Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 410. You'll find the answers to all your questions on the GARMIN FORERUNNER 410 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 410
User guide GARMIN FORERUNNER 410
Operating instructions GARMIN FORERUNNER 410
Instructions for use GARMIN FORERUNNER 410
Instruction manual GARMIN FORERUNNER 410

GARMIN owner's manual

FORERUNNER® 410
GPS-ENABLED SPORTS WATCH WITH WIRELESS SYNC

Manual abstract:

) Other trademarks and trade names are those of their respective owners. Introduction Table of Contents

Introduction

..... 37 Forerunner 410 Owner's Manual Introduction Introduction WARNING This product contains a nonreplaceable lithium-ion battery. 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. 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. 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. 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 Contact Garmin Product Support if you have any questions while using your product. 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.

Forerunner 410 Owner's Manual Free Software iii Introduction Caring for the Device Clean the device and the 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 device where prolonged exposure to temperature extremes may occur (such as in the trunk of a car), as 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 or Garmin Training Center. See page 8. Water Immersion CAUTION This device is not intended to be used while swimming. Swimming or prolonged water submersion can cause a short in the unit, which can in rare cases result in a minor skin burn or irritation in the area of the unit. The device is waterproof to IEC Standard 60529 IPX7.

It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe and air dry the unit before reuse. iv Forerunner 410 Owner's Manual Getting Started Getting Started Use the Touch Bezel The bezel around the watch face acts as a multifunction button. Tap: quickly press your finger on the bezel to make a selection, toggle a menu option, or change pages.

Touch and hold: hold your finger on one of the four labeled areas on the bezel to switch modes. Double press: press two fingers on two areas on the bezel to turn on the backlight. Touch and drag (scroll): press your finger on the bezel and drag it around the bezel to scroll through the menu options or to increase or decrease values. Forerunner 410 Owner's Manual 1 Getting Started Touch Bezel Areas and Buttons start/stop/enter: · Press to start/stop the timer in training mode. · Press to make a selection.

·Press to exit power save mode. · Press and hold to turn on the watch. lap/reset/quit: · Press to create a new lap in training mode. · Press and hold to reset the timer and save activity in training mode. · Press to exit a menu or page. · Press to exit power save mode. Bezel Tips · Touch the bezel firmly. · Touch the bezel on the outer ring, where the words appear, not the inner ring near the watch face. Forerunner 410 Owner's Manual time/date: touch and hold to enter time/date mode. GPS: touch and hold to enter GPS mode.

menu: touch and hold to open the menu page. training: touch and hold to enter training mode. 2 Getting Started · Make each bezel selection a separate action. · Do not rest your finger or thumb on the bezel while using it. · Do not wear thick gloves while using the bezel. Locking the Bezel To prevent accidental bezel taps (due to wet fabric or inadvertent bumping), press enter and quit simultaneously. To unlock the bezel, press enter and quit simultaneously again. Power Save Mode After a period of inactivity, the device switches to power save mode. The device is inactive if the timer is not running, you are not navigating to a destination and viewing the navigation page, and you have not pressed any buttons or tapped the bezel.

Forerunner 410 Owner's Manual While in power save mode, you can view the time of day, turn on the backlight, and use the ANT+TM computer connection. To exit power save mode, press the enter or quit button. Shutting Down To conserve battery power, you can shut down your Forerunner when you are not using it. 1. Touch and hold menu > select Settings > System > Shut Down. 2.

Select Yes. Press and hold enter to turn on the Forerunner. 3 Getting Started Charging the Battery Your device ships with the power off to conserve the battery. Charge the device for at least three hours before using it. noTe: To prevent corrosion, thoroughly dry the charging contacts and surrounding area before charging.

TIP: The device will not charge when outside the temperature range of 32°F122°F (0°C50°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 device. Contacts 4. Clip the charger securely over the face of the device. Charging clip The length of time a fully charged battery will last depends upon usage.

