

RUN TRAINER™  
**GPS** SPEED+  
DISTANCE

**USER  
GUIDE**



**TIMEX** **IRONMAN**

**V.16**

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## INTRODUCTION

Congratulations on your purchase of the Timex® Ironman® Run Trainer™ GPS watch. For first use, please follow these six easy steps:

1. Charge the watch
2. Load the latest firmware
3. Configure the settings
4. Acquire the GPS signal
5. Record your workout
6. Review your performance

For your convenience, we have posted the Run Trainer™ Quick Start Guide at:  
<http://www.timex.com/manuals>

Instructional videos are posted at: <http://www.YouTube.com/TimexUSA>

## FEATURES OVERVIEW

- GPS – SiRFstarIV™ technology tracks pace, speed, distance, and altitude.
- Wireless ANT+™ Radio – Wireless capability enables the Run Trainer™ watch to connect to a Heart Rate and/or Foot Pod sensor.
- Heart Rate (HR) Sensor – When connected to a heart rate sensor, monitor your heart rate to maintain a level of activity that matches your personalized workout requirements.
- Foot Pod Sensor – When connected to a Foot Pod sensor, track multiple values in your workout including pace, speed, distance, and cadence.
- The INDIGLO® night-light– Illuminates the display with the press of the INDIGLO® button. The Night-Mode® feature illuminates the display with any button press. When Constant On is active, the display remains illuminated until the INDIGLO® button is pressed again.

## OPERATIONAL BUTTONS



### Indiglo® night-light

Press the INDIGLO® button at any time to activate the INDIGLO® night-light for a few seconds. Hold it to turn on Night-Mode® feature or constant-on lighting.

### Radio/Back

Press RADIO to begin searching for a GPS signal. In a menu, press BACK to go back to the previous item. When setting parameters such as time, press this button to move from right to left through the fields.

In any workout mode or Time of Day mode, hold RADIO to open the SENSOR menu.

### Mode/Exit/Done

When in time of day mode, press MODE to cycle through the operational modes.

When done with selecting an option in a menu or submenu, press DONE to go back to the menu containing the option.

### Start/Stop/Down

In a menu, press DOWN to select the item below the current one.

In Chrono, Interval Timer, or Timer modes, press START to start the workout. Press SPLIT to take a split while a Chrono workout is running.

### Stop/Reset/Up

In a menu, press UP to select the item above the currently selected one.

When the chronograph running, press STOP to stop or pause the chronograph.







If the chronograph is stopped (or paused), hold RESET to reset the chronograph.

### Set/Menu/Select/Next

In a menu, press SET to select the current option. This may open a submenu or select the item with a check mark.

Press NEXT to select the next set of options or move to the next data field.

## STATUS BAR ICONS

	Battery icon	Shows the approximate charge of the battery. More dark segments indicate a higher charge. Battery segments blink during charging until the watch is fully charged.
	Alarm icon	Displays in Time of Day and Alarm modes when alarm is set.
	Alert icon	Displays in Time of Day mode when the watch is set to beep each hour.
	Heart icon	<b>Solid:</b> Heart rate sensor is communicating properly. <b>Blinking:</b> Watch is searching for heart rate sensor. <b>None:</b> Heart rate sensor is not selected or Radio is off.
	Shoe icon	<b>Solid:</b> Foot Pod sensor is communicating properly. <b>Blinking:</b> Watch is searching for Foot Pod sensor. <b>None:</b> Foot Pod sensor is not selected or Radio is off.
	Satellite icon	<b>Solid:</b> GPS has a satellite fix and is communicating properly. <b>Blinking:</b> GPS is seeking a satellite fix. <b>None:</b> GPS cannot acquire a satellite fix, is not selected, or Radio is off.

## CHARGE YOUR RUN TRAINER™ WATCH

Before you use the watch for the first time, charge the battery for at least 4 hours to insure complete charging.

In order to maximize the rechargeable battery life:

- Deplete the battery until the last battery indicator segment disappears and the empty indicator begins to flash. If the watch display goes blank, you can still proceed as long as it has been in that state for no more than 1-2 days.
- Fully charge the watch battery for at least 4 hours until all four segments in the battery level indicator are no longer blinking.
- Repeat this discharge/recharge procedure two more times.

**NOTE:** You should repeat this procedure every two months if the watch is not used or recharged regularly.

⚠ Charge within a temperature range of 32°F - 113°F (0°C - 45°C).

The charging cable has a clip on one end and a standard USB connector on the other end.

1. Attach the clip to the watch so the four pins on the clip align with the four metal contacts on the back of the watch. The clip has two black pins that align the clip into the watch case back.
2. Insert the other end of the cable into a powered USB port on your computer. The blinking battery level icon confirms that the watch is charging.

## GET THE LATEST FIRMWARE

Use the Device Agent to connect the Run Trainer™ watch to your computer and get the latest updates.

1. Download the Timex Device Agent at: <http://timexironman.com/deviceagent>
2. Connect the watch to your computer using the USB cable, and then double-click the Device Agent icon on your computer desktop.
3. If prompted by the Device Agent, follow the onscreen instructions to download the latest watch firmware.

## CREATE A FREE TIMEX ONLINE ACCOUNT

To download data from the watch to the free online log powered by TrainingPeaks™, go to:  
<http://timexironman.com/deviceagent>

## CONFIGURE THE WATCH

### SET THE TIME AND DATE

You can set up to 3 time zones -- manually, through the computer Device Agent, or by using the GPS signal.

**NOTE:** The GPS automatically sets the time to UTC (Coordinated Universal Time). When you set only the hours to the local time, the watch will automatically correct the minutes and seconds. You will need to set the correct date.

1. Press SET. The SET menu displays.
2. Press DOWN to select TIME 1, TIME 2, or TIME 3, and then press SELECT.
3. Press SELECT to open the TIME/DATE setting screen.
4. Press UP or DOWN to change the blinking value. Press NEXT to move to the next value.

### CHOOSE THE PRIMARY TIME ZONE

To select the primary time zone:

1. Press SET.
2. Press DOWN to select PRIMARY, and then press SELECT.
3. Press UP and DOWN to select the time zone you want to set as primary, and then press SELECT.
4. Press DONE.

### VIEW THE ALTERNATIVE TIME ZONES OR SWITCH ONE TO PRIMARY

From the Time of Day display:

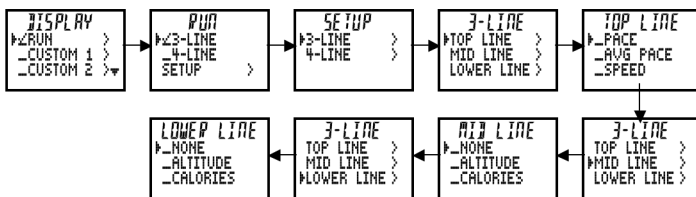
1. Press DOWN to view each alternative time zone. The seconds value changes to identify the time zone (T1, T2, or T3) being temporarily displayed.
2. Press and hold DOWN to make that time zone the primary time zone. A message prompts you to hold the button until the time zone is changed.

### CUSTOMIZE THE DISPLAY VIEWS

In Time of Day, Chrono, Interval Timer, and Timer modes, you can set up the RUN, CUSTOM 1 and CUSTOM 2 displays to show various statistical data when GPS or ANT+™ sensors are active.

**NOTE:** While these displays have the same name in each mode, they are independent from mode to mode. In EACH of these modes:

1. Press SET.
2. Press SELECT to open the DISPLAY menu.
3. Press UP or DOWN to select the display view to customize (RUN, CUSTOM 1, CUSTOM 2), and then press SELECT.
4. Press UP or DOWN to choose 3-Line or 4-Line. Press SELECT to check the display (3 or 4 line) to use for the view.
5. Press DOWN to select SETUP, and then press SELECT.
6. Press UP or DOWN to select 3- or 4-LINE to customize, and then press SELECT.
7. Press UP or DOWN to select the line for which you want to choose a display item, and then press SELECT.
8. Press UP or DOWN to choose the data that will display in the line, and then press SELECT. A check mark appears.
9. Press BACK to return to the 3- or 4-LINE menu.
10. Repeat steps 7 through 9 until you have chosen a display value for each line.



