Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 310XT. You'll find the answers to all your questions on the GARMIN FORERUNNER 310XT 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 310XT
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GARMIN. owner's manual

FORERUNNER® 310XT

MULTISPORT GPS TRAINING DEVICE

Manual abstract:

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This product was produced under the following United States patents and their foreign equivalents. EP1507474 (A1), US7460901, EP1545310 (A1),US7192401 (B2) and U20080279. WO03099114(A1) (Pat. Pend.), EP1507474 (A1), US7460901(B2), WO2004016173 (A1) (Pat. Pend.),EP1545310 (A1) (Pat. Pend.), U20080279 (Pat.Pend.

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. 49 Forerunner 310XT Owner's Manual Introduction Introduction warning: Always consult your physician before you begin or modify any exercise program. See the Important Safety and Product Information guide in the product box for product warnings and other important information. This product contains a nonreplaceable lithium-ion battery. Free Software Go to www.garmin.com/intosports for information about Garmin ConnectTM Web-based software or the Garmin Training Center® computer software. Use this software to store and analyze your workout data. Contact Garmin More Information For information about accessories, go to http://buy.garmin.

com, or contact your Garmin dealer. Product Registration 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. Forerunner 310XT Owner's Manual Contact Garmin Product Support if you have any questions while using your Forerunner. In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397. 8200 or (800) 800.1020. In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000. In Europe, go to www. garmin.com /support and click Contact Support for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241. 1 Introduction Keys power · Press and hold to turn the Forerunner on and off.

· Press to turn on and to adjust the backlight. A status page appears. · Press to pair with your ANT+TM weight scale (page 34). mode · Press to view the timer and the menu. The map and the compass also appear if they are active. · Press to exit a menu or a page. Your settings are saved. · Press and hold to switch sport modes. lap/reset · Press to create a new lap. · Press and hold to reset the timer.

start/stop Press to start or to stop the timer. enter Press to select options and to acknowledge messages. arrows (up/down) · Press to scroll through menus and settings. Press and hold to scroll quickly through the settings. · Press to scroll through training pages during a workout. · On the Virtual Partner® page, press and hold to adjust the Virtual Partner pace. Forerunner 310XT Owner's Manual Getting Started Getting Started Charging the Battery Caution: To prevent corrosion, thoroughly dry the charging contacts and the surrounding area before charging. Contacts tiP: The Forerunner will not charge when outside the temperature range of 32°F to 122°F (0°C to 50°C). 1. Plug the USB connector on the charging clip cable into the AC adapter.

2. Plug the AC adapter into a standard wall outlet. 3. Align the charging clip posts with the contacts on the back of the Forerunner. 4. Clip the charger securely over the face of the Forerunner. Chargng clp A fully charged battery will last up to 20 hours, depending on usage. Turning on the Device Press and hold Forerunner. to turn on your Forerunner 310XT Owner's Manual 3 Getting Started Configuring the Forerunner The Forerunner uses your user profile to calculate accurate calorie data. See page 9 for information on activity class and lifetime athlete information.

1. Follow the on-screen instructions to configure the Forerunner and set your user profile. 2. Press to view choices and change the default selection. 3. Press enter to make a selection. A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less. Acquiring Satellite Signals If you are using an ANT+ heart rate monitor, select Yes during the configuration to allow the heart rate monitor to pair (connect) with your Forerunner. See page 5 for more information. When you initially turn on the Forerunner and are completing the initial setup, use the table on page 9 to set your activity class.

Indicate if you are a lifetime athlete. It may take 3060 seconds to acquire satellite signals. Go outdoors to an open area. For the best reception, ensure that the face of the Forerunner is oriented toward the sky.

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When the Forerunner has acquired satellite signals, the training page appears with the satellite icon ( ) at the top. note: By default, the settings on your Forerunner update the time and correct time zone automatically according to satellite information. Forerunner 310XT Owner's Manual Getting Started Pairing the Heart Rate Monitor (Optional) Electrodes Heart Rate Monitor Strap (Back) While you are trying to pair your heart rate monitor with your Forerunner for the first time, move 10 m away from other heart rate monitors. Using the Heart Rate Monitor The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run. Heart Rate Monitor Module (Front) Snaps 1. Snap one side of the strap to the heart rate monitor module. 2. Wet both electrodes on the back of the heart rate monitor strap to create a strong connection between your chest and the transmitter. 3.

Wrap the strap around your chest, and snap it to the other side of the module. note: The Garmin logo should be right-side up. 4. Bring the Forerunner within range (3 m) of the heart rate monitor. Heart Rate Monitor Module (Back) note: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 510 minutes.

