



owner's manual

FORERUNNER[®] *model#*

GPS-ENABLED SPORTS WATCH

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Introduction

WARNING

Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Setting Up the Device

When using your Forerunner® the first time, follow the setup instructions in the *Forerunner model # Quick Start Manual*.

Registering Your Device



Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

Keys

Each key has multiple functions.







[product image here]

light	Press to turn on the backlight. Press to search for a compatible weight scale. Press and hold to turn the device on and off.
start/stop	Press to start and stop the timer.
  *	Press to scroll through menus and settings.

lap/ reset	Press to mark a new lap. Press and hold to save your run and reset the timer.
page/ menu	Press to switch between the time of day, timer, and heart rate pages. Press and hold to open the menu.
OK *	Press to select menu options and acknowledge messages.

*OK, , and  appear with a menu or a message.

Icons

	Battery charge level. For battery life information, see page 18 .
	GPS is on and receiving signals.
	Fitness equipment is active.
	Heart rate monitor is active.
	Foot pod is active.
	Alarm is on.

Training

Going for a Run

Before you can record history, you must locate satellite signals or pair your Forerunner with a foot pod.

1. From the timer page, press **start** to start the timer ①.

History is recorded only while the timer is running. Your distance ② and pace or speed ③ appear on the timer page.



2. After completing your run, press **stop**.

Saving Your Run

Press and hold **reset** to save your run and reset the timer.

Displaying Pace or Speed

1. Press and hold **menu**.
2. Select **Setup > Format**.
3. Select **Pace** or **Speed**.
4. Select **Current**, **Average**, or **Lap** for the type of pace or speed data you want to appear on the timer page.

Using Auto Lap

You can use Auto Lap[®] to automatically mark the lap at a specific distance.

1. Press and hold **menu**.
2. Select **Auto Lap**.
3. Enter the distance, and press **OK**.

Interval Workouts

You can create interval workouts based on distance or time. Your custom interval workout is saved until you create another interval workout.

Creating an Interval Workout

1. Press and hold **menu**.
2. Select **Intervals > Set**.
3. Select **Distance** or **Time**.
4. Enter a distance or time interval value, and press **OK**.
TIP: To create an open-ended interval, set the value to “Open.”
5. Select **Distance** or **Time** for the rest interval.
6. Enter a distance or time value for the rest interval, and press **OK**.
7. Select the number of repetitions.
8. If necessary, select **Yes** to add an open-ended warm up to your workout.

9. If necessary, select **Yes** to add an open-ended cool down to your workout.

10. Select **Intervals > On**.

Starting an Interval Workout

1. Press **start** to begin your interval workout.

If your interval workout has a warm up, you must press **lap** to begin the first interval.

2. Follow the on-screen instructions.

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

Stopping an Interval Workout



- At any time, press **lap** to end an interval early.
- At any time, press **stop** to stop the timer.
- If your interval workout has a cool down, you must press **lap** to end the interval workout.

Pairing Your ANT+ Sensor



If your Forerunner does not show heart rate or foot pod data, you may need to pair the accessory to your Forerunner. Pairing is the connecting of ANT+™ wireless sensors, for example, connecting your foot pod with a Forerunner. After you pair the first time, your Forerunner automatically recognizes your foot pod each time it is activated.



Before you can pair, you must put on the heart rate monitor or install the foot pod. For more information, refer to the instructions included with your accessory or refer to the *Forerunner model # Quick Start Manual*.

- Bring the Forerunner within range (3 m) of the accessory.
Stay 10 m away from other ANT+ sensors while pairing.

- If  is off, press and hold **menu**, and select **HR Monitor > On**.
- If  is flashing, from the timer page, press **page** to view the heart rate page.

The Forerunner searches for your heart rate signal for 30 seconds.

- If  is off, press and hold **menu**, and select **Foot Pod > On**.
- If  is flashing, make sure your foot pod is installed correctly, and walk around to activate the foot pod.
- If you still cannot pair the accessory, replace the accessory battery [pages 19–20](#).

When the accessory is paired, a message appears, and  or  appears solid on the screen.

ANT+ Sensor Troubleshooting

Problem	Solution
I have a third-party ANT+ sensor.	Make sure that it is compatible with the Forerunner (www.garmin.com/intosports).
I cannot pair the foot pod.	GPS needs to be disabled. <ol style="list-style-type: none">1. Go indoors.2. While the Forerunner is trying to locate satellites, press page.3. Select Yes.
The heart rate data is inaccurate or erratic.	<ul style="list-style-type: none">• Make sure that the heart rate monitor is snug against your body.• Warm up for 5–10 minutes.• Reapply moisture to the electrodes. Use water, saliva, or electrode gel.• Clean the electrodes. Dirt and sweat residue on the electrodes can interfere with heart rate signals.• Position the electrodes on your back instead of your chest.• Wear a cotton shirt or wet your shirt if suitable for your activity. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.• Move away from sources of strong electromagnetic fields and some 2.4 GHz wireless sensors, which can interfere with your heart rate monitor. Sources of interference may include high-voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Heart Rate Monitor

About Heart Rate Zones

Many athletes are using 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 ([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.