**NOTE:** These steps will set up each display, but to select the display for each mode, you need to be in that mode with at least GPS or one ANT+™ sensor active.

### SELECT THE DISPLAY VIEWS

In Time of Day, Chrono, Interval Timer and Timer modes, You can select the DEFAULT display or any of the three customizable displays (RUN, CUSTOM 1, and CUSTOM 2).

1. Press RADIO to turn on the GPS and/or ANT+™ sensors – the icons will blink.
2. Press RADIO to cycle through the display views.

### Values that can be Displayed in Time of Day Mode

Data	Units
Altitude	Feet or Meters
Cadence & Average Cadence	Steps per Minute
Calories	Kilo Calories
Date	DD-MM or MM-DD format
Day	Day of Week
Distance & Segment Distance	Miles or Kilometers / Feet or Meters
Heart Rate (HR) & Average HR	Beats per Minute / % of Max
Odometer	Miles or Kilometers

Pace, Average Pace & Segment Pace	Minutes and Seconds per Mile/Kilometer
Speed & Average Speed	Miles or Kilometers per Hour
Time of Day	12-hour or 24-hour format
None	

**NOTE:** When Average data is shown, the “A” character is shown on the left side of the display.

## PAIRING ANT+™ SENSORS WITH YOUR WATCH

Your Run Trainer™ watch is capable of receiving signals from an ANT+™ Heart Rate and/or a Foot Pod sensor to enhance your training experience. To insure proper reception, especially in crowded environments, we recommend pairing the watch to your sensors.

**NOTE:** Make sure to do this at least 30 feet / 10 meters away from other sources of sensor data.

To pair with the Heart Rate sensor, wet the sensor pads, and place the sensor around the chest with the TIMEX logo on the transmitter facing up. In Time of Day, Chrono, Interval Timer or Timer mode:

1. Hold RADIO to go to the Sensor Menu.
2. Press DOWN to highlight SEARCH, and press SELECT.
3. Highlight HR and press SELECT.
4. The watch will display SEARCHING FOR HEART RATE, and flash the heart icon.
5. If successful, it will display FOUND HR.
6. If unsuccessful, it will display HR SENSOR NOT FOUND. Repeat the above procedure, and reposition the chest sensor or replace the sensor battery if further efforts are unsuccessful.

To pair with the Foot Pod sensor, lightly shake the sensor to activate it. In Time of Day, Chrono, Interval Timer or Timer mode:

1. Hold RADIO to go to the Sensor Menu.
2. Press DOWN to highlight SEARCH, and press SELECT.
3. Highlight FOOT POD and press SELECT.
4. The watch will display SEARCHING FOR FOOT POD, and flash the shoe icon.
5. If successful, it will display FOUND FOOT POD.
6. If unsuccessful, it will display FOOT POD SENSOR NOT FOUND. Repeat the above procedure, and replace the sensor battery if further efforts are unsuccessful.

**NOTE:** Pairing is only necessary when a new Heart Rate and/or Foot Pod sensor is added, or when a battery is replaced on a previously paired sensor.

**NOTE:** The pairing settings are remembered by the watch, so re-pairing is not necessary when previously paired ANT+™ sensors are selected or de-selected for your workouts (see next section).

**NOTE:** The search/pairing process will activate the GPS sensor (if selected in the Sensor Menu). Turn off the Sensor Menu to preserve the battery – Hold RADIO, highlight POWER OFF, and press SELECT.

## SELECT GPS AND ANT+™ SENSORS FOR YOUR WORKOUT

Depending on the particular workout, the Run Trainer™ watch works with the GPS system, an ANT+™ Heart Rate sensor (available in some packages or sold separately), and/or an ANT+™ Foot Pod sensor (available separately).

In Time of Day, Chrono, Interval Timer or Timer mode:

1. Hold RADIO to go to the Sensor Menu.
2. Press DOWN to highlight each sensor (GPS, HR, and/or Foot Pod)
3. Press SELECT (to check or uncheck it).
4. Press BACK to return to the mode's display.

**NOTE:** Any changes to the Sensor Menu affect all modes' usage of GPS and ANT+™ sensors.

## CALIBRATE THE FOOT POD SENSOR

To ensure accurate measurements by a foot pod, you can calibrate the (optional) foot pod either automatically over a known distance, or you can manually enter the calibration factor.

### CALIBRATE THE FOOT POD AUTOMATICALLY

You run a known distance with the foot pod enabled, while the foot pod measures your progress. Once you have progressed more than 0.2 miles / 300 meters, you enter the actual distance you traveled into the Run Trainer. The watch then calculates the calibration factor of the foot pod by comparing the distance measured with the actual distance you traveled.



1. In Time of Day, Chrono, Interval Timer, or Timer mode, hold RADIO until HOLD FOR SENSOR MENU displays.
2. Press DOWN to select CALIBRATE, and then press SELECT.
3. Press SELECT to open the FOOT POD calibration screen.

**NOTE:** The foot pod must be synched with the watch in order to calibrate. If NO FOOT POD DATA displays on the watch, make sure the foot pod is synched, and then try again. See the instructions to Select ANT+™ Sensors for Your Workout that preceeded this section.

4. Begin running a known distance. The distance must be at least 0.2 miles / 300 meters to give the foot pod enough data to calibrate.
5. When you have reached the known distance, stop running, and then press STOP. The ACTUAL DISTANCE screen opens.

**NOTE:** If NEED MORE DATA displays, the foot pod has not measured at least 0.2 Miles / 300 meters. Continue running until you reach a minimum of 0.2 miles / 300 meters.

6. Press UP or DOWN to change the blinking value, and press NEXT to move to the next value. Continue doing this until the actual distance you ran is entered.
7. Press DONE. The watch compares the measured distance with the distance you entered and assigns a calibration factor.

**NOTE:** If insufficient or no data has been gathered, the calibration is CANCELED

### ENTER A CALIBRATION FACTOR

If you have previously calibrated a foot pod and are re-synching it with the watch, you can enter the calibration factor the foot pod used the last time it was synched with the watch to avoid going through the automatic calibration process again.

**NOTE:** The foot pod must be synched with the watch in order to edit the calibration factor manually.

1. In Time of Day, Chrono, Interval Timer, or Timer mode, hold RADIO until HOLD FOR SENSOR MENU displays.
2. Press DOWN to select CALIBRATE, and then press SELECT.
3. Press DOWN to select FACTOR, and then press SELECT.
4. Press UP or DOWN to change the blinking value, and press NEXT to move to the next value. Continue doing this until the desired calibration factor is entered from 0.1% to 199.9%.

**NOTE:** The Calibration Factor is determined by taking the KNOWN distance and dividing it by the REPORTED distance (by the Foot Pod).

5. Press DONE.

### ACQUIRE THE GPS SIGNAL AND CONNECT TO ANT+™ SENSORS

**NOTE:** Make sure to set the time and date before turning on reception of the GPS, HR, or Foot Pod sensors to ensure that the workout data will be captured correctly.

- **GPS:** Go outside with a clear view of the sky away from buildings or obstructions.
- **Heart Rate:** Make sure that the chest sensor pads are wet, the strap fits snug around the chest, and the TIMEX logo on the transmitter is face up and centered over the sternum.

**NOTE:** Make sure to remove the snap-on heart rate transmitter and hand wash the strap in cool water to maintain its heart rate-sensing capability.

- **Foot Pod:** Install the sensor on the laces or underneath the insole according to its included directions.

**NOTE:** Please remove your Foot Pod during bicycling to allow the GPS sensor to provide live speed and distance data.

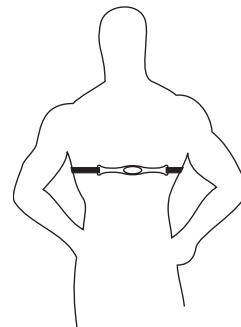
**NOTE:** Remember to remove the Foot Pod between workouts out to prolong its battery life.

Press RADIO to turn on watch's sensor reception. It will look for the signals selected in the Sensor Menu, and flash the appropriate icons at the bottom of the watch display.

If you selected GPS:

1. A message appears that the GPS is being powered on.
2. The watch searches for satellites and a message WAITING FOR GPS with a status bar show on the display.
3. GPS READY displays when the watch obtains a strong satellite fix.