Forerunner 310XT Owner's Manual Getting Started 5. Press mode > select Settings > Run Settings > Heart Rate > ANT+ HR > Yes. Heart Rate Settings For the most-accurate calorie data, set your maximum heart rate and resting heart rate. You can set five heart rate zones to help you to measure and increase your cardiovascular strength. If you configured your device in the initial setup to include a heart rate monitor, this step is unnecessary. 1. Press mode > select Settings > Run Settings > Heart Rate > HR Zones. 2. Follow the on-screen instructions. 1.

Press and hold mode to change the sport mode. 2. Press mode > select Settings > Select the sport setting. Customizing Your Sport Settings (Optional) Select Data Fields to customize up to four data pages for your activity (page 28). 1. Press mode to view the training page. 2. Press start to start the timer. 3. After completing your activity, press stop.

4. Press and hold reset to save your activity and reset the training page. Go Work Out! note: Press and hold mode and change the sport settings. Follow steps 1 and 2 to configure your heart rate settings for biking and other sports modes. Forerunner 310XT Owner's Manual Getting Started 1. Go to www.garmin.com /intosports. 2. Click Garmin Connect, and create a free myGarminTM account.

3. Follow the on-screen instructions. Downloading Free Software 3. Follow the on-screen instructions. 4. Ensure pairing is enabled. 5. Use Garmin Connect to view and analyze your data. Locking the Keys Sending Workout Data to Your Computer You can lock the keys on your Forerunner. This decreases the chance of accidentally pressing a key when taking the device on and off.

1. Press mode and simultaneously to lock the keys. 2. Press mode and simultaneously to unlock the keys. note: You must down Off · When Stopped--pauses timer automatically when you stop moving. · Custom Pace--pauses timer automatically when your speed drops below a specified value. 11 note: When doing a course (see page 18), use By Position to mark laps at all of the lap positions marked in the course. Forerunner 310XT Owner's Manual Training Auto Scroll Use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running. 1. Press mode > select Settings > select the sport setting option (depends on your current sport mode see page 10).

2. Select Auto Scroll. 3. Select a display speed: Slow, Medium, or Fast. 1.

Press mode > select Settings > > select the sport setting option (depends on your current sport mode see page 10). 2. Select Heart Rate. 3. Select ANT+HR to turn on pairing with the optional heart rate monitor.

4. Select HR Zones to start the heart rate zone configuration wizard. Heart Rate Zones Caution: Consult your physician to specify heart rate zones/targets that are appropriate for your fitness level and health condition. Heart Rate Many athletes are using heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 15 according to increasing intensity. The Forerunner sets the heart rate zone ranges (see the table on page 48) based on your maximum and resting heart rates set in your user profile (page 36). 1 Forerunner 310XT Owner's Manual Training You can customize your heart rate zones in your Garmin Connect user profile and then transfer data to your Forerunner. How Do Heart Rate Zones Affect Your Fitness Goals? Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles: · Your heart rate is a good measure of exercise intensity. · Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

· Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury. 1. Press mode > select Settings > > select the sport setting option (depends on your current sport mode, see page 10). 2. Select Virtual Partner > On. Virtual Partner ® Your Virtual Partner is a unique tool designed to help you meet your training goals. The Virtual Partner competes with you every time you and the timer are running. If you make changes to the Virtual Partner pace before you start the timer, those changes are saved. Changes made to the Virtual Partner pace after the timer has started are applied only to the current session, and are not saved when the timer is reset. If you make changes to the Virtual Partner during an activity, the Virtual Partner uses the new pace from your location.

Forerunner 310XT Owner's Manual 13 Training 1. Press mode to view the training page. 2. Use to view the Virtual Partner page. Changing the Virtual Partner Pace note: Alerts do not function during interval or custom workouts.

1. Press mode > select Training > select the sport alerts option (depends on your current sport mode, see page 10). 2. Use and press enter to enter information for any of the following alarms: · Time Alert--notifies you when you have run for a specific amount of time. · Distance Alert--notifies you when you have run a specific distance.

· Calorie Alert--notifies you when you have burned a specific number of calories. · HR Alert--notifies you if your heart rate exceeds, or drops below, a specific number of beats per minute (bpm). Vrtual Partner You 3.

Press and hold to increase or decrease the VP pace. 4. To save the changes, press mode to exit or wait for the page to timeout. Alerts Use your Forerunner alerts to train toward certain time, distance, and heart rate goals. You can set separate alerts in each sport mode. 1 Forerunner 310XT Owner's Manual Training note: To use HR alerts, you must have a Forerunner 310XT and a heart rate monitor. · Cadence Alert--notifies you if your cadence exceeds, or drops below, a specific number of revolutions of crank arm per minute (rpm) or strides per minute (spm).