A fully charged battery can run the device with GPS on for up to 8 hours. Forerunner 410 Owner's Manual 4 Getting Started Configure Your Device The first time you use your device, follow the on-screen instructions to learn how to use the bezel, set your user profile, and configure the device. 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 device. See page 6 for more information. The device uses your user profile to calculate accurate workout data. noTe: To turn off the GPS receiver and use the device indoors, see page 19. noTe: You cannot acquire satellites in power save mode. To exit power save mode, press enter or quit. 1. Go outdoors to an open area.

For the best reception, make sure the antenna of the device is oriented toward the sky. Acquire Satellite Signals To set the correct time of day and begin using the device, you must acquire GPS satellite signals. It may take a few minutes to acquire signals. Antenna location 2. Touch and hold training to enter training mode.

Forerunner 410 Owner's Manual 5 Getting Started 3. Stand still and do not begin moving until the locating satellites page disappears. When you are receiving satellite signals, the GPS icon appears in the training mode pages. 2. Wet both electrodes on the back of the strap to create a strong connection between your chest and the transmitter.

3. Wrap the strap around your chest, and connect it. The Garmin logo should be rightside up. 4. Bring the Forerunner within range (3 m) of the heart rate monitor. TIP: 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. After you put on the heart rate monitor, it is on standby and ready to send data. When the heart rate monitor is paired, a message appears, Forerunner 410 Owner's Manual Putting on the Heart Rate Monitor noTe: If you do not have a heart rate monitor, you can skip this step. Wear the heart rate monitor directly on your skie you pass any of those locations again. Start and Lap--marks a lap at the GPS location where you press start and at any locations during the run where you pressed lap.

Mark and Lap--marks a lap at the specific GPS location you mark when you select this option and at any location during the run where you pressed lap. · Auto Lap You can use Auto Lap to automatically mark the lap at a specific position or after you have traveled a specific distance. This setting is helpful for comparing your performance over different parts of a run (every 2 miles or major hill, for example). Setting Auto Lap 1. Touch and hold menu > select Training > options > Auto Lap. · 3. Press quit to exit. noTe: When doing a course, use By Position to mark laps at all of the lap positions marked in the course (page 17). 11 Forerunner 410 Owner's Manual Training Mode Auto Scroll Use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running. Using Auto Scroll 1.

Touch and hold menu > select Training > options > Auto Scroll. 2. Select a display speed: Slow, Medium, or Fast. 3. Press quit to exit.

noTe: Your device will only go into power save mode after a period of inactivity. Speed Units Touch and hold menu > select Training > options > Speed Units. Pace--amount of time it takes to travel a specific distance. Speed--distance traveled in an hour, for example, miles per hour or kilometers per hour. noTe: Changing speed units does not change your custom data fields (page 23).

Timeout Touch and hold menu > select Training > options > Timeout. Select off to disable your device from going to power save mode when you are in Training mode. Select enabled to use the automatic power save mode in all modes. Virtual Partner® Touch and hold menu > select Training > options > Virtual Partner > on. 12 Forerunner 410 Owner's Manual Training Mode 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/speed before you start the timer, those changes are saved. If you make changes to the Virtual Partner during the run, when the timer is started, the changes will not be saved when the timer is reset. If you make changes to the Virtual Partner during a run, the Virtual Partner uses the new pace from your location. Changing the Virtual Partner (VP) Pace 1.

Touch and hold training to enter Training Mode. 2. Tap the bezel to view the Virtual Partner page. Forerunner 410 Owner's Manual Virtual Partner You 3. Touch and drag clockwise to increase the VP pace. Touch and drag counter-clockwise to decrease the VP pace. 4. To save the changes, tap the bezel or wait for the page to time out. Workouts Touch and hold menu > select Training > Workouts to choose the type of workout right for you. 13 Training Mode Simple, interval, and heart rate workouts are replaced each time you create a workout of the same type.

Advanced workouts must be created in Garmin Training Center. noTe: While performing a workout, tap the bezel to view more data pages. When you complete all steps in your workout, the "Workout Finished" message appears. Ending a Workout Early 1. Press stop.