**NOTE:** If you fail to start your workout (through Chrono, Interval Timer or Timer Mode) within 30 minutes, the GPS radio will shut down. This is done to preserve watch battery life in case the GPS radio is accidentally activated.



**HINT:** Even though the watch has very fast GPS acquisition, some athletes want the GPS signal locked before starting a race or portion of a triathlon. Simply start the chronograph and pause it (after a second or two), and the 30-minute GPS auto-off feature (described above) will be disabled. All of the data, except “Rest Time” reported in Review Mode will be accurate.

If the watch fails to get a strong GPS signal after 5 minutes, a message displays asking if you are indoors.

- Select YES to turn the GPS off.
- Select NO to continue to search for GPS satellites indefinitely.

**NOTE:** If you do not respond within 30 seconds, the watch assumes you are indoors and turns off the GPS search.

If you selected the Heart Rate and/or Foot Pod Sensor:

1. The watch tries for 10 seconds to detect a signal from one or both of the specified ANT+™ sensors.
2. If no signal is detected, the watch stops searching for the sensor, and the applicable icon is turned off.
3. When the sensor is successfully connected, the heart rate or shoe icon is steadily lit.

**NOTE:** Sensors must be within 3 feet of the watch to connect. You may need to reposition your HR chest sensor to initiate a signal. You may need to slightly move your shoe to initiate a signal from the Foot Pod sensor.

**NOTE:** If you do not see the watch trying to connect with the desired GPS and/or ANT+™ sensor, hold RADIO to bring up the Sensor Menu to confirm your sensor settings.

## CHRONO MODE

The Chrono Mode is used as a stopwatch to time your workout segments, such as Laps and Splits, and offers the following features:

- Store up to 15 workouts total (including Interval Timer and Timer workouts) and 100 laps per workout
- Three customizable display formats (when the GPS, HR, or Foot Pod sensor are active)
- Hands-free settings including auto split, auto start, and auto stop
- Optional heart rate recovery timer when the chronograph is stopped
- Drink and Eat timers to remind you when to hydrate and consume calories

The following data are always tracked in Chrono mode:

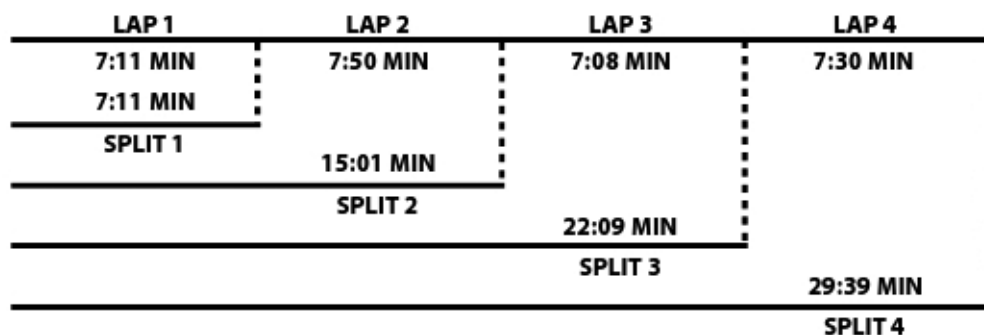
- Total time
- Time per lap
- Rest time (when the Chrono mode is paused, but the workout is active)

## WHAT ARE LAP AND SPLIT TIMES?

Lap time is the length of an individual segment of your workout activity. Split time is the time elapsed from the beginning of your workout through the current segment.

When you “take a split”, you have completed timing one segment (such as one lap) of the workout and are now timing the next segment.

The graph below represents the lap and split times for a workout in which 4 laps were taken.



When the GPS, Heart Rate and/or Foot Pod sensors are active, the watch keeps track of the following data in Chrono mode and reports it in Review Mode:

Data	GPS	Heart Rate (HR) Sensor	Foot Pod Sensor
Calorie Expenditure	•	•	•
Calorie Expenditure per lap	•	•	•



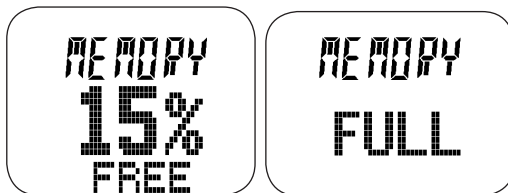
Average speed	•		•
Average speed per lap	•		•
Maximum speed	•		•
Average pace	•		•
Average pace per lap	•		•
Minimum pace	•		•
Distance	•		•
Distance per lap	•		•
Elevation	•		
Elevation per lap	•		
Maximum altitude	•		
Minimum altitude	•		
Total ascent	•		
Total descent	•		
Heart rate		•	
Minimum heart rate		•	
Average heart rate		•	
Average heart rate per lap		•	
Peak heart rate		•	
Recovery heart rate		•	
HR within a HR target zone		•	
Average cadence			•
Average cadence per lap			•
Maximum foot cadence			•

## START A WORKOUT

1. Press MODE until CHRONO displays.
2. Press START to start the first split of your workout. By default, the Split time is shown in the bottom line of the display.

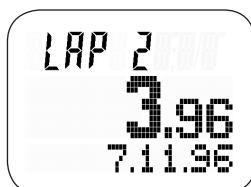
### NOTE:

- Only the first 100 splits are retained in memory.
- A low memory warning or a memory full message may be shown if the watch has already been connected to the Device Agent. The data should be downloaded to the Device Agent and erased from the watch if these messages occur.
- If the watch is connected to any of the sensors, the sensor icons will be displayed in the status bar.



## TAKE A SPLIT/LAP

1. Press SPLIT to start the second split, and any successive splits, of your workout. In the graphic below, the LAP # is shown on the top line, the lap time is on the second line, and the split time is on the third. The data displayed varies depending on the display setup.



**NOTE:** Any live GPS/sensor data will be reported for that lap, and Pace/Speed, Heart Rate, and/or Cadence will have its average data within the lap reported (as designated by an "A" to the left of the data).

### **STOP AND SAVE A WORKOUT / TURN OFF SENSORS**

1. Press STOP to stop/pause the workout.

**NOTE:** If you are wearing a Heart Rate Sensor and have the Heart Rate Recovery feature activated, wait until the recovery is completed before proceeding to Step 2 to save the workout.

2. Press and hold RESET until SAVE WORKOUT displays.
3. Press UP or DOWN to select YES, and then press SELECT.

**NOTE:** The SAVE WORKOUT YES/NO message is displayed if only one workout is running. If multiple workouts (across the Chrono, Interval Timer, and Timer modes) are active, you do not have the option to reset without saving. The workout is automatically saved when the RESET button is pressed and held.

4. To preserve battery life, the watch will ask to turn off all sensors after the workout is reset. Press UP or DOWN to select YES to the TURN OFF SENSORS message and press SELECT. If neither YES or NO is selected, the sensors will turn off after 30 seconds.

**NOTE:** If a heart rate recovery is in-progress, turning off the sensors will interrupt HRM data and provide "--" as a result. Instead, select NO and wait until your recovery has ended. After the recovery, press and hold RADIO to display the Sensor Menu. The indicator should appear next to "POWER OFF". If not, press UP or DOWN to adjust, and press SELECT to turn off the watch sensors.

### **AUTOMATE A WORKOUT**

Automate your workout using the Hands-Free features of your watch.

Once set, Hands Free settings activate automatically in Chrono mode.

- Automatic split – The AUTO SPLIT setting can be enabled for time or distance options. The watch automatically takes a split when you reach the distance or time threshold.

**NOTE:** A manual split does not reset the distance or the time "counter".

- Automatic start – The AUTO START setting starts/re-starts your workout when the speed is equal to or above the speed threshold.
- Automatic stop – The AUTO STOP setting pauses your workout when the speed is below the speed threshold.
- Speed threshold – The THRESHOLD setting is the speed value that triggers your Auto Start and Auto Stop settings.

**NOTE:** If both the GPS and Foot Pod sensors are supplying distance and speed data, the Foot Pod takes priority for Hands Free operations.

### **NAVIGATE TO THE HANDS-FREE MENU**

1. Press MODE until CHRONO displays.
2. If the chrono is running, stop and reset it.
3. Press MENU.
4. Press DOWN to select HANDS-FREE, and then press SELECT. The HANDS-FREE menu displays.