1. Press mode > select Training > Workouts to choose the type of workout right for you. 2. Press start. Workouts note: To use cadence alerts, you must have a Forerunner 310XT and a foot pod or bike cadence sensor. · Power Alert--notifies you if your power exceeds, or drops below, a specific value in Watts. note: While performing a workout, press to view more data pages. When you complete all steps in your workout, the "Workout Finished" message appears. Creating Interval Workouts You can create an interval workout based on time or on distance and rest portions of the workout. You can have only one interval workout created at one time.

If you create an additional interval workout, the previous workout is overwritten. 1. Press mode > select Training > Workouts > Interval. 2. Select the Type of interval workout.

note: To use power alerts, you must have a Forerunner 310XT and a power meter. Forerunner 310XT Owner's Manual 1 Training Enter the duration value. Select the Rest Type. Enter the duration value. Select More, and enter the Reps value.

7. Select Warmup Yes and Cooldown Yes (optional). 8. Select Do Workout. 9. Press start. 3. 4. 5. 6.

time until a new interval begins. To end an interval early, press the lap/reset key. Creating Custom Workouts Custom workouts can include goals for each workout step and varied distances, times, and calories. Use Garmin Connect to create and edit workouts and transfer them to your Forerunner. You can also schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your Forerunner. note: For more information about transferring data to your Forerunner, see page 7. 1. Press mode > Training > Workouts > Custom. 2. Select New. 3. Enter a workout name in the top field. 4. Select 1.

Open No Target, and then select Edit Step. Forerunner 310XT Owner's Manual Stopping a Workout 1. Press stop. 2. Press and hold reset.

If you are doing a warm up or cool down, press lap at the end of your warm-up lap to start your first interval. At the end of your last interval, the Forerunner automatically starts a cool-down lap. When you are finished cooling down, press lap to end your workout. As you approach the end of the interval, an alarm counts down the 1 Training 5. In the Duration field, select how long you want the step to last. If you select Open, you can end the step during your workout by pressing lap. 6. Below Duration, enter the value where you want the step to end. 7. In the Target field, select your goal during the step (speed, heart rate, cadence, power, or none).

8. Below Target, enter a goal value for this step (if necessary). For example, if your target is heart rate, select a heart rate zone, or enter a custom range. 9. When you are finished with this step, press mode. 10. To add another step, select <Add New Step>. Repeat steps 5-9. 11. To mark any step as a rest step, select the step.

Then select Mark as Rest Step from the menu. Rest steps are noted in your workout history. Forerunner 310XT Owner's Manual 1. Select <Add New Step>. 2 In the Duration field, select Repeat.

3. In the Back to Step field, select the step you want to return to. 4. In the Number of Reps field, enter the number of repetitions. 5.

Press mode to continue. Repeating Steps Starting a Custom Workout 1. Press mode > Training > Workouts > Custom. 2. Select the workout. 3. Select Do Workout. 4. Press start. After you begin a custom workout, the Forerunner displays each step of the workout, including the name of the step, the goal (if any), and current workout data.

As you approach the end of each step, an alarm counts down the time until a new step begins. 1 Training Stopping a Custom Workout Press lap/reset. Deleting a Custom Workout 1. Press mode > Training > Workouts > Custom. 2. Select the workout. 3. Select Delete Workout > Yes. note: For more information about transferring data to your Forerunner, see page 7. Creating Courses with Your Device Courses Another way you can use the Forerunner for custom training is to follow courses based on a previously recorded activity.

You can follow the course trying to match or exceed a previous performance. You can also race against the Virtual Partner when training with courses. Creating Courses with Garmin Connect Use Garmin Connect to create courses and course points and transfer them to your Forerunner. 1 1. Press mode > select Training > Courses > New.

2. From the History page, select an entry on which to base your course. 3. Enter a name for your course. 4.

Press mode to exit. 1. Press mode > select Training > Courses. 2. Select a course from the list. 3. Select Do Course. 4. Press start. History is recorded even if you are not on the course.

Starting a Course To end a course manually, press stop > press and hold reset. Forerunner 310XT Owner's Manual Training Warm Up You can include a warm up before you begin your course. Press start to begin the course, and then warm up. Stay away from your course path as you warm up. When you are ready to begin your course, head toward your course. When you are on any part of the course path, the Forerunner displays an "On Course" message. When you start a course, your Virtual Partner also starts the course. If you are warming up and are not on the course, the first time that you join the course, your Virtual Partner restarts the course from your current location. If you stray away from the course, the Forerunner displays an "Off Course" message. Use the navigation page to find your way back to the course.

1. Press mode > select Training > Courses. 2. Select a course from the list. 3.

Select Delete Course. 4. Select Yes to delete the course. 5. Press mode to exit.

