GARMIN.

Owner's Manual

© 2019 Garmin Ltd. or its subsidiaries

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, ANT+®, Auto Lap®, Auto Pause®, Edge®, Forerunner®, TracBack®, VIRB®, and Virtual Partner® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery™, Connect IQ™, Garmin Connect™, Garmin Express™, Garmin Move IQ™, HRM-Run™, HRM-Tri™, tempe™, TrueUp™, Varia™, and Varia Vision™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Android™ is a trademark of Google Inc. Apple® and Mac® are trademarks of Apple Inc., registered in the U.S. and other countries. The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. The Cooper Institute®, as well as any related trademarks, are the property of The Cooper Institute. Advance heartbeat analytics by Firstbeat. iTunes® is a trademark of Apple Inc., registered in the U.S. and other countries. The Spotify® software is subject to third party licenses found here: https://developer.spotify.com/legal/third-party-licenses. Wi-Fi® is a registered mark of Wi-Fi Alliance Corporation. Windows® and Windows NT® are registered trademarks of Microsoft Corporation in the United States and other countries. Other trademarks and trade names are those of their respective owners.

This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

Table of Contents

Introduction 1
Keys 1
GPS Status and Status Icons 1
Pairing Your Smartphone with Your Device 1
Tips for Existing Garmin Connect Users 1
Enabling Bluetooth Notifications 1
Viewing Notifications 1
Managing Notifications 1
Playing Audio Prompts on Your Smartphone During Your Activity 1
Turning Off the Bluetooth Smartphone Connection 2
Turning On and Off Smartphone Connection Alerts 2
Viewing the Controls Menu 2
Going for a Run 2

Activities and Apps 2
Starting an Activity 2
Tips for Recording Activities 3
Stopping an Activity 3
Adding an Activity 3
Creating a Custom Activity 3
Indoor Activities 3
Recording a Strength Training Activity 3
Tips for Recording Strength Training Activities 3
Calibrating the Treadmill Distance 4
Swimming 4
Going for a Pool Swim 4
Swim Terminology 4
Stroke Types 4
Tips for Swimming Activities 4
Resting During Pool Swimming 4
Training with the Drill Log 4
Outdoor Activities 4
Playing Audio Prompts During Your Activity 4

Training 5
Workouts 5
Following a Workout From the Web 5
Creating a Custom Workout on Garmin Connect 5
Sending a Custom Workout to Your Device 5
Starting a Workout 5
About the Training Calendar 5
Using Garmin Connect Training Plans 5
Adaptive Training Plans 5
Starting Today's Workout 5
Interval Workouts 5
Creating an Interval Workout 5
Starting an Interval Workout 6
Stopping an Interval Workout 6
Using Virtual Partner® 6
Setting a Training Target 6
Cancelling a Training Target 6
Racing a Previous Activity 6
Personal Records 6
Viewing Your Personal Records 6
Restoring a Personal Record 6
Clearing a Personal Record 7
Clearing All Personal Records 7
Using the Metronome 7
Setting Up Your User Profile 7
Fitness Goals 7
About Heart Rate Zones 7
Setting Your Heart Rate Zones 7
Letting the Device Set Your Heart Rate Zones 7
Heart Rate Zone Calculations 8

Activity Tracking 8
Auto Goal 8
Using the Move Alert 8
Turning on the Move Alert 8
Sleep Tracking 8
Using Automated Sleep Tracking 8
Using Do Not Disturb Mode 8
Intensity Minutes 8
Earning Intensity Minutes 8
Garmin Move IQ™ Events 8
Activity Tracking Settings 8
Turning Off Activity Tracking 9

Smart Features 9
Bluetooth Connected Features 9
Updating the Software Using Garmin Connect Mobile 9
Manually Syncing Data with Garmin Connect Mobile 9
Locating a Lost Mobile Device 9
Widgets 9
Viewing the Widgets 10
About My Day 10
Viewing the Weather Widget 10
Connect IQ Features 10
Downloading Connect IQ Features Using Your Computer 10
Wi-Fi Connected Features 10
Connecting to a Wi-Fi Network 10
Safety and Tracking Features 10
Adding Emergency Contacts 10
Turning Incident Detection On and Off 10
Requesting Assistance 10