#### **AUTO SPLIT**

1. From the HANDS-FREE menu, press SELECT to open the SPLIT setting screen.
2. To navigate through the AUTO-SPLIT menu:
  - a. Press UP or DOWN to switch to the next auto-split type (OFF, TIME, or DISTANCE).
  - b. Press SELECT to begin changing numeric values for time or distance.
  - c. Press UP or DOWN to change the blinking value, and press NEXT to move to the next value.
  - d. Press DONE when you have finished setting the time or distance.

#### **AUTO START**

1. From the HANDS-FREE menu, press DOWN to select START-STOP, and then press SELECT. The START-STOP menu displays.
2. Press SELECT to open the AUTO START setting screen.
3. Press DOWN to select ON and then press SELECT. A check mark appears.

#### **AUTO STOP**

1. From the HANDS-FREE menu, press DOWN to select START-STOP, and then press SELECT. The START-STOP menu displays.

2. Press DOWN to select AUTO STOP, and then press SELECT.
3. Press DOWN to select ON and then press SELECT. A check mark appears.

### THRESHOLD

1. From the HANDS-FREE menu, press DOWN to select START-STOP, and then press SELECT. The START-STOP menu displays.
2. Press DOWN to select THRESHOLD, and then press SELECT.
3. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
4. Press DONE.

## CONFIGURE THE CHRONOGRAPH

You can customize the display format and set the Drink timer and the Eat timer.

### CHOOSE THE CHRONO DISPLAY FORMAT WITHOUT SENSORS

You can choose from two formats when GPS or ANT+™ sensors are NOT used. LAP SPLIT puts the lap time on the top line and the split time on the bottom line. SPLIT LAP puts the split time on the top line and the lap time on the bottom.

**NOTE:** You must stop and reset the chrono before you can configure it.

1. Press MODE until CHRONO displays.
2. Press SET.
3. Press DOWN to select FORMAT, and then press SELECT.
4. Press DOWN to choose the format, and then press SELECT.

**NOTE:** This display becomes the DEFAULT display.

### CHOOSE THE CHRONO DISPLAY FORMAT WITH SENSORS

You can select one of the four displays (RUN, CUSTOM 1, CUSTOM 2, or DEFAULT).

1. Press RADIO to turn on the GPS and/or ANT+™ sensors – the icons will blink.
2. Press RADIO to cycle through the display views.

### Values that can be Displayed in Chrono Mode

Data	Units
Altitude	Feet or Meters
Cadence & Average Cadence	Steps per Minute
Calories	Kilo Calories
Distance & Lap Distance	Miles or Kilometers / Feet or Meters
Heart Rate (HR) & Average HR	Beats per Minute / % of Max
Lap Number	A number
Lap Time	Minutes.Seconds.Hundredths or Hours:Minute.Seconds
Odometer	Miles or Kilometers
Pace, Average Pace & Lap (Avg.) Pace	Minutes and Seconds per Mile/Kilometer
Speed & Average Speed	Kilometers or Miles per Hour
Split Time	Minutes.Seconds.Hundredths or Hours:Minute.Seconds
Time Day	12-hour or 24-hour format
None	The line will remain blank

### DRINK TIMER

1. Press MODE until CHRONO displays.
2. Press SET.
3. Press DOWN to select DRINK, and then press SELECT.
4. Press UP or DOWN to select ON, and then press SELECT.
5. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
6. Press DONE.

A DRINK message will repeatedly display every selected time interval.



**NOTE:** If both the Drink and Eat timers have been set to display at the same time, the Drink message displays first.

7. Press any button to acknowledge the message and go back to the previous screen.

### EAT TIMER

1. Press MODE until CHRONO displays.
2. Press SET.
3. Press DOWN to select EAT, and then press SELECT.
4. Press UP or DOWN to select ON, and then press SELECT.
5. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
6. Press DONE. An EAT message will repeatedly display every selected time interval.



**NOTE:** If both the Drink and Eat timers have been set to display at the same time, the Drink message displays first.

7. Press any button to acknowledge the message and go back to the previous screen.

### INTERVAL TIMER MODE

An interval is a time period of the workout customized for speed/pace zone, optional heart rate intensity, or optional cadence zone. A repetition (rep) is a series of intervals that is repeated during a workout.

The following features are offered in the Interval Timer mode:

- Store up to 15 workouts total (including Chrono and Timer workouts)
- Five interval workouts with up to five intervals each
- Customizable interval name
- Optional warm up and cool down at the beginning or end of each workout
- Set up to 99 repetitions
- Three customizable display formats (when GPS, HR, or Foot Pod sensors are active)

The following data are always tracked in Interval Timer mode:

- Total time
- Time for each completed interval
- Rest time (when the Interval Timer mode stops)

When the GPS, Heart Rate and/or Foot Pod sensors are active, the watch keeps track of the following data in Interval Timer mode and reports it in Review Mode:

	GPS	Heart Rate (HR) Sensor	Foot Pod Sensor
Calorie Expenditure	•	•	•
Calories per interval	•	•	•
Average speed	•		•
Average speed per interval	•		•
Maximum speed	•		•
Average pace	•		•
Average pace per interval	•		•
Minimum (or best) pace	•		•
Distance	•		•

	GPS	Heart Rate (HR) Sensor	Foot Pod Sensor
Distance per interval	•		•
Elevation	•		
Elevation per interval	•		
Maximum altitude	•		
Minimum altitude	•		
Total ascent	•		
Total descent	•		
Amount of time the user's heart rate was within the heart rate zones		•	
Minimum heart rate		•	
Average heart rate		•	
Average heart rate per interval		•	
Peak heart rate		•	
HR within a HR target zone per interval		•	
Average cadence			•
Average cadence per interval			•
Maximum foot cadence			•

## SET UP A WORKOUT

Customize a workout by giving it a name up to 7 characters (such as Hills, Steady, or Repeats), and set the number of repetitions, your target HR, pace, cadence, and speed zones.

NOTE: You must stop and reset the Interval Timer before you can configure it.

### NAME THE WORKOUT

1. Press MODE until INTERVAL TIMER displays.
2. Press SET.
3. Press DOWN to select the workout to rename and then press SELECT.
4. Press DOWN to select RENAME, and then press SELECT.
5. Press UP or DOWN to change the blinking letter, and then press NEXT to move to the next letter.
6. Press DONE.

**NOTE:** If the workout name is set to all blank characters, the name shall revert to the previous name upon exiting the RENAME screen.

### SET NUMBER OF REPETITIONS

1. In INTERVAL TIMER mode, press SET.
2. Press DOWN to select the workout for which to set reps, and then press SELECT.
3. Press DOWN to select REP COUNT, and then press SELECT.
4. Press UP or DOWN to change the REP COUNT.
5. Press DONE.

## CUSTOMIZE INTERVALS

1. In INTERVAL TIMER mode, press SET.
2. Press DOWN to select the workout for which to set intervals, and then press SET.
3. Press SELECT to open the INTERVALS menu.
4. Press UP or DOWN to select the interval to customize, and then press SET. A menu with a list of setup options for the selected interval displays. For example, if you selected the INT 3 interval workout, then the setup options for customizing INT 3 displays.

The setup options are: Time, Zones, and Goals. You will also see a RENAME option for all intervals except WARM

UP and COOL DOWN. Refer to the following sections for customizing the interval setup:

### **SET INTERVAL TIME**

Interval time is the total time that the interval will last before you are prompted to switch to the next activity.

- a) Press UP or DOWN to select the interval to set, and then press SELECT.
- b) Press SELECT to open the TIME setting screen.
- c) Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
- d) Press DONE.

### **SET HR ZONES**

HR zones describe upper and lower limits for your heart rate during this interval. An alert will sound if your heart rate moves outside of this range.

- a) Press UP or DOWN to select ZONES, and then press SET.
- b) Press SELECT to open the HR setting screen.
- c) Press UP or DOWN to select the heart rate zone that you want to be in during this interval.
- d) Press DONE.

For more about customizing HR zones, see the CONFIGURE mode.

### **SET PACE AND SPEED**

You can set the minimum and maximum pace or speed you want to maintain during the interval. An alert will sound if your speed or pace falls below the minimum or rises above the maximum.

