **V** > **Settings** > **Activity Tracking** > **Goal** > **Hide**.

Using the Move Alert

Before you can use the move alert, you must turn on activity tracking (*Turning on Activity Tracker*, page 3).

Sitting for prolonged periods of time can trigger harmful metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the move bar ① appear. The device also beeps if alert tones are turned on (*Setting the Device Sounds*, page 5). Additional segments appear on the move bar after every 15 minutes of inactivity.

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

Sleep Tracking

During sleep mode, the device monitors your rest. Sleep statistics include total hours of sleep, periods of movement, and periods of restful sleep.

Using Sleep Tracking

Before you can use sleep tracking, you must be wearing the device.

1 Wear the device while sleeping.

2 Upload your sleep tracking data to the Garmin Connect site (*Using Garmin Connect*, page 1).

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

ANT+ Sensors

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

Putting On the Optional Heart Rate Monitor

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.
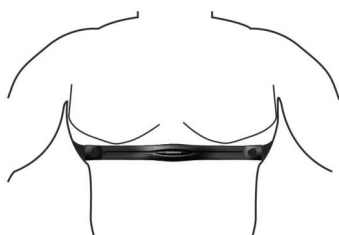
1 Push one tab ① of the strap through the slot ② in the heart rate monitor module.

2 Press the tab down.
3 Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the heart rate monitor module.

4 Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.

The Garmin® logo should be right-side up.
5 Bring the device within 3 m (10 ft.) of the heart rate monitor.

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

Pairing the Heart Rate Monitor

The first time you connect a heart rate monitor to your device, you must pair the device and sensor. After the initial pairing, the device automatically connects to the sensor when you go for a run and the sensor is active and within range.

NOTE: If your device was packaged with a heart rate monitor, the device and sensor are already paired.

1 Put on the heart rate monitor (*Putting On the Optional Heart Rate Monitor*, page 4).
2 Select 🏃.
3 Bring the device within 1 cm of the center of the heart rate monitor, and wait while the device connects to the sensor.

When the device detects the heart rate monitor, a message appears and ♥ appears solid.

Setting Your Maximum Heart Rate

The device uses your user profile information from the initial setup to estimate your maximum heart rate and determine your default heart rate zones. The default maximum heart rate is 220 minus your age. For the most accurate calorie data during your activity, you should set your maximum heart rate (if known).

1 Select ∨ > **Settings** > **User Profile** > **Max. HR**.
2 Enter your maximum heart rate.

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.

Fitness Goals

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

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 7) 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.

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

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

1 Install your foot pod according to the accessory instructions.
2 Select 🏃.
3 If necessary, turn off GPS (*Training Indoors*, page 2).
4 Activate the foot pod by taking a few steps.
5 Bring the device close to the sensor, and wait while the device pairs to the sensor.

When the device detects the foot pod, a message appears. After the initial pairing, the device automatically connects to the sensor when you go for a run and the sensor is active and within range.

6 Select **Start** to start the timer.
7 Go for a run.
8 After you complete your run, select 🏃 to stop the timer.

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.

History

You can view your last seven running sessions and seven days of activity tracking data on your Forerunner device. You can upload and view unlimited running sessions and activity tracking data on Garmin Connect. When the device memory is full, your oldest data is overwritten.

NOTE: Run history is not recorded while the timer is stopped or paused.

Viewing History
1 Select **V** > **History**.
2 Select an option:
   • Select **Runs** to view the date, time, distance, pace, calories burned, and lap data for your saved running sessions.
   NOTE: You can also view your average heart rate and heart rate zone for saved running sessions using an optional heart rate monitor.
   • Select **Daily Steps** to view your step count, goal, distance traveled, and calories burned for each recorded day.
   • Select **Records** to view your personal record time and distance over various distances.

Deleting a Run from History
NOTE: Deleting a run from your device history does not delete it from Garmin Connect.
1 Select **V** > **History**.
2 Select **Runs**.
3 Select a run.
4 Select 🏃 > **Discard** > **Yes**.

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

Deleting Personal Records
1 Select **V** > **History** > **Records**.
2 Select a record to delete.
3 Select **Clear?** > **Yes**.

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

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

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.

1 Complete an action:
   • For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
   • For Mac computers, drag the volume icon to the trash.
2 Disconnect the cable from your computer.

Customizing Your Device

Setting Notification Sounds
1 Select **V** > **Settings** > **Bluetooth** > **Smart Notifications** > **Tones**.
2 Select **Always On**, **On During Runs**, **Off**.

System Settings
Select **V** > **Settings** > **System**.

Language: Sets the language displayed on the device (*Changing the Device Language*, page 5).

Time: Adjusts the time of day settings (*Setting the Time*, page 5).

