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You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 220. You'll find the answers to all your questions on the GARMIN FORERUNNER 220 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual GARMIN FORERUNNER 220
User guide GARMIN FORERUNNER 220
Operating instructions GARMIN FORERUNNER 220
Instructions for use GARMIN FORERUNNER 220
Instruction manual GARMIN FORERUNNER 220

GARMIN.

Forerunner® 220
Owner's Manual



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Manual abstract:

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? Visit www.thisisant.com/?directory for a list of compatible products and apps.? Table of Contents Introduction..

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..... 7 Table of Contents i Introduction **WARNING** See the Important Safety and Product Information guide in the product box for product warnings and other important information. ? Always consult your physician before you begin or modify any exercise program. ? 2 From the time of day screen, select any key (except), and select to unlock the device.

? 3 Go outside, and wait while the device locates satellites. ? It may take a few minutes to locate satellite signals. ? The satellite bars turn green, and the timer screen appears. ? Getting Started When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features. ? 1 Charge the device (page2). ? 2 Put on the optional heart rate monitor (page3). ? 3 Go for a run (page1). ? 4 Upload your run to Garmin Connect? (page1). ? 5 Register the device (page7). ? 6 Get more information (page7).

? 4 5 6 7 Keys Select to start the timer. ? Go for a run. ? After you complete your run, select to stop the timer. ? Select an option: ? Select Resume to restart the timer. ? ? Select Save to save the run and reset the timer.

? A summary appears. ? NOTE: You can now upload your run to Garmin Connect. ? ? Select Discard to delete the run. ? Using Garmin Connect Select to turn the backlight on and off. ? Hold to turn the device on and off.

? Select to unlock the device. ? Select to start and stop the timer. ? Select to choose an option or to acknowledge a message. ? Select to mark a new lap. ? Select to return to the previous screen. ? Select to scroll through the data screens, options, and settings. ? Hold to scroll quickly. ? You can upload all of your activity data to Garmin Connect for comprehensive analysis. ? With Garmin Connect, you can view a map of your activity, and share your activities with friends. ? 1 Connect the device to your computer using the USB cable.

? 2 Go to www.garminconnect.com/?start. ? 3 Follow the on-screen instructions. ? Garmin Connect You can connect with your friends on Garmin Connect. ? Garmin Connect gives you the tools to track, analyze, share, and encourage each other. ? Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. ? To sign up for a free account, go to www.garminconnect.com/?start.

? Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want. ? Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, VO2 max.?, running dynamics, an overhead map view, pace and speed charts, and customizable reports. ? NOTE: Some data requires an optional accessory such as a heart rate monitor. ? Status Icons Icons appear at the top of the home screen.

? A flashing icon means the device is searching for a signal. ? A solid icon means the signal was found or the sensor is connected. ? GPS status Bluetooth technology status Heart rate status Foot pod status Going for a Run The device comes partially charged. ? You may need to charge the device (page2) before going for a run. ? 1 Hold to turn on the device.

? Introduction 1 Plan your training: You can choose a fitness goal and load one of the day-by-day training plans. ? Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites. ? 3 Charge the device completely. ? Training Workouts You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. ? You can create workouts using Garmin Connect or select a training plan that has built-in workouts from Garmin Connect, and transfer them to your device. ? You can schedule workouts using Garmin Connect. ? You can plan workouts in advance and store them on your device. ? Bluetooth Connected Features The Forerunner has several Bluetooth connected features for your compatible smartphone or mobile device using the Garmin Connect Mobile application. ? For more information, go to www.garmin.com.

[com/?intosports?/?apps](http://www.garmin.com/?intosports?/?apps). ? LiveTrack: Allows friends and family to follow your races and training activities in real time. ? You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page. ? @@@@You can wirelessly send one or more files to your Forerunner.



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? Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect. Following a Workout From the Web Before you can download a workout. ? Select Rest. ? Select Distance, Time, or Open. ? @@Select one or more options: ? To set the number of repetitions, select Repeat. ? ? @@? @@@@It should be snug enough to stay in place during your activity.

? @@4 Follow the on-screen instructions. ? @@2 Select .? @@@@@At any time, select to end an interval. ? ? At any time, select to stop the timer. ? ? @@@@@2 Select a record.

? 3 Select View Record. ? Clearing a Personal Record 1 Select Menu > Records. ? 2 Select a record to delete. ? @@1 Select Menu > Records. ? 2 Select a record to restore.

? ANT+ ? Sensors The Garmin logos should be right-side up. ? 5 Bring the device within 10ft. ? (3m) of the heart rate monitor. ? @@@@ @@@@ @@@@2 Select an option: ? Select BPM to view and edit the zones in beats per minute. ? ? Select %Max. ? @@? @@Select Max. ? HR, and enter your maximum heart rate. ? 3 4 Select a zone, and enter a value for each heart rate zone. ? 5 Select Resting HR, and enter your resting heart rate. ? @@A heart rate zone is a set range of heartbeats per minute.