- a) From the ZONES menu, press UP or DOWN to select PACE-SPEED, and then press SELECT.
- b) Press UP or DOWN to select PACE or SPEED, and then press SELECT. A check mark appears.
- c) Press DOWN to select SETUP, and then press SELECT.
- d) Press UP or DOWN to select PACE or SPEED, and then press SELECT.
- e) Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
- f) Press DONE.

### **SET CADENCE**

You can set the maximum and minimum steps per minute you want to maintain during this interval. An alert will sound if your cadence falls below the minimum or rises above the maximum.

- a) From the ZONES menu, press DOWN to select CADENCE, and then press SELECT.
- b) Press UP or DOWN to select ON, and then press SELECT.
- c) Press DOWN to select SETUP, and then press SELECT.
- d) Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
- e) Press DONE.

### **SET GOALS**

You can set goals for the amount of distance or altitude you want to achieve during this interval. An alert sounds when you have reached this goal.

- a) From the INTERVALS menu, press UP or DOWN to select an interval, and then press SELECT.
- b) Press DOWN to select GOALS, and then press SELECT.
- c) Press UP or DOWN to select DISTANCE or ALTITUDE, and then press SELECT.
- d) Press UP or DOWN to select ON, and then press SELECT.
- e) Press DOWN to select SETUP, and then press SELECT.
- f) Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
- g) Press DONE.

### **NAME THE INTERVAL**

You can change the name of any interval within the workout except for the WARM UP and COOL DOWN intervals.

- a) From the INTERVALS menu, press UP or DOWN to select any interval except WARM UP or COOL DOWN, and then press SELECT.
- b) Press DOWN to select RENAME, and then press SELECT.
- c) Press UP or DOWN to change the blinking letter, and then press NEXT to move to the next letter.
- d) Press DONE.

**NOTE:** If the interval name is set to all blank characters, the name shall revert to the previous name upon



exiting the RENAME screen.

5. Repeat the above sections for setting up each interval that you want to include in your workout.
6. Press DONE.

### CLEAR ALL INTERVAL DATA

You can reset all interval times to their default values.

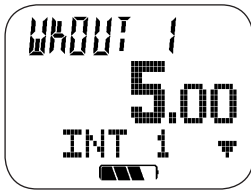
1. From the INTERVALS menu, press DOWN to select CLEAR ALL, and then press SELECT.
2. Press UP or DOWN to select YES, and then press SELECT. All of the interval times in this workout are cleared.

## TIME AN INTERVAL WORKOUT

This section describes how to start, stop and save workouts in INTERVAL TIMER mode.

### START A WORKOUT

1. Press MODE until INTERVAL TIMER displays.
2. Press START to start the first interval of your workout. By default, the Interval time is shown in the second line of the display. In the graphic below, the interval time has been set to display in the pre-selected time format in the middle of the three lines. The data displayed varies depending on the display setup.



When the time has run out on the first interval, an alert sounds and the next interval begins. When all intervals are complete and more than one repetition has been set, the first interval begins again. This continues until all repetitions are complete.

**NOTE:** Only the first 100 repetitions are retained in memory.

### SKIP AN INTERVAL

- Hold START to stop timing the current interval and begin timing the next.

### Stop and Save a Workout

1. Press STOP.
2. Press and hold RESET until SAVE WORKOUT displays.

**NOTE:** To preserve battery life, you should turn off the GPS and/or ANT+™ sensors at the end of your workout.

Press and hold RADIO to display the Sensor Menu. The indicator should appear next to “POWER OFF”. If not, press ▲ or ▼ to adjust, and press SELECT to turn off the watch sensors.

**NOTE:** The SAVE WORKOUT YES/NO message is only displayed if only one workout is running. If multiple workouts (across the Chrono, Interval Timer, and Timer modes) are active, you do not have the option to reset without saving. The workout is automatically saved when the RESET button is pressed and held.

## SELECT THE INTERVAL TIMER DISPLAY

You can select the DEFAULT display or any of the three customizable displays (RUN, CUSTOM 1, and CUSTOM 2).

1. Press RADIO to turn on the GPS and/or ANT+™ sensors – the icons will blink.
2. Press RADIO to cycle through the display views.

## CUSTOMIZE THE 3-LINE OR 4-LINE DISPLAY

The 3-Line or 4-Line Display can be customized to display parameters of your choice.

1. Press MODE until INTERVAL TIMER displays.
2. Customize the display as described in the “Configure the Watch” section earlier in the User Guide.

### Values that can be Displayed in Interval Timer Mode

DATA	UNITS
Altitude	Feet or Meters
Cadence & Average Cadence	Steps per Minute
Calories	Kilo Calories

DATA	UNITS
Distance & Interval Distance	Miles or Kilometers / Feet or Meters
Heart Rate (HR) & Average HR	Beats per Minute / % of Max
Interval Name	Name given to interval in setup
Interval Number	Sequential number of current interval
Interval Reset Time	Hours:Minutes.Seconds
Interval Time	Hours:Minutes.Seconds
Odometer	Miles or Kilometers
Pace, Average Pace & Interval Pace	Minutes and Seconds per Mile/Kilometer
Rep Number	Sequential number of current repetition
Speed & Average Speed	Miles or Kilometers per Hour
Time Day	12-hour or 24-hour format
None	The line will remain blank

**NOTE:** When Average data is shown, the “A” character is shown in the left side of the display.

## TIMER MODE

The Timer is a countdown from a preset time duration and can be used as a reminder to begin/end a task or workout. A repetition (rep) is a count of the number of times the countdown has been repeated during a workout.

The following features are offered in Timer mode:

- Store up to 15 workouts total (including Chrono and Interval Timer workouts)
- Countdown time up to 59.59 (Minutes.Seconds)
- Set timer to stop, repeat or start chronograph when time runs out
- Counts up to 99 timer repetitions
- Halfway reminder alert
- Three customizable display formats (when GPS, HR or Foot Pod sensor are active)

The following data are always tracked in Timer mode:

- Total time
- Time for each completed repetition
- Rest time (when the Timer is stopped)

When the GPS, Heart Rate and/or Foot Pod sensors are active, the watch keeps track of the following data in Timer mode and reports it in Review Mode:

	GPS	Heart Rate (HR) Sensor	Foot Pod Sensor
Calorie Expenditure	•	•	•
Calories per repetition	•	•	•
Average speed	•		•
Average speed per repetition	•		•
Maximum speed	•		•
Average pace	•		•
Average pace per repetition	•		•
Minimum (or best) pace	•		•
Distance	•		•
Distance per repetition	•		•
Elevation	•		
Elevation per repetition	•		
Maximum altitude	•		
Minimum altitude	•		
Total ascent	•		
Total descent	•		

Amount of time the user's heart rate was within the heart rate zones		•	
Minimum heart rate		•	
Average heart rate		•	
Average heart rate per interval		•	
Peak heart rate		•	
HR within a HR target zone per interval		•	
Average cadence			•
Average cadence per interval			•
Maximum foot cadence			•

## CONFIGURE THE TIMER

Set the length of the timer, what happens when the timer runs out, and whether or not to alert you at the half-way mark. You can also customize the display in Timer mode.

### SET THE TIMER

1. Press MODE until TIMER displays.
2. Press SET.
3. Press DOWN to select TIME, and then press SELECT.
4. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
5. Press DONE.

### SET TIMEOUT ACTION

You can set the timer to start the CHRONO mode when it runs out. You can also set it to STOP, or to REPEAT until you stop it manually.

1. From TIMER mode, press SET.
2. Press DOWN to select AT END, and then press SELECT.
3. Press UP or DOWN to select CHRONO, REPEAT, or STOP, and then press SELECT.
4. Press DONE.

### SET HALFWAY ALERT

You can set the timer to sound an alert when half of the set time is expended.

1. From TIMER mode, press SET.
2. Press DOWN to select HALFWAY, and then press SELECT.
3. Press UP or DOWN to select ALERT ON or ALERT OFF.
4. Press DONE.

### CUSTOMIZE THE 3-LINE OR 4-LINE DISPLAY

The 3-Line or 4-Line Display can be customized to display parameters of your choice.

1. Press MODE until TIMER displays.
2. Customize the display as described in the "Configure the Watch" section earlier in the User Guide.

