

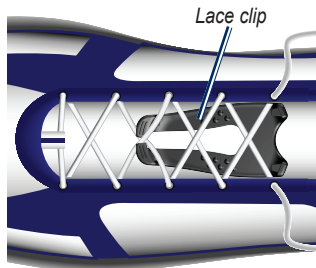


GETTING STARTED

Using the Foot Pod

The foot pod is on standby and ready to send data (like the heart rate monitor). As soon as you install the foot pod and start moving, the foot pod sends data to the Forerunner.


1. Press the tabs on the lace clip. Lift and separate the foot pod from the lace clip.
2. Loosen your shoe laces slightly.
3. Thread the lace clip through 2–3 secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces as usual.
4. Tie your shoelaces securely to keep the foot pod in place during your workout.
5. Snap the foot pod into the lace clip. The foot pod must be pointed toward the front of your shoe.






GETTING STARTED



6. Take a few steps to activate the foot pod. The LED blinks three times. (This may occur during installation.)
7. Bring the Forerunner within range (3 m) of the foot pod.
8. Press **mode** to access Train mode. The  foot pod icon appears on the Train page.
9. Press **view** to access the **DIST**, **LAP**, or **SPEED/PACE** data pages.

10. If  or foot pod data does not appear, you may have to pair the foot pod and the Forerunner. See page 25.

Calibrating the Foot Pod

Calibrating your foot pod is optional and can improve accuracy. There are two ways to adjust the calibration: auto and manual.

Auto Calibration

The minimum calibration distance is 400 m. For best results, calibrate the foot pod using the longest distance possible at your typical pace. A regulation track (one lap = 400 m) is more accurate than a treadmill.

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **PUSH CALIB** setting.





GETTING STARTED

3. Press **start** to begin recording.
4. Run or walk the known distance.
5. Press **stop**.
6. Use **+** and **-** to adjust the distance to the **ACTUAL** distance.
7. Press **view** to save the calibrated distance.

Manual Calibration

If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor.

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **CALIB** setting.
3. Use **+** and **-** to adjust the calibration factor.
4. Press **view** to save the calibration factor.

Removing the Foot Pod

Press the tabs on the front of the lace clip to remove the foot pod.

Turning Off the Foot Pod

After 30 minutes of inactivity, the foot pod automatically powers off to conserve the battery (LED blinks twice).

Using the GSC10™

Your Forerunner is compatible with the GSC10 speed and cadence sensor for bikes. The GSC10 is an optional accessory that is available at <http://shop.garmin.com>. For more information, see page 25.

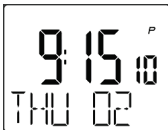




TIME MODE

TIME MODE

Time mode is the default view of the Forerunner. After 30 minutes of inactivity, the Forerunner automatically jumps back to the Time page. Otherwise, press **mode** until the Time page appears.



Chimes

On the Time page, press and hold **view** to toggle Chime mode.



Set the Time

See page 3.

Set the Alarm

1. On the Time page, press **start/stop**. The Alarm page appears.



2. Press and hold **start/stop** until the hour setting blinks.
3. Use **+** and **-** to adjust the hour.




TIP: Press and hold **+** or **-** to scroll quickly through the hours, minutes, and other Time mode settings.

4. Press **view** to advance to the minutes setting.





TIME MODE

5. Use **+** and **-** to adjust the minutes.
6. When finished, press **mode** to resume Alarm mode.
7. Press **lap/reset** to activate (or deactivate) the alarm. The  icon appears on the Time and Alarm pages.

More Time Options

- Press **lap/reset** to switch the view between day and month.
- Press and hold **lap/reset** to switch time zones.

Set a Second Time Zone

You can set the Forerunner time for two time zones.

1. On the Time page, press and hold **lap/reset** to switch to the second time zone. The **T2** icon appears on the Time page.
2. Follow the instructions on page 3 to set the time.
3. Press and hold **lap/reset** to switch back to the first time zone.

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TRAIN MODE

TRAIN MODE

Train mode displays your current workout settings and data. Press **mode** until the Train page appears.



2. When finished, press **stop**.
3. To save the workout, press and hold **lap/reset**. Use **+** and **-** to toggle **YES** or **NO**. Press **view** to confirm.

Training Settings



NOTE: Training settings cannot be modified during an active session in Train mode.

Timed Workout

1. Press **start** to begin an active session.
 - Press **lap** to mark a known position or distance during your workout.
 - Press **view** to scroll through data pages.
 - Press and hold **view** to view secondary data pages.
1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the next setting. The following settings can be modified:
 - **UNITS**—change units to miles or kilometers.



TRAIN MODE

- **PACE SHOW**—display pace in minutes per mile/ kilometer.
OR
SPEED SHOW—display speed in miles/kilometers per hour.
 - **AUTO**—turn Auto Lap[®] feature on or off. Laps are triggered by distance. If set to **ON**, press **view** again to enter the distance. When **AUTO** lap is **ON**, you cannot use the **lap** button to manually mark laps.
 - **ZONES**—turn training zones feature on or off. See Training Zones.
 - **PUSH CALIB**—calibrate foot pod by running a known distance, see page 8.
 - **TxPAIR**—see page 17.
 - **CALIB**—enter calibration factor to adjust foot pod calibration to a known value. See page 8.
 - **WHEEL**—enter wheel circumference in mm (GSC10 required).
 - **WGT LB**—enter your weight (pounds or kilograms determined by **UNITS** setting)
 - **GENDER**
 - **PUSH PAIR**—see page 25.
3. Use **+** and **-** to toggle or change numeric settings.
 4. Press **mode** at any time to return to the Train page.

Training Zones

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **ZONES** setting.





TRAIN MODE

3. Press **+** to set **ZONES** to **ON**.
4. Press **view** to advance to the next training zone setting. Use **+** and **-** to toggle or adjust numeric values for each zone limit. The following training zone settings can be modified:
 - Audible zone alarms
 - Pace and speed zones (foot pod required)
 - Heart rate zone (heart rate monitor required)
 - Bike speed and cadence zones (GSC10 required)



NOTE: During a workout with training zones, the ▲ and ▼ icons flash if you are above or below the specified range.

Running Zones

Use the foot pod to track speed, distance, steps, and pace during a workout on the Forerunner indoors or outdoors.

You can set the low and high zone limits based on either speed or pace. The **ZONES** must be set to **ON**.

1. On the Train page, press and hold **start/stop**.
2. Press **view**, and then select **PACE SHOW** or **SPEED SHOW**.
3. Press **view** to advance to **ZONES**.
4. Press **+** to set **ZONES** to **ON**.
5. Press **view** to advance to **ZO RUN**.





6. Press **+** to set **ZO RUN** to **ON**.
7. Press **view** to advance to the **RUN LO** and **RUN HI** settings. Use **+** and **-** to toggle or adjust numeric values for each zone limit.

Heart Rate Zones

Setting heart rate zone is very similar to setting speed or pace zones, see page 14.

Many runners and other 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 1–5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

How Do Heart Rate Zones Affect Your 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 decrease your risk of injury.