2. Press and hold reset. Setting Up a Simple Workout 1. Touch and hold menu > select Training > Workouts > Simple. 2.

Select the Type of simple workout. 3. Enter the Duration value. 4. Select Do Workout. 5. Press start. Heart Rate Workouts noTe: To use heart rate workouts, you must have a heart rate monitor and you must enable your heart rate monitor (page 31).

You can use the device to train using a specific heart rate zone or a custom range of beats per minute (bpm). The type and duration settings function the same as a simple workout.

Simple Workouts · Time · Distance · Calories 14 Simple workouts can be based on the following custom goals: Forerunner 410 Owner's Manual Training Mode Creating a Heart Rate Workout 1. Touch and hold menu > select Training > Workouts > Heart Rate. 2. Select an option. · Zone--The minimum and maximum heart rate values are automatically set based on your heart rate zones (page 33 and page 41). · Custom--allows you to set your own minimum and maximum heart rate values. noTe: The minimum value is 35 bpm. The maximum value is 250 bpm. When entering custom bpm values, the minimum and the maximum values must be at least 5 bpm apart. 3.

Select the Type of heart rate workout. Forerunner 410 Owner's Manual 4. Enter the Duration value. 5. Select Do Workout.

6. Press start. You can create interval workouts with your device. The intervals can be based on time or distance for the run and rest portions of the workout. Creating an Interval Workout 1.

Touch and hold menu > select Training > Workouts > Interval. 2. Select the Type of interval workout. 3. Enter the Duration value. 4. Select the Rest Type. 5. Enter the Duration value. 6.

Enter the Reps value. 7. Select Warmup Yes and Cooldown Yes (optional). 15 Interval Workouts Training Mode 8. Select Do Workout. 9. Press start. 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 device automatically starts a cool-down lap. When you are finished cooling down, press lap to end your workout.

As you approach the end of each interval, an alarm counts down the time until a new interval begins. To end an interval early, press the lap/reset button. schedule workouts using Garmin Training Center. You can plan workouts in advance and store them on your device. noTe: For more information about transferring data to your device, see page 8.

TIP: In time/date mode, tap the bezel to view the scheduled workout for today. Press enter to do the workout. Starting an Advanced Workout 1. Touch and hold menu > select Training > Workouts > Advanced. 2.

Select the workout. 3. Select Do Workout. 4. Press start. After you begin an advanced workout, the device displays each step of the workout, including the Forerunner 410 Owner's Manual Advanced Workouts Advanced workouts can include goals for each workout step and varied distances, times, and calories. Use Garmin Training Center to create and edit workouts and transfer them to your device. You can also 16 Training Mode 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. Ending an Advanced Workout Early Press the lap/reset button.

Deleting an Advanced Workout 1. Touch and hold menu > select Training > Workouts > Advanced. 2. Select the workout. 3. Select Delete Workout > Yes. 4. Press quit to exit. recorded activity. You can follow the course trying to match or exceed previously set goals.

You can also race against the Virtual Partner when training with courses. Creating Courses Use Garmin Connect or Garmin Training Center to create courses and course points and transfer them to your device. noTe: For more information about transferring data to your device, see page 8. 1. Touch and hold menu > 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. When you are following a course in training mode, tap the bezel to view 17 Courses Another way you can use the device for custom training is to follow courses based on a previously Forerunner 410 Owner's Manual Training Mode the navigation page. To end a course manually, press stop > press and hold reset. Beginning a Course 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 device 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 device displays an "Off Course" message. Use the navigation page to find your way back to the course. Deleting a Course 1. Touch and hold menu > select Training > Courses. 2. Select a course from the list. 3. Select Delete Course. 4.

Select Yes to delete the course. 5. @@@@The black bars represent the strength of each satellite signal. The number of the satellite appears below each bar. @@Save Location--save your current location.