Deleting a Course Multisport Workouts Triathletes, duathletes, and other multisport competitors can take advantage of the Forerunner's multisport workouts. When you set up a multisport workout, you can switch between sport modes and still view your total time and distance for all sports. For example, you can switch from biking mode to running mode and view your total time and distance for biking and running throughout your workout. The Forerunner stores multisport workouts in history and includes total time, distance, average heart 1 Forerunner 310XT Owner's Manual Training rate, and calories for all sports in the workout.

It also includes specific details for each sport. You can use multisport workouts manually, or you can preset multisport workouts for races and other events. Creating a Manual Multisport Workout You can create a manual multisport workout by changing sport modes during your workout without resetting the timer. When you change sport modes, press to see the Multisport timer. 1. Start and complete a workout in any sport.

Press stop to finish your workout, but do not reset the timer. 2. Press and hold mode until the Change Sport menu appears. 3. Select another sport. 0 4. Press start to begin your workout in the new sport. Creating Auto Multisport Workouts If you are participating in a race or event, you can set up an auto multisport workout that includes each sport in the event. You can also include transition time from one sport to the next. Move seamlessly from sport to sport by pressing the lap key.

1. Press mode > select Training > Auto Multisport. 2. To change a sport mode in the list, select the sport. 3.

Select an option from the menu. Edit Leg changes this sport mode to a different sport. Insert Leg inserts another sport mode before this sport. Remove Leg removes this sport mode from the list. 4.

To add a sport mode to the end of the list, select <Add Sport>. Forerunner 310XT Owner's Manual Training 5. To include transition time between each sport mode, select Include Transition. 6. To start your workout, select Start Multisport. Swimming with Your Forerunner To change from one sport mode to the next, press lap. If you have included transition time, press lap when you are finished with one sport to start the transition time. Press lap again to end the transition time and begin the next sport. Stopping Auto Multisport Press mode > select training > Stop Multisport. You can also clear a multisport workout by pressing stop and then pressing and holding reset to reset the timer.

The Forerunner is waterproof to 50 m for surface swimming. Use the timer to record your swim time. note: The Forerunner records GPS data only when you are swimming outside using the freestyle stroke. tiP: Because GPS signals may be interrupted, swimmers and triathletes should put the device in a swimming cap, for the most-accurate speed and distance data. 1. Press and hold mode > select Other. 2. Press mode > select Settings > Other Settings > Swim. 3. Select Enabled > Yes.

note: The swim setting must be turned on to get accurate distance data. 4. Press start to start the timer. Forerunner 310XT Owner's Manual 1 Training 5. When you have finished swimming, press lap or stop to view your distance and average speed in the data fields.

You must press stop to stop the timer. notiCe: Scuba diving with the Forerunner may damage the product and will void the warranty. note: During the countdown, history is not recorded. The swim setting must be turned off to access the countdown timer. 1. Press and hold mode > select Other. 2. Press mode > select Settings > Other Settings > Countdown Timer. 3. Select Countdown Timer > On. 4. Enter the countdown time. 5. Press start to begin the countdown timer. @@@@@@@@@@Press mode > select History > Activities.

2. Use to scroll through the activities. Select View More to view Averages and Maximums. @@@@Press mode > select History > Delete. 2. @@@@@@Press mode > select Settings > System > Map. 2. @@@@This dotted line is called a track. @@@@The location appears on the map with a name and a symbol. You can find, view, and go to locations at any time.

1. Go to the place where you want to mark a location. 2. @@Enter a name in the top field. 4.

Select OK. 1. Press mode > select GPS > Save Location. 2. Select the Position field.

Enter the latitude and longitude of the location you want to mark. 3. @@Press mode to view these pages. On the compass, the arrow points toward the location. Go in the direction of the arrow to reach the location. @@Press mode >select GPS > Go to Location. 2. All of your saved locations are shown. 3. Press to find a location in the list, and press enter to select.

4. Select Go To. @@@@Select the location you want to edit. 3. Change the information as necessary. @@@@For more information about GPS, go to www.garmin.com/aboutGPS. Press on the Satellite page to view satellite strength information. @@tiP: When finished selecting options or entering values on your Forerunner, press mode to save the setting.

4. Press to select the number of data fields. Data Field Options * Denotes a data field showing statute or metric units. ** Requires an optional accessory. Data Field Cadence ** Description Steps per minute or revolutions of the crank arm per minute.

Average cadence for the duration of your current ride. Average cadence for the current lap. Number of calories burned. Distance in nautical miles. Distance traveled on the current run.