Heart Rate Features 11
Wrist-based Heart Rate 11
Wearing the Device 11
Tips for Erratic Heart Rate Data 11
Viewing the Heart Rate Widget 11
Broadcasting Heart Rate Data to Garmin Devices 11
Broadcasting Heart Rate Data During an Activity 11
Setting an Abnormal Heart Rate Alert 11
Turning Off the Wrist-based Heart Rate Monitor 11
Running Dynamics 12
Training with Running Dynamics 12
Color Gauges and Running Dynamics Data 12
Ground Contact Time Balance Data 12
Vertical Oscillation and Vertical Ratio Data 13
Tips for Missing Running Dynamics Data 13
Performance Measurements 13
Turning Off Performance Notifications 13
Detecting Your Heart Rate Automatically 13
Syncing Activities and Performance Measurements 13
Training Status 13
Tips for Getting Your Training Status 14
About VO2 Max. Estimates 14
Getting Your VO2 Max. Estimate for Running 14
Recovery Time 14
Viewing Your Recovery Time 14
Recovery Heart Rate 14
Training Load 15
Viewing Your Predicted Race Times 15
Performance Condition 15
About Training Effect 15
Pulse Oximeter 16
Getting Pulse Oximeter Readings 16
Activating Pulse Oximeter Sleep Tracking 16
Turning On All-Day Acclimation Mode 16
Tips for Erratic Pulse Oximeter Data 16
Heart Rate Variability and Stress Level 16
Using the Stress Level Widget 16

Body Battery 16
Viewing the Body Battery Widget 16
Tips for Improved Body Battery Data 17
Health Stats Widget 17

History 18
Viewing History 18
Viewing Your Time in Each Heart Rate Zone 18
Viewing Data Totals 19
Using the Odometer 19
Deleting History 19
Data Management 19
Deleting Files 19
Disconnecting the USB Cable 19
Garmin Connect 19
Synchronizing Your Data with the Garmin Connect App 19
Using Garmin Connect on Your Computer 19

Navigation 20
Courses 20
Creating and Following a Course on Your Device 20
Saving Your Location 20
Editing Your Saved Locations 20
Deleting All Saved Locations 20
Navigating to Your Starting Point During an Activity 20
Navigating to the Starting Point of Your Last Saved Activity 20
Navigating to a Saved Location 20
Map 20
Adding a Map to an Activity 21
Panning and Zooming the Map 21
Map Settings 21

Wireless Sensors 21
Pairing Your Wireless Sensors 21
Foot Pod 21
Going for a Run Using a Foot Pod 21
Foot Pod Calibration 21
Improving Foot Pod Calibration 21
Calibrating Your Foot Pod Manually 21
Setting Foot Pod Speed and Distance 21
Using an Optional Bike Speed or Cadence Sensor 22
Situational Awareness 22
tempe 22

Customizing Your Device 22
Customizing Your Activity List 22
Customizing the Widget Loop 22
Customizing the Controls Menu 22
Activity Settings 22
Customizing the Data Screens 22
Alerts 23
Setting an Alert 23
Auto Lap 23
Marking Laps by Distance 23
Enabling Auto Pause 23
Using Auto Scroll 23
Changing the GPS Setting 24
GPS and Other Satellite Systems 24
UltraTrac 24
Power Save Timeout Settings 24
Removing an Activity or App 24
Watch Face Settings 24
Customizing the Watch Face 24
System Settings 24
Time Settings 25
Changing the Backlight Settings 25
Changing the Units of Measure 25
Extended Display Mode 25
Clock 25
Syncing the Time with GPS 25
Setting the Time Manually 25
Setting an Alarm 25
Deleting an Alarm 25
Starting the Countdown Timer 25
Using the Stopwatch 25
VIRB Remote 25
Controlling a VIRB Action Camera 25
Controlling a VIRB Action Camera During an Activity 26

Device Information 26
Viewing Device Information 26
Viewing E-label Regulatory and Compliance Information 26
Charging the Device 26
Tips for Charging the Device 26
Wearing the Device 26
Device Care 27
Cleaning the Device 27
Replacing the Bands 27
Specifications 27

Troubleshooting 27
Product Updates 27
Setting Up Garmin Express 27
Getting More Information 27
Activity Tracking 27
My daily step count does not appear 27
My step count does not seem accurate 27
The step counts on my device and my Garmin Connect account don't match 28
My intensity minutes are flashing 28
Acquiring Satellite Signals 28
Improving GPS Satellite Reception 28
Restarting the Device 28
Resetting All Default Settings 28
Updating the Software Using Garmin Connect Mobile 28
My device is in the wrong language 28
Is my smartphone compatible with my device? 28
My phone will not connect to the device 28
Maximizing the Battery Life 29
The temperature reading is not accurate 29
How can I manually pair ANT+ sensors? 29
Can I use my Bluetooth sensor with my watch? 29
My data cuts out or does not stay connected 29

Appendix 29
Data Fields 29
About Heart Rate Zones 31
Heart Rate Zone Calculations 31
VO2 Max. Standard Ratings 31
Wheel Size and Circumference 32
Symbol Definitions 32
Updating the Software Using Garmin Express 32

Index 33

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**.