Press enter to edit the location. Press quit to exit. Marking a Known Location Using Coordinates 1. Touch and hold GPS > select Save Location. 2. Press enter > select Position. 3. Enter the known coordinates. 4. Edit the location name and elevation (optional). Go To Location--select a location from the list, and then select Go. @@noTe: You must start the timer to use Back To Start. @@Editing a Location 1. Touch and hold GPS > select Go To Location. 2.

Select the location you would like to edit. 3. Select edit. 4. Select an option to edit. To delete a location, touch and hold GPS > select Go To Location. Select the location you would like to delete. @@@@There are no subscription fees or setup charges to use GPS. @@@@@@When the memory is full, your oldest tracklog data is overwritten. @@@@@@1.

Touch and hold menu > select History > Delete. 2. @@Old Activities--delete activities recorded more than one month ago. @@Touch and hold menu > select History > Activities. 2.

Use the bezel to scroll through the activities. Tap the bezel to view lap information. 21 History 3. Press and hold reset while viewing the run or lap. 4. @@1. Touch and hold menu > select History > Totals. 2. @@1. Touch and hold menu > select History > Activities. 2. Use the bezel to scroll through the activities. Tap the bezel to view lap information. 3. @@Your device keeps track of your progress toward the goals.

1. Touch and hold menu > select History > Goals. 2. @@@@Touch and hold menu > select Settings > Data Fields. 2. Select one of the training pages. 3. Select the number of data fields. 4. Use the bezel to select and change the data fields.

@@@@Average cadence for the duration of your current ride. Average cadence for the current lap. Number of calories burned. 23 Data Fields You can show/hide the following pages and customize up to three data fields on each of the pages: · · · · Training 1 (always shown) Training 2 Training 3 Heart Rate (only appears when the device is receiving heart rate data) Cadence Avg ** Cadence Lap ** Calories Forerunner 410 Owner's Manual Settings Data Field Distance * DistLap * DistLast Lap * Elevation * GPS Accuracy * Description Distance traveled on the current run.

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%. Heart rate in bpm. Data Field HR%Max ** OR HR-%HRR ** Description Percentage of maximum heart rate. OR Percentage of heart rate reserve (maximum heart rate minus resting heart rate). Average heart rate for the run. Average percentage of maximum heart rate for the run. OR Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the run. Average heart rate for the lap.

HRAvg ** HRAvg %Max ** OR HRAvg %HRR ** Grade HRLap ** HR ** 24 Forerunner 410 Owner's Manual Settings Data Field HRLap %Max ** OR HRLap %HRR ** Description Average percentage of maximum heart rate for the lap. OR Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the lap. Line graph showing your current heart rate zone (1-5). Current range of heart rate (15). The default zones are based on your user profile, maximum heart rate, and resting heart rate. Current direction you are traveling. Amount of laps completed. Current pace. Data Field Pace-Avg * PaceLap * PaceLast Lap * Speed * SpeedAvg * SpeedLap * Speed Last Lap * Sunrise Sunset Time TimeAvg Lap Description Average pace for the run. Average pace in the current lap.

Average pace during the last full lap. Current speed. Average speed for the run. Average speed in the current lap. Average speed during the last full lap. Time of sunrise based on your GPS position. Time of sunset based on your GPS position. Stopwatch time. Average time to complete the laps so far. HR Graph ** HR Zone ** Heading Laps Pace * Forerunner 410 Owner's Manual 25 Settings Data Field TimeLap TimeLast Lap Time of Day Description Amount of time in the current lap.

Amount of time to complete the last full lap. Current time of day based on your time settings (see page 27). Calorie expenditure based on heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd. For more information go to http://www.firstbeattechnologies .com/files/Energy_Expenditure _Estimation.pdf. User Profile Alarms Touch and hold menu > select Settings > User Profile. The device uses information that you enter about yourself to calculate calorie consumption. Set your user profile before you begin using the device.

Touch and hold menu > select Settings > Alarms. Set Alarm--turn alarm on or off. When the alarm is on, tap the bezel in time/date mode to view the alarm time. Set Time--use the bezel to set the alarm time. Type--set the alarm occurrence to Daily or once. 26 Forerunner 410 Owner's Manual Settings When the alarm sounds · Tap the bezel to silence the alarm. · Press enter to snooze for 9 minutes. · Press quit to turn off the alarm. · Do nothing. After 1 minute, the alarm will automatically snooze.