Data Fields You can show/hide the following pages and customize up to four data fields on four sport-specific pages. note: You can see only the pages for the sport mode you have currently selected (page 10). 1. Press mode > select Settings > select the sport setting option (depends on your current sport mode see page 10). 2. Select Data Fields. 3. Select one of the training pages. Cadence Avg ** Cadence Lap ** Calories Dist Nautical Distance * Setting Data Fields Forerunner 310XT Owner's Manual Settings Data Field DistLap * DistLast Lap Elevation * GPS Accuracy * Description Distance traveled in the current lap. Distance of the last completed lap.

Distance above/ below sea level. Margin of error for your exact location. For example, your GPS location is accurate to within +/- 19 ft. Calculation of rise over run. For example, if for every 10 ft. you climb (elevation) you travel 200 ft. (distance), your grade is 5%. Current direction you are traveling. Data Field Heart Rate ** Description Heart rate in bpm. Heart Percentage of Rate%HRR heart rate reserve ** (maximum heart rate minus resting heart rate). Heart Rate%Max ** Heart RateAvg ** Heart RateAvg %HRR ** Percentage of maximum heart rate. Average heart rate for the run. Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the run. Grade Heading Forerunner 310XT Owner's Manual Settings Data Field Heart RateAvg %Max ** Heart RateLap ** Heart RateLap %HRR** Description Average percentage of maximum heart rate for the run. Average heart rate for the lap.

Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the lap. Average percentage of maximum heart rate for the lap. Line graph showing your current heart rate zone (1-5). Data Field Heart Rate Zone ** Description Current range of heart rate (15). The default zones are based on your user profile, maximum heart rate, and resting heart rate.

Amount of laps completed. Current pace. Average pace for the run. Average pace in the current lap.

*Average pace during the last full lap. Current power output in watts or % FTP. Laps Pace ** Pace Average ** PaceLap ** PaceLast Lap ** Power ** Heart RateLap %Max ** Heart Rate Graph ** 30 Forerunner 310XT Owner's Manual Settings Data Field Power-Avg ** Description Average power output for the duration of your current ride. Total (cumulative) amount of power output in kilojoules. Average power output in the current lap. Top power achieved during the current ride.*

*Current range of power output (1-7) based on your FTP or custom settings. Current speed. Average speed for the run. Data Field SpeedLap ** SpeedLast Lap ** Speed Nautical Speed Vertical Time TimeAvg Lap Time Elapsed Description Average speed in the current lap. Average speed during the last full lap. Speed in knots. Your rate of altitude gain/loss over time. Stop watch time. Average time to complete the laps so far. Total amount of time from the beginning to the end of the activity (including any pauses or stops).*

*Amount of time in the current lap. 31 PowerKilojoules ** Power-Lap ** Power-Max ** Power Zone ** Speed ** SpeedAvg ** TimeLap Forerunner 310XT Owner's Manual Settings Data Field TimeLast Lap Time of Day Description Amount of time to complete the last full lap. Current time based on time settings (page 33). The default setting automatically updates the time information. The total elevation distance ascended.*

The total elevation distance descended. Total Ascent Total Descent System Press mode > select Settings > System. Language--change the on-screen text language. Changing the text language does not change the 3 language of user-entered data, such as course names. To download a language not included on your device, go to www.

garmin .com/intosports and click garmin Connect. Your device can only contain one downloaded language at a time. tones and Vibrations--page 31 Display--page 33 Map--page 33 time--page 33 units--page 34 weight Scale ant+--page 34 Fitness equipment--page 34 Data transfer--page 35. initial Setup--run the initial setup to configure the Forerunner. Forerunner 310XT Owner's Manual Settings Turning Tones and Vibrations On or Off 1. Press mode > select Settings > System > Tones and Vibration. 2. Select from the following options: · Key Tones--turn key tones on or off. · Message Tones--turn message tones on or off.

· Message Vibration--turn message vibrations on or off. 1. Press mode > select Settings > System > Display. 2. Select from the following options: · Backlight Timeout--select the amount of time the backlight stays on. Use a short backlight setting to conserve battery power. · Contrast--select the amount of screen contrast. Changing the Display 1. Press mode > select Settings > System > Map. 2.

To change the orientation of the map, press enter, and select an option. · North Up--orients the map with North at the top of the screen. · Track Up--orients the map with your direction of travel at the top of the screen. 3. To show/hide waypoints on the map, select Show or Hide in the User Locations field. 4. To view the map as part of the page loop, select Yes in the Show Map field. 1. Press mode > select Settings > System > Time. 2.

Select a time format and a time zone. 33 Changing the Map Settings Changing Time Settings Forerunner 310XT Owner's Manual Settings 1. Press mode > select Settings > System > Units. 2. Select units of measure for distance, elevation, weight/height, pace/speed, and position. Changing Units of Measure and recorded. 5. Step off the scale when the light remains solid. Using the Weight Scale If you have an ANT+ compatible weight scale, the device can read the data from the weight scale. 1.