Setting Your Heart Rate Zones

1. Press and hold **menu**.
2. Select **HR Monitor > Set Zones**.
3. Enter your maximum heart rate, and press **OK**.
4. Enter the low heart rate limit for each heart rate zone, and press **OK**.

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

Heart Rate Alerts

Before you set a heart rate alert, you may want to customize your heart rate zones ([page 8](#)).

1. Press and hold **menu**.
2. Select **HR Alerts**.
3. Enter the high alert value.

You can select a zone or enter a custom value.

4. Press **OK**.
5. Enter the low alert value.

You can select a zone or enter a custom value.

6. Press **OK**.

The alert sounds when your heart rate is above or below the specified range.

Foot Pod

Your Forerunner is compatible with the foot pod. You can use the foot pod to send data to your Forerunner when training indoors, when your GPS signal is weak, or when you lose satellite signals. The foot pod is on standby and ready to send data (like the heart rate monitor). You must pair the foot pod with your Forerunner ([page 6](#)).

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

Calibrating Your Foot Pod

If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor. The calibration formula is actual distance (use a regulation track) / recorded distance \times current calibration factor = new calibration factor. For example, $1600 \text{ m} / 1580 \text{ m} \times 95 = 96.2$.

1. Press and hold **menu**.
2. Select **Foot Pod > Calibrate**.
3. Adjust the calibration factor, and press OK.

Using the Weight Scale

If you have an ANT+ compatible weight scale, the Forerunner can read the data from the weight scale.

1. Press **light**.
A message appears when the weight scale is found.
2. Stand on the scale.

NOTE: If using a body composition scale, remove shoes and socks to ensure that all body composition parameters are read and recorded.

3. Step off the scale.

TIP: If an error occurs, step off the scale, and try again.

Fitness Equipment

ANT+ technology automatically links your Forerunner and heart rate monitor to fitness equipment so you can view your data on the equipment console. Look for the ANT+ Link Here logo on compatible fitness equipment.





Go to www.garmin.com/antplus for more linking instructions.

History



The Forerunner can save approximately 180 hours of run history with typical use. When the Forerunner memory is full, your oldest data is overwritten. Upload your run history (page 13) to Garmin Connect™ or Garmin Training Center® periodically to keep track of all of your run history.

Viewing a Run

The run history displays the date, time of day, distance, run time, calories, and average pace or speed. The run history can also include average heart rate data if you are using the heart rate monitor.

1. Press and hold **menu**.
2. Select **History**.
3. Use  and  to scroll through your saved runs.
4. Press **OK** to view lap information.

Deleting a Run

1. Press and hold **menu**.
2. Select **History**.
3. Select a run.
4. Press and hold  and  simultaneously.
5. Press **OK**.

Using Free Software

Garmin provides two software options for storing and analyzing your run history.

- Garmin Connect is Web-based software. You can use Garmin Connect on any computer with Internet access.
- Garmin Training Center is computer software that does not require the Internet after installation. It operates directly on your computer, not on the Internet.

1. Go to www.garmin.com/intosports.
2. Select your product.
3. Click **Software**.
4. Follow the on-screen instructions.

Transferring History to Your Computer

1. Connect the USB cable to a USB port on your computer.
2. Align all four contacts on the back of the Forerunner with the four posts on the charging clip ([page 19](#)).
3. Open Garmin Connect (www.garminconnect.com), or open Garmin Training Center.
4. Follow the instructions included with the software.

Data Management

The Forerunner is a USB mass storage device. If you do not want to manage your Forerunner files this way, you can skip this section.

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

Deleting History Files

NOTICE



Your Forerunner memory contains important system files and folders that should not be deleted.

1. Connect the Forerunner to your computer using the USB cable ([page 13](#)).

Your Forerunner appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

2. Open the “Garmin” folder or volume.
3. Open the “Activities” folder or volume.
4. Select the files.
5. Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

1. Complete an action:
 - For Windows computers, click the eject icon  in your system tray.
 - For Mac computers, drag the volume icon to the Trash .
2. Disconnect the Forerunner from your computer.

Watch Settings

Setting the Alarm

1. Press and hold **menu**.
2. Select **Alarm > Set**.
3. Enter the alarm time.
4. Select **Alarm > On**.

Setting Your User Profile

The Forerunner uses information that you enter about yourself to calculate accurate run data. You can modify the following user profile information: gender, age, height, and weight.

1. Press and hold **menu**.
2. Select **User Profile**.
3. Modify the settings.

About Calories

Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies

Ltd. For more information, go to www.firstbeattechnologies.com.

Modifying Your System Settings

You can modify the time of day, time format, tones, language, units, and pace or speed format ([page 4](#)).

1. Press and hold **menu**.
2. Select **Setup**.
3. Modify the settings.

Setting the Time Manually

By default, the watch time is set automatically when the Forerunner locates satellites.

1. Press and hold **menu**.
2. Select **Setup > Time > Manual**.
3. Enter the time, and press **OK**.

Appendix

Specifications

NOTICE

The Forerunner is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe dry and air dry the unit before using or charging.