#### Values that can be Displayed in Timer Mode

Data	Units
Altitude	Feet or Meters
Cadence & Average Cadence	Steps per Minute
Calories	Kilo Calories
Distance & Rep Distance	Miles or Kilometers / Feet or Meters
Heart rate (HR) & Average HR	Beats per Minute / % of Max
Odometer	Miles or Kilometers
Pace, Average Pace & Rep Pace	Minutes and Seconds per Mile/Kilometer
Rep Number	The current repetition of the timer

Speed & Average Speed	Miles/Kilometers per Hour
Time Day	12-hour or 24-hour format
Timer Time (active)	Hours:Minutes.Seconds
Timer Time (reset)	Hours:Minutes.Seconds
None	The line will remain blank

**NOTE:** When Average data is shown, the “A” character is shown in the left side of the display.

## START THE TIMER

To start the timer once it is set up:

1. Press MODE until TIMER displays.
2. Press START.

If selected, the Timer alerts at the halfway point.

At the end of the countdown, the Timer performs the task selected for the AT END option in the TIMER menu.

## STOP THE TIMER AND SAVE THE WORKOUT

To stop the timer once the timer has been started:

1. Select STOP.
2. Press and hold STOP until SAVE WORKOUT displays.
3. Press UP or DOWN to select YES, and then press SELECT.

**NOTE:** The SAVE WORKOUT YES/NO message is only displayed if only one workout is running. If multiple workouts (across the Chrono, Interval Timer, and Timer modes) are active, you do not have the option to reset without saving. The workout is automatically saved when the RESET button is pressed and held.

**NOTE:** To preserve battery life, you should turn off the GPS and/or ANT+™ sensors at the end of your workout.

Press and hold RADIO to display the Sensor Menu. The indicator should appear next to “POWER OFF”. If not, press ▲ or ▼ to adjust, and press SELECT to turn off the watch sensors.

## RECOVERY MODE

Recovery mode lets you track the change in your heart rate over a user-set period. This change in heart rate, or delta (Δ), can be compared between workouts to see how your cardio fitness improves over time.

The following features are offered in Recovery mode:

- Set recovery time up to 59.59 (Minutes.Seconds)
- Start recovery timer automatically, or manually start the recovery timer in recovery mode
- Display beginning and instantaneous heart rates during recovery period
- Display recovery and delta (Δ) heart rates when recovery timer runs out

### RECOVERY TIMER START CONDITIONS

The recovery timer is automatically reset and started when the following conditions are met:

- A Chrono/Interval Timer/Timer workout is stopped or has run to completion and the watch was connected to a heart rate sensor.
- There is no on-going Recovery Timer countdown that was manually started from reset through this mode.

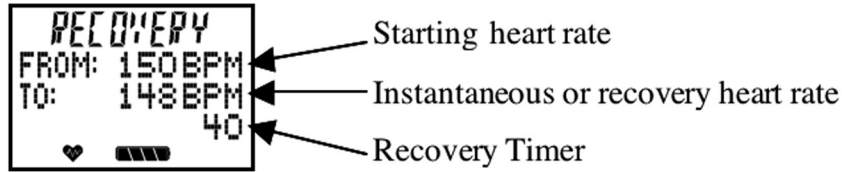
**NOTE:** The recovery timer does not start automatically when connected to a computer.

### SET UP RECOVERY TIME

To set up the recovery time:

1. Press MODE until RECOVERY displays.
2. Press SET.
3. Press SELECT to turn recovery time ON. A check mark appears.
4. Press DOWN to select TIME, and then press SELECT.
5. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value
6. Press DONE.

Once set, when the start conditions above are met, the Recovery Timer activates, and a message displays as shown in the graphic below.



The starting heart rate displays in the FROM field and the recovery heart rate is displayed in the TO field.

- Press START while the Recovery Timer is counting down to get an instant recovery value shown on the bottom line of the display. This instant recovery value shows the difference between the starting heart rate and the instantaneous or recovery heart rate.
- Hold START to end the Recovery Timer before its set recovery time, and capture the accumulated date in memory
- Press STOP to end the Recovery Timer before the specified time.
- Hold STOP to reset the Recovery Timer.

When the timer runs out, starting heart rate, recovery heart rate, and recovery time are all stored in the workout data.

**NOTE:** If the value displays as double dashes (--), the recovery heart rate is greater than the starting heart rate or no heart rate reading is present.

### RECOVERY STATES

The following states exist in Recovery mode depending on your inputs and the wireless connections:

- If the watch is not connected to a heart rate (HR) sensor, HR SENSOR OFF displays.
- If the watch is unable to retrieve HR data, HR DATA NOT FOUND displays.
- To begin a new Recovery Timer cycle, hold RESET for 2 seconds to reset Recovery mode, and then press START to restart the Recovery Timer.

### REVIEW MODE

Review mode allows you to view stored Chrono, Interval Timer and/or Timer workout data. The following features are offered in Review mode:

- Store up to 15 workouts
- View total distance traveled (odometer)
- Store all workouts by date, arranged in reverse chronological order
- Lock or unlock workouts
- Recall data while the workout is running
- View summary data for each workout
- Review Laps, Intervals, and Repetitions for Chrono, Interval Timer, and Timer workouts

### CHOOSE WORKOUT TO REVIEW

1. Press MODE until REVIEW displays.

The watch displays the number of stored workouts available for review. If no workouts have been saved, NO WORKOUT displays.



2. If the Odometer is displayed, press UP or DOWN.
3. Press MENU. The WORKOUTS menu displays with a list of dates that had workouts saved.
4. Press UP or DOWN to select the date, and then press SELECT. A list of workout(s) with the workout time and type (CHR for Chrono, INT for Interval Timer, and TMR for Timer) for the selected date displays. The graphic below displays the list of workouts for TODAY.



5. Press UP or DOWN to select the workout, and then press SELECT.

### CHOOSE DATA TO REVIEW

Once you have the specific workout selected for review, you can review either a Summary of the entire workout, or data for individual laps, intervals, or reps.

#### Summary:

1. Press UP to select SUMMARY, and then press SELECT.
2. Press UP or DOWN to scroll through the workout data.

The best lap display toggles every 2 seconds between the best lap time and the corresponding best lap number.

#### Laps/Intervals/Reps:

1. Press UP or DOWN to select:
  - LAPS to view data for laps in a Chrono workout
  - INTERVALS to view intervals in an Interval Timer workout
  - REPS to view reps in a Timer workout

**NOTE:** If no lap has been taken yet, or no interval or rep has expired, a message displays that no lap data has been saved yet.

2. Press UP or DOWN to scroll through the lap/interval/rep data.
3. Press BACK or NEXT to view data for another lap, interval, or rep.

### REVIEW, EDIT, AND RESET ODOMETER VALUES

The odometer displays the total distance you have traveled since the odometer was reset

1. Press MODE until REVIEW displays.
2. Press UP or DOWN until ODOMETER displays.
3. Press MENU. The ODOMETER submenu displays.
4. To edit the Odometer:
  - a. Press UP to select EDIT, and then press SELECT.
  - b. Press UP or DOWN to change the blinking the value, and then press NEXT to move to the next value.
  - c. Press DONE.
5. To reset the Odometer:
  - a. On the ODOMETER submenu, press DOWN to select RESET, and then press SELECT.
  - b. Press UP or DOWN to select YES, and then press SELECT.
  - c. Press DONE.

### LOCK AND UNLOCK WORKOUTS

Once you have the specific workout selected for review, you can lock or unlock it.

Lock workouts to keep them from being overwritten by new workouts.

If the workout is unlocked, you will see a LOCK option on the review menu for the workout. If the workout is locked, this option will read UNLOCK.

**NOTE:** You cannot delete individual workouts manually. Workouts are only removed when overwritten by a newer one. All workouts are removed if the watch is reset.

1. Press MODE until REVIEW displays.

The watch displays the number of stored workouts available for review. If no workouts have been saved, NO WORKOUT displays.
2. If the Odometer is displayed, press UP or DOWN.
3. Press MENU. The WORKOUTS menu displays with a list of dates that had workouts saved.
4. Press UP or DOWN to select the date, and then press SELECT. A list of workout(s) with the workout time and type (CHR for Chrono, INT for Interval Timer, and TMR for Timer) for the selected date displays. The graphic below displays the list of workouts for TODAY.