After 1 hour, the alarm will automatically turn off. Time Zone--select your time zone or a nearby city. DST (Daylight Saving Time)--select Yes, no, or Auto. The Auto setting automatically adjusts the time for daylight saving based on your time zone. Time2--turn Time2 on or off.

When Time2 is on, you can set Time2 Format, Time2 Zone, and Time2 DST. When Time2 is active, press and hold enter in time mode to switch to Time2. The or icon appears next to the time. Time The device automatically sets the time of day using GPS satellite signals. If you lose battery power, you must charge the battery and then acquire satellites to reset the time of day.

Touch and hold menu > select Settings > Time. Time Format--select 12 Hour or 24 Hour. Forerunner 410 Owner's Manual System Touch and hold menu > select Settings > System. 27 Settings Language--change the on-screen text language. Changing the text language does not change the language of user-entered data, such as course names. Alert Tones--turn message tones on or off. Key Tones--turn button and bezel tones on or off. Contrast--select the amount of screen contrast. About--view your software version, GPS version, and unit ID. Units--select Statute or Metric for the units of measure.

Backlight Touch and hold menu > select Settings > System > Backlight. Mode--select how the backlight turns on. Select Manual to press 28 two fingers on the bezel to turn on the backlight for the timeout period. Select Keys and Alerts to turn on the backlight once with the two finger press, and then any time a key is pressed or when an alert message appears. Select off to always have the backlight off. Timeout--select the amount of time the backlight stays on. Use a short backlight setting to conserve battery power. Brightness--adjust the brightness. ANT+ Accessories See page 31 for information about accessories. Forerunner 410 Owner's Manual Settings Enable Computer Pairing Move away (10 m) from other ANT+ accessories while the device 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 8. 2. Touch and hold menu > select Settings > AnT+ > Computer.

3. Select Pairing > on. 4. Bring your device within range (3 m) of the computer. 5.

When the ANT Agent finds your device, ANT Agent displays the unit ID and asks you if you want to pair. Select yes. 6. Your device should display the same number ANT Agent displayed. If so, select yes on your device to complete pairing process. noTe: You can prevent your device from transferring data to/from any computer, even a paired computer. Touch and hold menu > select Settings > AnT+ > Computer > enabled > no. Send All Data By default, your device only sends new data to your computer. You can force the device to send all data to your computer. Touch and hold menu > select Settings > AnT+ > Computer > Force Send > Yes.

All data will be sent again. Forerunner 410 Owner's Manual 29 Settings Unit to Unit You can transfer advanced workouts, courses, and locations to and from another Forerunner 410. 1. In the sending device, touch and hold menu > select Settings > AnT+ > Unit to Unit > Transfer. Select the data you want to send. 2. In the receiving device, touch and hold menu > select Settings > AnT+ > Unit to Unit > Receive. The sending device connects to the receiving device and sends the data. 30 Forerunner 410 Owner's Manual Using Accessories Using Accessories The following ANT+ accessories are compatible with the device: · Heart rate monitor · Foot pod · GSCTM 10 speed and cadence bike sensor · USB ANT Stick (see page 8 and page 28) To purchase accessories, go to http://buy.

garmin.

com or contact your Garmin dealer. seconds when the accessories are activated and functioning correctly. When paired, your device only receives data from your accessory, even if you are near other accessories. After you pair the first time, your device automatically recognizes your accessory each time the accessory is activated. 1.

Move away (10 m) from other accessories. Bring the accessory to be paired within range (3 m) of the device. 2. Touch and hold menu > select Settings > AnT+ > Accessories. 3.