Tones: Sets the device sounds, such as key tones and alerts (*Setting the Device Sounds*, page 5).

Units: Sets the units of measure used on the device (*Changing the Units of Measurement*, page 5).

Software Update: Allows you to install software updates downloaded using Garmin Express™ (*Updating the Software*, page 6).

About: Displays device, software, and license information.

Changing the Device Language
Select **V** > **System** > **Settings** > **Language**.

Setting the Time
By default, the time is set automatically when the device acquires satellite signals. You can also set the time manually.
1 Select **V** > **Settings** > **System** > **Time**.
2 Select **Time Format** to show time in a 12-hour or 24-hour format.
3 Select **Set Time**.
4 Select an option:
   • Select **Auto** to allow the device to set the time automatically when it is receiving satellite signals.
   • Select **Manual**, and enter the time.

Setting the Device Sounds
You can set the device to sound a tone when keys are selected or when an alert is triggered.
1 Select **V** > **Settings** > **System** > **Tones**.
2 Select an option:
   • Select **Key Tones** > **Turn On** to turn on the key tones.
   • Select **Alert Tones** > **Turn On** to turn on the alert tones.

Changing the Units of Measurement
You can customize units of measure.
1 Select **V** > **Settings** > **System** > **Units**.
2 Select a unit of measure.

Setting the Alarm
1 Select **V** > **Settings** > **Alarm**.
2 Select an option:
   • Select **Edit Alarm** if the alarm is already set and you want to change the time.
   • Select **Turn On** if the alarm is not yet set.

3 Set the time, and select 🏃 to accept.

Device Information

Forerunner Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life (small size)	Up to 8 wk. for low power mode and activity tracking Up to 8 hr. for active mode
Battery life (large size)	Up to 10 wk. for low power mode and activity tracking Up to 10 hr. for active mode
Operating temperature range	From -15º to 60ºC (from 5º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	5 ATM[1]

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 volts
Battery life	Approximately 3 years (1 hour per day)
Operating temperature range	From -10° to 50°C (from 14° to 122°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	1 ATM[2] **NOTE:** This product does not transmit heart rate data while swimming.

User Replaceable Batteries

⚠ **WARNING**

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

⚠ **CAUTION**

Contact your local waste disposal department to properly recycle the batteries.

Replacing the Heart Rate Monitor Battery

1 Locate the circular battery cover on the back of the heart rate monitor.

2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove (the arrow points to **OPEN**).

3 Remove the cover and the battery.

4 Wait 30 seconds.

5 Insert the new battery with the positive side facing up.

NOTE: Do not damage or lose the O-ring gasket.

6 Use a coin to twist the cover clockwise back into place (the arrow points to **CLOSE**).

After you replace the heart rate monitor battery, you may need to pair the heart rate monitor with the device again.

Troubleshooting

Getting More Information

• Go to www.garmin.com/intosports.
• Go to www.garmin.com/learningcenter.
• Go to http://buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Updating the Software

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, the Garmin Express application sends it to your device.

2 Follow the on-screen instructions.

3 Do not disconnect your device from the computer while the Garmin Express application downloads the software.

TIP: If you are having trouble updating the software with the Garmin Express application, you may need to upload your activity history to the Garmin Connect application and delete your activity history from the device. This should provide sufficient memory space for the update.

Improving GPS Satellite Reception

• Frequently sync the device to your Garmin Connect account:
  ◦ Connect your device to a computer using the USB cable and the Garmin Express application.
  ◦ Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  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.

Maximizing Battery Life

• Turn off smart notifications (*Turning Off Notifications*, page 2).
• Turn off the Bluetooth wireless feature (*Turning Off Bluetooth Technology*, page 2).
• Turn off activity tracking (*Activity Tracking*, page 3).

Resetting the Device

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

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

1 Hold ⏻ for 15 seconds.

The device turns off.

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

Clearing User Data

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

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

1 Hold ⏻.

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[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.
[2] The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.

2 Select **Yes** to turn off the device.

3 Hold 🏃 and **V** at the same time.

4 While holding the keys, hold ⏻ to turn on the device.

5 After the first tone, release 🏃.

6 After the second tone, release **V**.

Appendix

Device Care

<div class="notice">NOTICE</div>

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

<div class="notice">NOTICE</div>

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.

Caring for the Heart Rate Monitor

<div class="notice">NOTICE</div>

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

• Rinse the strap after every use.

• Hand wash the strap occasionally, using a tiny amount of mild detergent, such as dishwashing liquid.

   NOTE: Using too much detergent may damage the strap.

• Do not put the strap in a dryer.

• When drying the strap, hang it up or lay it flat.

Heart Rate Zone Calculations

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

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