5. Press UP or DOWN to select the workout, and then press SELECT.
6. Press DOWN to select LOCK or UNLOCK, and then press SELECT.
7. Press UP or DOWN to select YES, and then press SELECT.
8. Press DONE.

**NOTE:** You cannot lock a workout in progress. The LOCK option only appears if the workout has been saved and reset.

## DOWNLOAD DATA USING COMPUTER SOFTWARE

The two-way wired communication between the watch and computer enables you to download data from the watch to the computer.

1. Connect the watch to your computer using the USB cable, and then open the Device Agent application on your computer desktop.
  - PC SYNC READY displays when the computer starts communicating with the watch. An error message displays if it was unsuccessful.
  - PC SYNC IN PROGRESS displays during the sync process.
2. If a workout is in progress, the computer application requests confirmation that you wish to continue with the sync process. Select NO to end the sync process and return to Time of Day mode, or select YES to continue.
3. If you select the blinking YES option to continue with the computer sync:
  - a. Another message pops up asking if you wish to save the workouts.
  - b. Select YES to save the workout session (Chrono/Timer/Interval Timer) with sensor information. The watch stops currently running workouts, turns off the GPS and ANT+™ Radio, and continues the computer sync process.
  - c. Select NO to stop the workout without saving. The watch continues the computer sync process.
4. When the computer download is complete, the PC SYNC TRANSFER COMPLETE message displays, and the watch returns to Time of Day mode.

**NOTE:** Press RADIO/BACK at any time to cancel computer download and go back to Time of Day screen.

## ALARM MODE

The following features are offered in Alarm mode:

- Five independent alarms with selectable frequency: daily, weekdays, weekends, once, and Sunday to Saturday
- Customizable alarm names
- Five-minute backup alarm
- INDIGLO® night-light flashes when alarm alert sounds

## TURN AN ALARM ON OR OFF

You can turn alarms on or off from the ALARM screen.

1. Press MODE until ALARM displays.
2. Press UP to choose the alarm to turn on or off. The alarm name displays at the top.
3. Press DOWN to turn the alarm on or off. When the alarm is on, its frequency displays below the time.

**NOTE:** Active alarms sound at their set times. Press any button to silence an alarm.

## CONFIGURE THE ALARM

1. Press MODE until ALARM displays.
2. Press SET.
3. Press UP or DOWN to select the alarm to set, and then press SELECT.

## SET ALARM TIME

With an alarm selected, set the alarm time by performing the following steps:

1. Press UP to select TIME, and then press SELECT.
2. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
3. Press DONE.

## SET ALARM FREQUENCY

With an alarm selected, set the alarm frequency by performing the following steps:

1. Press UP or DOWN to select FREQUENCY, and then press SELECT.

2. Press UP or DOWN to select a frequency, and then press SELECT.
3. Press DONE.

### **RENAME THE ALARM**

With an alarm selected, rename the alarm by performing the following steps:

1. Press DOWN to select RENAME, and then press SELECT.
2. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
3. Press DONE.

### **CONFIGURE MODE**

Configure mode is where all the global settings for the watch are set up. You can set up the data for Zones, Goals, Units, and other settings.

The Run Trainer™ watch offers the following features in Configure mode that can be customized:

- Choose units for Heart Rate (BPM, % of Max), Speed/Pace (MPH, KPH), Distance (Miles, KM), Altitude (Feet, Meters), Weight (LB, KG), Height (IN, CM) and Global (English, Metric)
- Set target zones for Heart Rate, Pace, Speed, and Cadence
- Personalize your User Info and Calories burned data by adding your gender, weight, height, activity level and type, and date of birth
- Set Distance and Altitude goal alerts
- Set Watch options for button beeps, hourly chimes, global zone alerts and GPS time synchronization
- Customize your experience for Recording frequency, Smoothing (Altitude, Pace, Speed), and LCD Contrast

### **CONFIGURE ZONES SETTINGS**

Zones include minimum and maximum values for heart rate, pace/speed, and cadence between which you want to stay during your workouts.

1. Press MODE until CONFIGURE displays.
2. Press UP to select ZONES, and then press SELECT.

#### **SET UP HEART RATE ZONES**

From the ZONES menu:

1. Press UP to select HEART RATE, and then press SELECT.
2. Set your target Heart Rate zone:
  - a. Press SELECT to open the TARGET setting screen.
  - b. Press UP or DOWN to select the zone you want as your target heart rate zone.
  - c. Press DONE.
3. Manually configure your heart rate zones:
  - a. Press UP or DOWN to select SETUP, and then press SELECT.
  - b. Press UP or DOWN to change the blinking value, and press NEXT to move to the next value. Continue doing this through all five zones.
  - c. Press DONE.
4. Choose whether to use custom heart rate zones or preconfigured ones:

Choose ZONE to use preconfigured zones, or CUSTOM to use the zone values you entered manually.

  - a. Press UP or DOWN to select BASED ON, and then press SELECT.
  - b. Press UP or DOWN to select ZONE or CUSTOM, and then press SELECT. A check mark displays.
  - c. Press DONE.
5. Set your maximum heart rate:
  - a. Press DOWN to select MAXIMUM, and then press SELECT.
  - b. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
  - c. Press DONE.

#### **SET UP PACE OR SPEED ZONES**

You can set the minimum and maximum pace or speed you want to maintain during all workouts. An alert will sound if your speed or pace falls below the minimum or rises above the maximum.

These settings are overridden in Interval Timer mode if you set pace or speed zones for individual intervals.

From the ZONES menu:

1. Press UP or DOWN to select PACE-SPEED, and then press SELECT.
2. Press UP or DOWN to select PACE or SPEED, and then press SELECT. A check mark appears.
3. Press DOWN to select SETUP, and then press SELECT.
4. Press UP or DOWN to select PACE or SPEED, and then press SELECT.
5. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
6. Press DONE.

### **SET UP CADENCE ZONES**

You can set the maximum and minimum steps per minute you want to maintain during all workouts. An alert will sound if your cadence falls below the minimum or rises above the maximum.

These settings are overridden in Interval Timer mode if you set a cadence zone for individual intervals.

From the ZONES menu:

1. Press UP or DOWN to select CADENCE, and then press SELECT.
2. Press DOWN to select SETUP, and then press SELECT.
3. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value
4. Press DONE.

### **CONFIGURE GOALS SETTINGS**

You can set goals for the amount of distance or altitude you want to achieve during all workouts. An alert sounds when you have reached this goal.

These settings are overridden in Interval Timer mode if you set goals for individual intervals.

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select GOALS, and then press SELECT.
3. Press UP or DOWN to select DISTANCE or ALTITUDE, and then press SELECT.
4. Press UP or DOWN to select ON, and then press SELECT.
5. Press DOWN to select SETUP, and then press SELECT.
6. Press UP or DOWN to change the blinking value, and then press NEXT to move to the next value.
7. Press DONE.

### **CONFIGURE UNITS SETTINGS**

Choose the type of units to use globally and for specific watch functions.

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select UNITS, and then press SELECT.

### **SET UP GLOBAL UNITS**

Selecting English or Metric global units changes all individual units to the defaults for English and Metric respectively.

From the UNITS menu:

1. Press SELECT to open the GLOBAL menu.
2. Press UP or DOWN to select ENGLISH or METRIC, and then press SELECT.
3. Press DONE.

### **SET UP HEART RATE UNITS**

Heart rate units determine whether your heart rate is displayed in beats per minute (BPM) or as a percentage of your maximum heart rate.

1. Press UP or DOWN to select the HEART RATE, and then press SELECT.
2. Press UP or DOWN to select BPM or % OF MAX, and then press SELECT. A check mark displays.
3. Press DONE.

**NOTE:** Pace is shown in Minutes (') and Seconds (")

### **SET UP SPEED – PACE UNITS**

Choose whether your speed and pace will be displayed in miles per hour (MPH)/minutes per mile (MI) or kilometers per hours (KPH)/minutes per kilometer (KM).

1. Press UP or DOWN to select SPEED-PACE, and then press SELECT.

2. Press UP or DOWN to select MPH-MI or KPH-KM, and then press SELECT. A check mark displays.
3. Press DONE.

### SET UP DISTANCE UNITS

Distance units determine whether your distances are measured in Miles or Kilometers.