Press mode > select Settings > System > Weight Scale Ant+. 2. Select Enabled > Yes. 3. From the timer page, press and quickly release . A "Scanning for scale" message appears. 4. Stand on the scale when the light flashes. note: If an error occurs, step off the scale. Step on when indicated.

Weight, body fat, and body hydration readings display on your device. Additional weight scale readings are stored on the device, and all readings are automatically sent to your computer when you transfer history (page 7). Linking to Fitness Equipment To link your device to compatible fitness equipment, look for the ANT+ Link Here logo. note: If fitness equipment is already enabled, go to step 3. 1.

Press mode > select Settings > System > Fitness Equipment. 2. Select Enabled > Yes. Forerunner 310XT Owner's Manual note: If using a body composition scale, remove shoes and socks to ensure that all body composition parameters are read 3 Settings 3. Press mode to cycle to the timer page.

The flashes indicating that pairing is ready. 4. Move the device near the ANT+ Link Here logo. A "Fitness Equipment detected" message appears. The remains solid when your device has paired. 5. Start the timer on the fitness equipment to begin your workout. The timer on your device starts automatically If you have trouble connecting reset the fitness equipment and pair again. Transferring Data Move away (10 m) from other ANT+ accessories while the Forerunner is trying to pair with the computer for the first time. 1.

Verify that the computer is set up for data upload and that pairing is enabled in the ANT Agent. See page 7. 2. Press mode > select Settings > System > Data Transfer. 3. Select Pairing > On. 4. Bring your Forerunner within range (3 m) of the computer. 5. When the ANT Agent finds your Forerunner, the ANT Agent displays the unit ID and asks you if you want to pair.

Select yes. 6. Your Forerunner should display the same unit ID as the ANT Agent. If so, select yes on your Forerunner to complete the pairing process. 3 See www.

garmin.com/antplus for more linking instructions. Forerunner 310XT Owner's Manual Settings Preventing Data Transfer To prevent transferring data to/from any computer, even a paired computer, press mode > Settings > System > Data transfer > enabled > no. Send All Data Ltd. For more information, go to http://www.

firstbeattechnologies .com/files/Energy_Expenditure _Estimation. About Forerunner By default, your Forerunner only sends new data to your computer. To send all data to your computer again, press mode > select History > transfer all. Press mode > select Settings > about Forerunner to view the software version, the GPS version, and the unit ID. User Profile Press mode > select Settings > User Profile. The Forerunner uses information that you enter about yourself to calculate calorie consumption. The initial setup also helps configure your profile before you begin using the Forerunner. Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies 3 Forerunner 310XT Owner's Manual Using Accessories Using Accessories The following ANT+ accessories are compatible with the Forerunner 310XT: · Heart rate monitor · Foot pod · GSCTM 10 speed and cadence bike sensor · USB ANT Stick (see page 7 and page 35 · Third-party ANT+ power meters To purchase accessories, go to http://buy.

com, or contact your Garmin dealer. Pairing Accessories pairing process only takes a few seconds when the accessories are activated and functioning correctly. When paired, your Forerunner only receives data from your accessory, even if you are near other accessories. After you pair the first time, your Forerunner automatically recognizes your accessory each time the accessory is activated. tiP: The accessory needs to send data to complete the pairing process. You need to wear the heart rate monitor, take a step wearing the foot pod, or pedal your bike with the GSC 10. If you purchased an accessory with ANT+ wireless technology, you need to pair it with your Forerunner. Pairing is connecting ANT+ accessories, such as the heart rate monitor, with your Forerunner. The Forerunner 310XT Owner's Manual 3 Using Accessories Heart Rate Monitor For information about putting on the heart rate monitor, see page 5. Heart Rate Monitor Tips If you are noticing inaccurate or erratic heart rate data, use the following tips.

· Make sure the heart rate monitor is snug against your body. · Reapply water, saliva, or electrode gel to the electrodes. · Clean the electrodes. Dirt and sweat residue can interfere with heart rate signals. · 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 of strong electromagnetic fields and some 2.4 GHz wireless sensors, 3 which can interfere with your heart rate monitor. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Replacing the Heart Rate Monitor Battery The heart rate monitor contains a user-replaceable CR2032 battery. note: Contact your local waste disposal department to properly dispose of batteries. 1. Use a small Phillips screwdriver to remove the four screws on the back of the module. 2. Remove the cover and battery. Wait 30 seconds. Insert the new battery with the positive side facing up. note: Be careful not to damage or lose the O-ring gasket. Forerunner 310XT Owner's Manual Using Accessories 3.