NOTE: The Forerunner is not intended to be used while swimming.

Forerunner Specifications	
Battery	200 mAh rechargeable, lithium-ion, coin-cell battery
Battery life	See page 18 .
Operating temperature range	From -4°F to 140°F (from -20°C to 60°C)
Battery Charging temperature range	From 41°F to 104°F (from 5°C to 40°C)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol
Compatible accessories	ANT+ wireless technology on this Forerunner works only with the heart rate monitor and the foot pod.

Heart Rate Monitor Specifications	
Water resistance	98.4 ft. (30 m) This product does not transmit heart rate data to your GPS device while swimming.
Battery	User-replaceable CR2032, 3 volts, (page 19) .
Battery life	Approximately 4.5 years (1 hour per day)
Operating temperature	From 23°F to 122°F (from -5°C to 50°C) NOTE: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

Foot Pod Specifications	
Water resistance	32.9 ft. (10 m)
Battery	User-replaceable CR2032, 3 volts, (page 19) .
Battery life	Approximately 400 hours run time
Operating temperature	From 14°F to 140°F (from -10°C to 60°C)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

About the Battery

WARNING

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

Forerunner Battery Life

Battery Life*	Forerunner Use
1 week	You are training for 45 minutes per day with GPS. The Forerunner is in power save mode for the remaining time.
Up to 3 weeks	You are using the Forerunner in power save mode the entire time.
Up to 8 hours	You are training with GPS the entire time.

*The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight,

and power save mode. Exposure to extremely cold temperatures also reduces battery life.

Power Save

After a period of inactivity, the Forerunner goes into power save mode. The Forerunner displays the time and date, but does not connect with your ANT+ accessories or use GPS. You can press **page** to exit power save mode.

Charging the Forerunner

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

The Forerunner will not charge when the battery is outside the temperature range of 41°F–104°F (5°C–40°C).

1. Plug the USB end of the cable into the AC adapter.

2. Plug the AC adapter into a standard wall outlet.
3. Align all four contacts on the back of the Forerunner with the four posts on the charging clip ①.

[insert image here]

When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears.



4. Charge the Forerunner completely. When the Forerunner is fully charged, the animated battery on the screen is solid (■■■■).

Heart Rate Monitor and Foot Pod Batteries

WARNING

Do not use a sharp object to remove user-replaceable batteries. Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

Replacing the Heart Rate Monitor Battery

1. Use a small Phillips screwdriver to remove the four screws on the back of the module.
2. Remove the cover and battery.



3. Wait 30 seconds.
4. Insert the new battery with the positive side facing up.
NOTE: Do not damage or lose the O-ring gasket.
5. Replace the back cover and the four screws.

After you replace the heart rate monitor battery, you must pair it with the device again.

Replacing the Foot Pod Battery

1. Locate the circular battery cover on the back of the device.
2. Twist the cover counter-clockwise until it is loose enough to remove.
3. Remove the cover and the battery.
4. Wait 30 seconds.
5. Place the new battery into the cover with the positive side facing the inside of the cover.
6. Replace the cover by aligning the dots and rotating the cover clockwise.

After you replace the foot pod battery, you must pair it with the device again.

Caring for Your Device

NOTICE

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

Avoid chemical cleaners and solvents that can damage plastic components.

Cleaning the Device

1. Use a cloth dampened with a mild detergent solution.
2. Wipe it dry.

Caring for the Heart Rate Monitor

You must unsnap the module before cleaning the strap.

- Rinse the strap after every use.
- Hand wash the strap in cold water with a mild detergent after every five uses.
- Do not put the strap in a washing machine or a dryer.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.

Troubleshooting

Problem	Solution
The keys do not respond. How do I reset the device?	<ol style="list-style-type: none"><li data-bbox="301 194 781 218">1. Press and hold light until the screen goes blank.<li data-bbox="301 218 754 242">2. Press and hold light until the screen turns on.
My device does not locate satellite signals.	<ol style="list-style-type: none"><li data-bbox="301 288 876 335">1. Take your device out of parking garages and away from tall buildings and trees.<li data-bbox="301 335 687 363">2. Remain stationary for several minutes.
How do I know my device is in USB mass storage mode?	You should see a new removable disk drive in My Computer on Windows computers and a mounted volume on Mac computers.
I cannot see any new removable drives in my list of drives.	If you have several network drives mapped on your computer, Windows may have trouble assigning drive letters to your Garmin drives. See the Help file for your operating system to learn how to assign drive letters.
Some of my data is missing from the history.	When the device memory is full, your oldest data is overwritten. Transfer data to your computer regularly to avoid losing data.

Updating the Software

1. Select an option:
 - Use WebUpdater. Go to www.garmin.com/products/webupdater.
 - Use Garmin Connect. Go to www.garminconnect.com.
2. Follow the on-screen instructions.

Getting More Information

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

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.

Contacting Garmin Product Support

You can contact Garmin Product Support if you have any questions about this product.

- In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.
- In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.
- In Europe, go to www.garmin.com/support and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

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