? @@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 (page8) 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. ? The default maximum heart rate is 220 minus your age. ? Pairing Your ANT+ Sensors Before you can pair, you must put on the heart rate monitor or install the sensor.

? Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin device. ? 1 Bring the device within range (3m) of the sensor. ? NOTE: Stay 10m away from other ANT+ sensors while pairing. ? 2 Select Menu > Settings > Sensors > Add Sensor. ? 3 Select a sensor.

? When the sensor is paired with your device, a message appears. ? You can customize a data field to display sensor data. ? Foot Pod Your device is compatible with the foot pod. ? You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. ? 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. ? When the battery is low, a message appears on your device. ? Approximately five hours of battery life remain. ? Going for a Run Using a Foot Pod Before you go for a run, you must pair the foot pod with your device (page4). ? You can run indoors using a foot pod to record pace, distance, and cadence. ? You can also run outdoors using a foot pod to record cadence data with your GPS pace and distance. ? 1 Install your foot pod according to the accessory instructions. ? 2 If necessary, turn off GPS (page6). ? 3 Select to start the timer. ? 4 Go for a run.

? 5 After you complete your run, select to stop the timer. ? History History includes time, distance, calories, average pace or speed, lap data, and optional ANT+ sensor information. ? NOTE: When the device memory is full, your oldest data is overwritten. ? Tips for Erratic Heart Rate Data If the heart rate data is erratic or does not appear, you can try these tips. ? ? Reapply moisture to the electrodes and contact patch. ? You can use water, saliva, or electrode gel. ? ? Tighten the strap on your chest. ? ? Warm up for 5?10 minutes. ? ? Wash the strap after every seven uses (page7). ? ? 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 that can interfere with your heart rate monitor. ? Sources of interference may include strong electromagnetic fields, some 2.4 Ghz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 Ghz cordless phones, and wireless LAN access points.

? ? Replace the battery (page7). ? Viewing History 1 2 3 4 Select Menu > History > Activities. ? Use and to view your saved activities. ? Select an activity. ? Select an option: ? Select Details to view additional information about the activity.

? ? Select Laps to select a lap and view additional information about each lap. ? ? Select Delete to delete the selected activity. ? Viewing Data Totals You can view the accumulated distance and time data saved to your device. ? 1 Select Menu > History > Totals. ? 2 Select an option to view weekly or monthly totals. ? 4 History Deleting History 1 Select Menu > History > Options. ? 2 Select an option: ? Select Delete All Activities to delete all activities from the history. ? ? Select Reset Totals to reset all distance and time totals. ? NOTE: This does not delete any saved activities. ? 3 Confirm your selection.

? Data Management NOTE: The device is not compatible with Windows 95, 98, Me, Windows NT, and Mac OS 10. ?3 and earlier. ? Setting Range Alerts A range alert notifies you when the device is above or below a specified range of values. ? For example, if you have an optional heart rate monitor, you can set the device to alert you when your heart rate is below 90 beats per minute (bpm) and over 180bpm. ? 1 Select Menu > Settings > Activity Settings > Alerts. ? 2 Select Heart Rate or Pace. ? 3 Turn on the alert. ? 4 Enter the minimum and maximum values. ? Each time you exceed or drop below the specified range, a message appears. ? The device also beeps or vibrates if audible tones are turned on (page6).

? Setting Walk Break Alerts Some running programs use timed walking breaks at regular intervals. ? For example, during a long training run, you can set the device to alert you to run for 4 minutes, and then walk for 1 minute, and repeat. ? Auto Lap functions correctly while you are using the run/walk alerts. ? 1 Select Menu > Settings > Activity Settings > Alerts > Run/ Walk > Status > On. ? 2 Select Run Time, and enter a time.

? 3 Select Walk Time, and enter a time. ? Each time you reach the alert value, a message appears. ? The device also beeps or vibrates if audible tones are turned on (page6). ? Deleting Files NOTICE If you do not know the purpose of a file, do not delete it. ? Your device memory contains important system files that should not be deleted.

? 1 2 3 4 Open the Garmin drive or volume. ? If necessary, open a folder or volume. ? Select a file.



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? Press the Delete key on your keyboard.? Disconnecting the USB Cable If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss.? If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.? 1 Complete an action: ? For Windows computers, select the Safely Remove Hardware icon in the system tray, and select your device.? ? For Mac computers, drag the volume icon to the trash.? 2 Disconnect the cable from your computer.? Using Auto Pause You can use Auto Pause to pause the timer automatically when you stop moving or when your pace drops below a specified value.