Replace the back cover and the four screws. Do not put the strap in a washing machine or a dryer. To prolong the life of your heart rate monitor, unsnap the module when not in use. Foot Pod note: After replacing the battery, you might need to pair the heart rate monitor with the Forerunner again. tiP: To maximize the battery life, remove the heart rate module from the strap when not in use. Caring for the Heart Rate Monitor note: Unsnap the module before cleaning the strap. Rinse the strap after every use. Hand wash the strap in cold water with a mild detergent after every five uses. Forerunner 310XT Owner's Manual Your Forerunner is compatible with the foot pod. You can use the foot pod to send data for your Forerunner when training indoors, when your GPS signal is weak, or when you lose satellite signals.

The foot pod is on standby and ready to send data (like the heart rate monitor). You must pair the foot pod with your Forerunner. Calibrating the Foot Pod Calibrating your foot pod is optional and can improve accuracy. There are three ways to adjust the calibration: distance, GPS, and manual. 3 Using Accessories Distance Calibration For best results, the foot pod should be calibrated using the inside lane of a regulation track.

A regulation track (2 laps = 800 m) is more accurate than a treadmill. 1. Press mode > select Settings > Run Settings > Foot Pod. 2. Select Yes in the Foot pod sensor present? field.

3. Select Calibrate. 4. Select By Distance 5. Select a distance. 6. Select continue. 7. Press start to begin recording. 8.

Run or walk the distance. 9. Press stop. GPS Calibration 2. Select Yes in the Foot pod sensor present field. 3. Select Calibrate. 4. Select By GPS 5. Select Continue.

6. Press Start. 7. Run or walk. The Forerunner informs you that you have traveled far enough.

Manual Calibration You must have GPS signals to calibrate the foot pod using GPS. 1. Press mode > select Settings > Run Settings > Foot Pod. 0 If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor. Press mode > select Settings > run Settings > Foot Pod > Calibration Factor.

Adjust the calibration factor. Increase the calibration factor if your distance is too low; decrease the calibration factor if your distance is too high.

Forerunner 310XT Owner's Manual Using Accessories GSC 10 Bike Sensor Your Forerunner is compatible with the GSC 10 speed and cadence bike sensor. You must pair the GSC 10 with your Forerunner. You must be in bike sport mode. Setting Up the Bike Sensor Calibrating your bike sensor is optional and can improve accuracy. 1. Press mode > select Settings > Bike Settings > bike name > ANT+Spd/Cad. 2. Select YES in the Bike Sensors Present? field.

3. If necessary, press More for sensor type. 1. Press and hold mode to select the bike sport mode. 2. Press mode > select Settings > Bike Settings > bike name > Bike Details. 3. Modify the information in the Name, Weight, and Odometer fields. 4. You can select Custom in the Wheel Size field to manually enter your wheel size.

note: The default setting is automatic. Your wheel size is automatically calculated using GPS distance. Data Recording Bike Details To enter information specific to your bike in order to calibrate your sensors more accurately, complete the following steps: Forerunner 310XT Owner's Manual The Forerunner uses smart recording. It records key points where you change direction, speed, or heart rate. When a third-party power meter (page 42) is paired, the Forerunner records points every second.

Recording points every second uses 1 Using Accessories more of the available memory on the Forerunner, but creates a very accurate record of your ride. For a list of compatible third-party power meters, go to www.garmin.com. 4.

Keep your power meter active by pedaling until the message appears. Power Zones You must be in bike sport mode. 1. Press mode > select Settings > Bike Settings > bike name > Power Zones. 2. Select Based on FTP or Custom. Power Meter Power Calibration For calibration instructions specific to your power meter, refer to the manufacturer's instructions. Before you can calibrate your power meter, it must be properly installed and actively recording data. You must be in bike sport mode. 1.

Press mode > select Settings > Bike Settings > bike name > ANT+Power. 2. Select Yes in the Power Meter Present? field. 3. Select Calibrate. You can set seven custom power zones (1=lowest, 7=highest). If you know your FTP (functional threshold power), you can enter it, and allow the device to calculate your power zones automatically.

You can also enter your power zones manually. Forerunner 310XT Owner's Manual Appendix Appendix Resetting the Forerunner If your Forerunner is not operating properly, press and hold mode and lap/reset simultaneously until the screen goes blank (about 7 seconds) to reset your Forerunner. This does not erase any of your data or settings.

Caring for the Forerunner Clearing User Data notiCe: This deletes all user-entered information including history. 1. Turn off the Forerunner. 2. Press and hold mode and until the message appears.

3. Select Yes to clear all user data. Clean the Forerunner or the optional heart rate monitor using a cloth dampened with a mild detergent solution. Wipe dry. Avoid chemical cleaners and solvents that may damage plastic components.