1. Press UP or DOWN to select DISTANCE, and then press SELECT.
2. Press UP or DOWN to select either MILES or KM, and then press SELECT. A check mark displays.
3. Press DONE.

### SET UP ALTITUDE UNITS

Altitude units determine whether your altitude is measured in Feet or Meters.

1. Press UP or DOWN to select the ALTITUDE, and then press SELECT.
2. Press UP or DOWN to select FEET or METERS, and then press SELECT. A check mark displays.
3. Press DONE.

### SET UP WEIGHT UNITS

Weight units determine whether your weight is measured in pounds (LB) or kilograms (KG).

1. Press UP or DOWN to select WEIGHT, and then press SELECT.
2. Press UP or DOWN to select LB or KG, and then press SELECT. A check mark displays.
3. Press DONE.

### SET UP HEIGHT UNITS

Height units determine whether your height is measured in inches (IN) or centimeters (CM).

1. Press DOWN to select HEIGHT, and then press SELECT.
2. Press UP or DOWN to select IN or CM, and then press SELECT. A check mark displays.
3. Press DONE.

## CONFIGURE USER SETTINGS

### SET UP PERSONAL INFORMATION

Enter your personal information to ensure accurate calculations during workouts.

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select USER, and then press SELECT. The USER menu opens.
3. Press UP or DOWN to select the setting to change, and then press SELECT. The SETTING menu opens.
4. Change the values to match your personal data.
  - Press UP or DOWN to change a numerical value, and press NEXT to move to the next value. Press DONE to go back to the USER menu.
  - Press UP or DOWN to select a non-numerical value, and then press SELECT to apply the check mark. Press BACK to go back to the USER menu.
5. Repeat for Birthday, Gender, Weight, Height, and Activity.

BIRTHDAY	Set the month, day, and year of your birth.
GENDER	Select MALE or FEMALE.
WEIGHT	Enter your weight (in LB or KG, depending on your UNITS settings)
HEIGHT	Enter your height (in IN or CM, depending on your UNITS settings)
ACTIVITY	Select a level and type for the activity you will participate in the most.

**NOTE:** A Brick workout is comprised of two or more sports disciplines (usually bike followed by run) and performed back-to-back when used to train multisport athletes.

## CONFIGURE WATCH SETTINGS

The watch configuration provides you the option to set the button beep, hourly chime, zone alert, and GPS time synchronization.

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select WATCH, and then press SELECT.

### SET UP BUTTON BEEP

Set whether the watch will beep when a button is pressed. Pressing the INDIGLO® button will not make the watch beep.

1. Press SELECT to open BUTTON menu.
2. Press UP or DOWN to select BEEP OFF or BEEP ON, and then press SELECT. A check mark displays.
3. Press DONE.

### **SET UP HOURLY CHIME**

Set whether the watch will chime at the top of every hour.

1. Press UP or DOWN to select HOURLY, and then press SELECT.
2. Press UP or DOWN to select CHIME OFF or CHIME ON, and then press SELECT. A check mark displays.
3. Press DONE. The N icon displays in the status bar in Time of Day mode.

### **SET UP ZONE ALERT**

Set whether the watch will alert you when your heart rate, pace/ speed, or other values are out of the limits you specified, and whether the alert will be silent or audible.

1. Press UP or DOWN to select ZONE ALERT, and then press SELECT.
2. Press UP or DOWN to select NONE, AUDIBLE, or SILENT, and then press SELECT. A check mark displays.
3. Press DONE.

### **SET UP GPS SYNC**

Set whether the watch will update the current time according to data received from a satellite via GPS.

1. Press DOWN to select GPS TIME, and then press SELECT.
2. Press UP or DOWN to select SYNC OFF or SYNC ON, and then press SELECT. A check mark displays.
3. Press DONE.

## **CONFIGURE RECORDING SETTINGS**

The Recording configuration provides you the option to change recording rate of the sensor data to any of the following: 1-second, 2-seconds, 4-seconds, or 8-seconds. The default is 2 seconds.

The lower the Recording setting, the more accurate the tracking will be. Higher recording rates lose some accuracy, but enable you to store more data in the watch.

To configure the Recording settings:

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select RECORDING, and then press SELECT.
3. Press UP or DOWN to select 1 SEC, 2 SEC, 4 SEC, or 8-SEC, and then press SELECT. A check mark displays.
4. Press DONE. The Recording changes will take effect the next time the Chrono, Interval Timer, or Timer modes are reset.

## **CONFIGURE SMOOTHING SETTINGS**

Set whether the watch records values for altitude, pace and speed for more reactive or less variable data collection.

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select SMOOTHING, and then press SELECT.
3. Press UP or DOWN to select ALTITUDE, PACE, or SPEED, and then press SELECT.
4. Press UP or DOWN to select ON or OFF, and then press SELECT. A check mark displays.
5. Press DONE.

## **CONFIGURE CONTRAST SETTINGS**

Set how dark or light the watch display appears to the level that is easiest for you to read. Lower numbers mean a lighter display, while higher numbers mean a darker display.

1. Press MODE until CONFIGURE displays.
2. Press DOWN to select CONTRAST, and then press SELECT.
3. Press UP or DOWN to increase or decrease the contrast.
4. Press DONE.

## CARE AND MAINTENANCE

### WATER RESISTANCE

The Run Trainer™ GPS watch is water resistant to 50 meters.

Water-Resistance Depth	p.s.i.a. *Water Pressure Below Surface
50m /160ft	86

\*pounds per square inch absolute

**WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.**

- Watch is water-resistant only as long as lens, push buttons, and case remain intact.
- Watch is not a dive watch and should not be used for diving.
- Rinse watch with fresh water after exposure to salt water.

## WARRANTY & SERVICE

### TIMEX INTERNATIONAL WARRANTY (U.S. LIMITED WARRANTY)

Your Timex® GPS watch is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Timex® product by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

**IMPORTANT:** PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:

1. after the warranty period expires;
2. if the product was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens or crystal, strap or band, sensor case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your GPS watch to Timex, one of its affiliates or the Timex retailer where the GPS watch was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your GPS watch to cover postage and handling (this is not a repair charge): a US\$ 8.00 check or money order in the U.S.; a CAN\$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. Germany/Austria: +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, Repair Mailer for your convenience in obtaining factory service.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON	
Original Purchase Date:	_____
(attach a copy of sales receipt, if available)	
Purchased by:	_____
(name, address, telephone number)	
Place of Purchase:	_____
(name and address)	
Reason for Return:	_____
_____	



## DECLARATION OF CONFORMITY

**Manufacturers Name:** Timex Group USA, Inc.

**Manufacturers Address:** 555 Christian Road  
Middlebury, CT 06762  
United States of America

declares that the product:

**Product Name:** Timex® Run Trainer™ GPS System

**Model Numbers:** M878, M503

conforms to the following specifications:

**R&TTE: 1999/05/EC**

**Standards:**

EETSI EN 300 440-1 - V1.4.1 :2008 (M503)  
ETSI EN 300 440-2 - V1.2.1 :2008 (M503)  
ETSI EN 300 400-1 - V1.5.1 :2008 (M878)  
ETSI EN 300 440-2 - V1.3.1 :2008 (M878)  
ETSI EN 301 489-1 V1.8.1:2008 (M503)  
ETSI EN 301 489-3 V1.4.1:2002 (M503)  
UL 60950-1 (878)  
CSA C22.2# 60950-1 (878)  
IEC 60950-1 (878)

**Digital Device Emissions**

**Standards:**

FCC Part 15 Subpart B/EN 55022/AZ/NZS Cisp r 22 (878)  
FCC 47CFR 15B cIB (878)  
CENELEC EN 55022 (878)  
SAI AS/NZS CISPR 22 (878)

**Immunity- Reference EN 55024**

**Standards:** CENELEC EN 55024

**LVD: 2006/95/EC**

**Standards:** CENELEC EN 60950-1/A11:2009 (M503)  
CENELEC EN 60950-1:2006 ED:2(M878)

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 2006/95/EC, and carries the CE marking accordingly.

Agent:



David Wimer  
Quality Engineer

Date: 9 September, 2011, Middlebury, Connecticut, U.S.A

*This is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning any exercise programs.*

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