Select your accessory. 4. Select enabled > Yes. 5. Scroll to view Status. If the device cannot pair with the accessory, select Rescan. 31 Pairing Accessories If you purchased an accessory with ANT+ wireless technology, you need to pair it with your device. Pairing is connecting ANT+ accessories, such as the heart rate monitor, with your device. The pairing process only takes a few Forerunner 410 Owner's Manual Using Accessories 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.

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, which can interfere with your heart rate monitor. Sources of interference may include very Forerunner 410 Owner's Manual Status Icons When in training mode, the icon for the accessory blinks as the device scans for the new accessory.

The icon is solid when the accessory is paired. Heart rate monitor active Speed and cadence sensor active Foot pod active Heart Rate Monitor For information about putting on the heart rate monitor, see page 6. 32 Using Accessories high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. Heart Rate Zones notice Consult your physician to specify heart rate zones/targets that are appropriate for your fitness level and health condition.

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 device sets the heart rate zone ranges (see the table on page 41) based on your maximum and resting heart rates set in your user profile (see page 26). Forerunner 410 Owner's Manual You can also customize your heart rate zones in your user profile of Garmin Connect or Garmin Training Center.

After customizing your heart rate zones, transfer data to your device. How Do Heart Rate Zones Affect Your Fitness Goals? Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles: · Your heart rate is a good measure of exercise intensity. · Training in certain heart rate zones can help you improve cardiovascular capacity and strength. · Knowing your heart rate zones can prevent you from overtraining and decrease your risk of injury. 33 Using Accessories 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. 3. Replace the back cover and the four screws. noTe: After replacing the battery, you might need to pair the heart rate monitor with the device 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.

34 Forerunner 410 Owner's Manual Using Accessories Foot Pod Your device is compatible with the foot pod. You can use the foot pod to send data for your device when training indoors or when your GPS signal is weak or 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 device (see page 31). 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. 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. Forerunner 410 Owner's Manual 1. Touch and hold menu > select Settings > AnT+ > Accessories > Foot Pod > Calibrate > Distance.

2. Select a distance. 3. Press start to begin recording. 4. Run or walk the distance. 5. Press stop. GPS Calibration You must have GPS signals to calibrate the Foot Pod using GPS. 1.

Touch and hold menu > select Settings > AnT+ > Accessories > Foot Pod > Calibrate > GPS. 2. Press start to begin recording. 3. Run or walk approximately 1000 m. The device informs you that you have traveled far enough. 35 Using Accessories Manual Calibration If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor. Touch and hold menu > select Settings > AnT+ > Accessories > Foot Pod > Cal 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.

Calibrating the Bike Sensor Calibrating your bike sensor is optional and can improve accuracy. 1. Touch and hold menu > select Settings > AnT+ > Accessories > Bike Sensor > Calibration. 2. Select Manual to enter the wheel size.

Select Auto to allow GPS to determine your wheel size. GSC 10 Your device is compatible with the GSC 10 speed and cadence bike sensor. You must pair the GSC 10 with your device (see page 31). 36 Forerunner 410 Owner's Manual Appendix Appendix Resetting the Device If your device is locked up, reset your device. Press and hold enter and quit simultaneously until the screen goes blank (about 7 seconds).

This does not erase any of your data or settings. Updating Software Using Garmin Connect Go to www.