Do not store the Forerunner where prolonged exposure to temperature extremes may occur (such as in the trunk of a car), because permanent damage may result. User information, such as history, locations, and tracks, is retained indefinitely in the memory of the unit without the need for external power. Back up important user data by transferring it to Garmin Connect. See page 7. Forerunner 310XT Owner's Manual 3 Appendix Updating the Forerunner Software Using Garmin Connect Specifications Forerunner Device size, without straps: W × L × D: 2.13 × 2.20 × 0.75 in. (54 × 56 × 19 mm) weight: 2.5 oz.

(72 g) Display: 1.3 × 0.8 in. (33 × 21 mm), 160 × 100 pixels resolution, with LED backlight. water resistance: surface swimming Data storage: approximately 20 hours of data (assuming 1 trackpoint is being recorded every 4 seconds). Memory: up to 1000 laps; 100 user locations (waypoints). Computer interface: USB ANT Stick Battery type: 700 mA rechargeable lithium-ion battery Battery life: up to 20 hours, typical use. Forerunner 310XT Owner's Manual Go to www.garmin.com/intosports for information about Forerunner software updates and Garmin Connect Web-based software. @@Follow the on-screen instructions. @@@@(59 × 18 × 7 mm) weight: 0.01 lbs. (6 g) transmission range: Approximately 16.4 ft. @@(62 × 34 × 11 mm) Strap length: expands from 21 in. to 29.5 in. (expands from 533 mm to 749 mm) weight: 1.6 oz. (45 g) water resistance: 98.4 ft. (30 m) note: This product does not transmit heart rate data to your GPS device while swimming. transmission range: approximately 9.8 ft. (3 m) Battery: user-replaceable CR2032 (3 volts) Perchlorate Material special handling may apply. See www.dtsc.ca.gov /hazardouswaste/perchlorate.

Forerunner 310XT Owner's Manual Appendix Battery life: approximately 4.5 years (1 hour per day) operating temperature: from 23°F to 122°F (from -5°C to 50°C) radio frequency/protocol: 2.4 GHz/ANT+ wireless communications protocol System Compatibility: ANT+ Software License Agreement BY USING THE FORERUNNER, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY. Garmin grants 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. You acknowledge that the Software is the property of Garmin and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software are valuable trade secrets of Garmin and that the Software in source code form remains a valuable trade secret of Garmin. You agree not to decompile, disassemble, modify, 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.

Declaration of Conformity Hereby, Garmin, declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. To view the full Declaration of Conformity, go to www.garmin.com/compliance. Forerunner 310XT Owner's Manual Appendix Troubleshooting Problem My Forerunner never gets satellite signals.

The battery gauge does not seem accurate. Solution/Answer Press mode > select GPS > GPS Status. Ensure GPS is enabled. Take your Forerunner outside and away from tall buildings. Remain stationary for several minutes.

Allow the Forerunner to fully discharge, and then fully charge it (without interrupting the charge cycle). Stay 10 m away from other ANT+ accessories while pairing. Bring the Forerunner within range (3 m) of the The heart rate sensor while pairing. Restart the scan for the accessory monitor, foot pod, or (see page 37). Make sure the accessory is sending data GSC 10 will not pair (for example, you need to be wearing the heart rate with the Forerunner. monitor). If the problem persists, replace the battery in the accessory. The heart rate data See page 38. is inaccurate. The heart rate A smaller elastic strap is sold separately.

Go to monitor strap is too http://buy.garmin.com. big. My Forerunner Ensure fitness equipment is enabled (page 34). Press won't pair with mode to cycle through all menu pages until you return compatible fitness to the timer page. If you still cannot pair, reset both the equipment. device (page 43) and the compatible fitness equipment. Forerunner 310XT Owner's Manual Appendix Problem Some of my data is missing from my Forerunner. Solution/Answer The Forerunner will no longer record data if you do not transfer it to your computer.

Transfer data regularly to avoid losing data. Heart Rate Zone Table % of Maximum Heart Rate or Resting Heart Rate 1 5060% 2 6070% 3 7080% 4 8090% 5 90100% Perceived Exertion Benefits Beginning-level aerobic training; reduces stress Basic cardiovascular training; good recovery pace Improved aerobic capacity; optimal cardiovascular training Fast pace and a bit Improved anaerobic uncomfortable; breathing capacity and threshold; forceful improved speed Sprinting pace, Anaerobic and muscular unsustainable for long period endurance; increased of time; labored breathing power Forerunner 310XT Owner's Manual Relaxed, easy pace; rhythmic breathing Comfortable pace; slightly deeper breathing, conversation possible Moderate pace; more difficult to hold conversation

For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.

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