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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. When the battery is low, a message appears on your device. The device also beeps or vibrates if audible tones are turned on (Setting the Device Sounds, page 9).Setting a Recurring AlertA recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.1Select Menu > Activity Settings > Alerts > Add New.2Select an option:ÅÅÅ Select Custom, select a message, and select an alert type.ÅÅÅ Select Time, Distance, or Calories.3Enter a value.Each time you reach the alert value, a message appears. Advanced heartbeat analytics by Firstbeat. For example, you can customize one of the data screens to display your lap pace or heart rate zone.1Select Menu > Activity Settings > Data Screens.2Select a screen.Some screens can only be turned on or off.3If necessary, edit the number of data fields.4Select a data field to change it.5AlertsYou can use alerts to train toward specific heart rate, pace, time, distance, cadence, and calories goals and to set run/walk time intervals.Setting Range AlertsA range alert notifies you when the device is above or below a specified range of values. The foot pod is on standby and ready to send data (like the heart rate monitor).After 30 minutes of inactivity, the foot pod powers off to conserve the battery. The Cooper InstituteÅÅ, as well as any related trademarks, are the property of The Cooper Institute. These trademarks may not be used without the express permission of It is a Google brand, Inc., for example, you can customize data screens and enable training and functionality of training. Customand the data screens you can persize data screens based on the training objectives or optional accessories. This function is useful if your activity includes arrest lights or other places where it is necessary to slow down or arrest. Note: The chronology is not recorded while the timer is arrested or paused. Javascript must be enabled to use this site. Enable JavaScript in the browser and update the page. Go to www.garmin.com for current updates and additional information on the use of this product.Garminâ € Å©, the Garmin logo, Ant+â € Å©, Auto Lapâ € Å©, Auto Pauseâ € Å©, Forerunnerâ € Å© and Virbâ € Å© are brands of Garmin Ltd. The device also emits an acoustic signal or vibrates if the audible tones are activated â € ªâ € ª (setting of the device sounds, page 9). Setting uprising warning notices, execution programs use pauses on foot at regular intervals. The device also emits an acoustic signal or vibrates if the audible tones are activated â € ªâ € ª (setting the sounds of the device, page 9). Edition of a Alert1Select menu> Activities Settings> AVAIL THE Automatic pause function to automatically pause the timer when you stop moving or when the rhythm or speed falls below a specified value. You can also run outdoors using a pod to record the cadence data with the GPS rhythm and the distance. Select the Internal Activity Profile Run.3go for a race. calibration. self-calibration.

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