? This feature is helpful if your activity includes stop lights or other places where you need to slow down or stop.? NOTE: History is not recorded while the timer is stopped or paused.? 1 Select Menu > Settings > Activity Settings > Auto Pause.? 2 Select an option: ? Select When Stopped to pause the timer automatically when you stop moving.? ? Select Custom to pause the timer automatically when your pace drops below a specified value.? Customizing Your Device Setting Up Your User Profile You can update your gender, birth year, height, weight, and heart rate zone (page3) settings.? The device uses this information to calculate accurate training data.? 1 Select Menu > Settings > User Profile.? 2 Select an option.? Marking Laps by Distance You can use Auto Lap to mark a lap at a specific distance automatically.

? This feature is helpful for comparing your performance over different parts of a run (for example, every 1 mile or 5 kilometers).? 1 Select Menu > Settings > Activity Settings > Auto Lap > Distance.? 2 Select a distance.? Each time you complete a lap, a message appears that displays the time for that lap.? The device also beeps or vibrates if audible tones are turned on (page6).

? If necessary, you can customize the data screens to display additional lap data.? Activity Settings These settings allow you to customize your device based on your training needs.?? For example, you can customize data screens and enable alerts and training features.?? Customizing the Data Screens You can customize data screens for your activity settings.? 1 Select Menu > Settings > Activity Settings > Data Screens.

? Using Auto Scroll You can use the auto scroll feature to cycle through all of the training data screens automatically while the timer is running.? 1 Select Menu > Settings > Activity Settings > Auto Scroll.? 2 Select a display speed.? 2 Select a screen.? 3 If necessary, enable the data screen.? 4 If necessary, select a data field.? Alerts You can use alerts to train toward specific heart rate and pace goals and to set running and walking time intervals.? Timeout Settings The timeout settings affect how long your device stays in training mode, for example, when you are waiting for a race to start.? Select Menu > Settings > Activity Settings > Timeout.? 5 Customizing Your Device Normal: Sets the device to enter low-power watch mode after 5 minutes of inactivity.

? Extended: Sets the device to enter low-power watch mode after 25 minutes of inactivity.? The extended mode can result in shorter battery life between charges.? System Settings Select Menu > Settings > System.? ? Language (page6) ? Time Settings (page6) ? Backlight Settings (page6) ? Sound Settings (page6) ? Unit Settings (page6) ? Theme Color (page6) ? GPS (page6) ? Format Settings (page6) Select Menu > Settings > System > GPS > Off.? When GPS is off, speed and distance are calculated using the accelerometer in the device.? The accelerometer is self-calibrating.? The accuracy of the speed and distance data improves after a few outdoor runs using GPS.? The next time you turn on or unlock the device, it searches for satellite signals.? Format Settings Select Menu > Settings > System > Format.? Running: Sets the device to display speed or pace.

? Start of Week: Sets the first day of the week for your weekly history totals.? Device Information Specifications Forerunner Specifications Battery type Battery life Water resistance Rechargeable, built-in lithium-ion battery Up to 6 weeks in watch mode Up to 10 hours in GPS mode 164ft. (50m) Changing the Device Language Select Menu > Settings > System > Language.? Time Settings Select Menu > Settings > System > Clock.? Time Format: Sets the device to show time in a 12-hour or a 24-hour format.

? Set Time: Allows you to set the time manually or automatically based on your GPS position.? Time Zones Each time you turn on the device and acquire satellites, the device automatically detects your time zone and the current time of day.? Setting the Time Manually By default, the time is set automatically when the device acquires satellite signals.? 1 Select Menu > Settings > System > Clock > Set Time > Manual.? 2 Select Time, and enter the time of day.? Setting the Alarm 1 Select Menu > Settings > Alarm > Status > On.? 2 Select Time, and enter a time.? Operating temperature From -4 to 140F (from -20 to 60C) range Charging temperature From 32 to 113F (from 0 to 45C) range Radio frequency/ protocol 2.4GHz ANT?+ wireless communications protocol Bluetooth Smart wireless technology Heart Rate Monitor Specifications Battery type Battery life Water resistance User-replaceable CR2032, 3 volts Up to 4.25 years (1 hour per day) Water resistant to 98.24 ft. (30 m) NOTE: This product does not transmit heart rate data while swimming.? From 23 to 122F (from -5 to 50C) 2.4 GHz ANT?+ wireless communications protocol Operating temperature range Radio frequency/ protocol Backlight Settings Select Menu > Settings > System > Backlight.? Mode: Sets the backlight to turn on manually or for keys and alerts.

? Timeout: Sets the length of time before the backlight turns off.? Device Care NOTICE Avoid extreme shock and harsh treatment, because it can degrade the life of the product.? Avoid pressing the keys under water.? Do not use a sharp object to clean the device.? Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.? Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals.? Prolonged exposure to these substances can damage the case.? Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.? Setting the Device Sounds The device sounds include key tones, alert tones, and vibrations.? Select Menu > Settings > System > Sounds.