garmin.com/intosports for information about software updates and Garmin Connect Webbased software. If there is new software available, Garmin Connect alerts you to update the device software. Follow the instructions to update the software. @@@@@@@@The Forerunner is in power save mode for the remaining time. You are using the Forerunner in power save mode the entire time. You are training with GPS the entire time. Declaration of Conformity Up to 2 weeks Up to 8 hours 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. *The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, and power save mode. Exposure to extremely cold temperatures will also reduce battery life. Software License Agreement BY USING THE FORERUNNER 410, 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 Forerunner 410 Owner's Manual 38 Appendix intellectual property rights in and to the Software remain in Garmin and/or its third-party 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. You further acknowledge that the structure, organization, and code of the Software, for which source code is not provided, are valuable trade secrets of Garmin and/ or its third-party providers and that the Software in source code form remains a valuable trade secret of Garmin and/or its third-party providers. 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 or the export control laws of any other applicable country. Forerunner 410 Owner's Manual 39 Appendix Troubleshooting Problem Solution/Answer Unlock the bezel: press enter and quit simultaneously.
Press The bezel is not responding to my taps. firmly on the bezel for the best results. Tap the outer ring on the bezel, not the inner ring near the watch face. Touch and hold GPS. Make sure GPS is set to On.
My device never gets Take your device outside and away from tall buildings. Remain satellite signals. stationary for several minutes. The battery gauge Allow the device to fully discharge, and then fully charge it does not seem (without interrupting the charge cycle). accurate. Stay 10 m away from other ANT+ accessories while pairing. The heart rate monitor, Bring the device within range (3 m) of the sensor while pairing. foot pod, or GSC 10 Restart the scan for the accessory (see page 31). Make sure will not pair with the the accessory is sending data (for example, you need to be device. wearing the heart rate monitor).

If the problem persists, remove the battery. Wait 30 seconds, and insert the new battery The heart rate data is See page 32. inaccurate. Some of my data The device overwrites the oldest detailed data if you do not is missing from my transfer it to your computer. Transfer data regularly to avoid device. losing data. 40 Forerunner 410 Owner's Manual Appendix Heart Rate Zone Table % of Maximum Heart Rate or Resting Heart Rate 5060% 6070% 7080% 8090% 90-100% Perceived Exertion Benefits 1 2 3 4 5 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 Forerunner 410 Owner's Manual 41 Index Index A accessories 5, 28, 3136 activities 22 advanced workouts 16 alarms 26 all data, erase 37 Auto Lap 11 Auto Pause 10 B backlight 28 battery charging 4 information 37 bezel 2 C cadence data fields 23 calibrating bike sensor (GSC 10) 36 foot pod 35 calories 23 42 clean the Forerunner iv computer connection 8 computer pairing 7, 29 courses 17 deleting 18 D data, send 29 data fields 23 data uploading 8 deleting advanced workouts 17 courses 18 history 21 laps 21 runs 21 distance data fields 24 downloading software 7 drivers, USB 7 E elevation data fields 24 erase all data 37 F foot pod 35 calibrating 35, 36 force send 29 G Garmin Connect iii, 37 Garmin Training Center iii goals 22 GPS 19, 20, 24 grade 24 GSC 10 36 H heart rate data fields 24 zones 33 heart rate monitor 5, 32 battery 34 tips 32 history 21 deleting 21 transferring 8 viewing 22 Forerunner 410 Owner's Manual Index I icons 32 indoor use 19 interval workouts 15 L language 28 light 28 locations 19 P pace 12 pairing computer 7 heart rate monitor 6 pairing sensors 5 power save mode 3 product registration iii R reset Forerunner 37 S satellite page 19 satellite signals 5 screen contrast 28 send all data 29 sensors, pairing 5 shutting down 3 simple workouts 14 software downloads iii, 7 software update 37 software version 28 speed data fields 25 speed units 12 sport mode 10 status icons 32 T Time2 27 time data fields 25 time of day 5 time settings 27 tones 28 totals 22 touch bezel 1 training 10 transferring data 8 troubleshooting 40 U unit ID 28 units 28 updating software 37 uploading data 8 USB ANT Stick 8 USB drivers 7 V Virtual Partner 12, 17 W water immersion iv waypoints, See locations workouts 13 advanced 16 interval 15 simple 14 Z zones, heart rate 33 Forerunner 410 Owner's Manual 43 For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.garmin.com. © 2010 Garmin Ltd. or its subsidiaries Garmin International, Inc. 1200 East 151st Street, Olathe, Kansas 66062, USA Garmin (Europe) Ltd. Liberty House, Hounsdown Business Park, Southampton, Hampshire, SO40 9LR UK Garmin Corporation No. 68, Jangshu 2nd Road, Sijhih, Taipei County, Taiwan www.garmin. com September 2010 Part Number 190-01274-00 Rev. A Printed in Taiwan .