? Changing the Units of Measure You can customize units of measure for distance, pace and speed, and weight.? 1 Select Menu > Settings > System > Units.? 2 Select a measurement type.? 3 Select a unit of measure.? Changing the Theme Color 1 Select Menu > Settings > System > Theme Color.



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? 2 Select a color.? Training Indoors You can turn GPS off when you are training indoors or to save battery life.? 6 Cleaning the Device 1 Wipe the device using a cloth dampened with a mild detergent solution.? 2 Wipe it dry.? Device Information Caring for the Heart Rate Monitor NOTICE You must unsnap and remove the module before cleaning the strap.

? A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.? ? Go to www.garmin.com/?HRMcare for detailed washing instructions.? ? Rinse the strap after every use.? ? Machine wash the strap after every seven uses.? ? Do not put the strap in a dryer.? ? When drying the strap, hang it up or lay it flat.? ? To prolong the life of your heart rate monitor, unsnap the module when not in use.? Resetting the Device If the device stops responding, you may need to reset it.

? This does not erase any of your data or settings.? 1 Hold for 15 seconds.? The device turns off.? 2 Hold for one second to turn on the device.? Clearing User Data You can restore all of the device settings to the factory default values.? NOTE: This deletes all user-entered information, but it does not delete your history.? 1 Hold , and select Yes to turn off the device.? , hold to turn on the device.? @@@@Perchlorate Material ? special handling may apply.? @@ You can reset all settings back to the factory default values.

? @@Select Menu > Settings > System > About.? 2 Remove the cover and battery.? Updating the Software Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express? Fit application.? 1 Connect the device to your computer using the USB cable.? When new software is available, Garmin Express Fit sends it to your device.

? Follow the on-screen instructions.? 2 3 Do not disconnect your device from the computer during the update process.? 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.? NOTE: Do not overtighten.? After you replace the heart rate monitor battery, you may need to pair it with the device again.? Maximizing Battery Life ? Shorten the backlight timeout (page6).? ? Shorten the timeout to watch mode (page5).? ? Turn off the Bluetooth wireless feature (page2).? Switching to Watch Mode Troubleshooting 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.? You can put the device into a low-power watch mode that locks the device and maximizes battery life.? 1 Select until appears.? The device is in watch-only mode.? 2 Select any key (except), and select to unlock the device.? Turning Off the Device For long-term storage and to maximize battery life, you can turn off the device.? Hold , and select Yes to turn off the device.? Getting More Information ? Go to www.garmin.com/?intosports.

? ? Go to www.garmin.com/?learningcenter.? ? Go to <http://?/?/?/buy?.garmin?>.

com, or contact your Garmin dealer for information about optional accessories and replacement parts.? Troubleshooting 7 Appendix Heart Rate Zone Calculations Zone % of Maximum Heart Rate 1 50?60% Perceived Exertion Benefits reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software.? You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America or the export control laws of any other applicable country.? Relaxed, easy pace, rhythmic breathing Comfortable pace, slightly deeper breathing, conversation possible Moderate pace, more difficult to hold conversation Fast pace and a bit uncomfortable, breathing forceful Sprinting pace, unsustainable for long period of time, labored breathing Beginning-level aerobic training, reduces stress Basic cardiovascular training, good recovery pace Improved aerobic capacity, optimal cardiovascular training Improved anaerobic capacity and threshold, improved speed Anaerobic and muscular endurance, increased power 2 60?70% 3 70?80% 4 80?90% 5 90?100% Data Fields Some data fields require ANT?+ accessories to display data.? Average HR: The average heart rate for the current activity.

? Average Pace: The average pace for the current activity.? Cadence: The steps per minute (right and left combined).? Calories: The amount of total calories burned.? Distance: The distance traveled for the current track or activity.? Heart Rate: Your heart rate in beats per minute (bpm).? Your device must be connected to a compatible heart rate monitor.? HR Zone: The current range of your heart rate (1 to 5).? The default zones are based on your user profile and maximum heart rate (220 minus your age).? Lap Distance: The distance traveled for the current lap.? Lap Pace: The average pace for the current lap.

? Lap Time: The stopwatch time for the current lap.? Pace: The current pace.? Speed: The current rate of travel.? Timer: The stopwatch time for the current activity.? Software License Agreement BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT.? PLEASE READ THIS AGREEMENT CAREFULLY.? Garmin Ltd.? and its subsidiaries (?Garmin?) grant you a limited license to use the software embedded in this device (the ?Software?) in binary executable form in the normal operation of the product.? Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its thirdparty providers.? You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United States of America copyright laws and international copyright treaties.

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