Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 610. You'll find the answers to all your questions on the GARMIN FORERUNNER 610 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 610
User guide GARMIN FORERUNNER 610
Operating instructions GARMIN FORERUNNER 610
Instructions for use GARMIN FORERUNNER 610
Instruction manual GARMIN FORERUNNER 610

FORERUNNER® 610
OWNER'S MANUAL

GARMIN

Manual abstract:

Introduction Table of Contents

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.

Setting Up the Device When using your Forerunner® the first time, follow the setup instructions in the Forerunner 610 Quick Start Manual. registering Your Device Help us better support you by completing our online registration today.

About the Battery wArNINg This product contains a lithium-ion battery.

See the Important Safety and Product Information guide in the product box for product warnings and other important information. The device is powered by a built-in, lithium-ion battery that you can charge using the charger included in the product box (page 41).

· Go to http://my.garmin.com. · Keep the original sales receipt, or a photocopy, in a safe place. 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.

Keys Each key has multiple functions. Select to show and hide the menu. Select to return to the previous page. Icons GPS is on and receiving signals. Heart rate monitor is active.

Foot pod is active. Bike sensor is active. Watch is in power save mode (page 41). Fitness equipment is active. POwEr/ LIgHT Hold to turn the device on and off. Select to turn on the backlight. Select to search for a compatible weight scale. Select to start and stop the timer. Select to mark a new lap. Hold to save your run and reset the timer.

Touchscreen Tips STArT/ STOP LAP/ rESET

The Forerunner touchscreen is different than most mobile devices. The touchscreen is designed so you can operate it with your fingernail. The touchscreen is optimized to prevent accidental touches while you run. NOTE: You must press or swipe firmly

in order to select items and change pages. You should practice using the touchscreen before you run. · Tap the touchscreen to scroll through the pages . TIP: You can also swipe your finger across the touchscreen. · Swipe left to exit power save mode. · Tap the touchscreen to confirm messages. · Make each touchscreen selection or swipe a separate action.

Changing Data Fields On any training page, hold a data field until it is highlighted. When you lift your finger, you are prompted to select a new data field (page 35). Locating Satellite Signals It may take 3060 seconds to locate satellite signals. 1. From the clock page, swipe left to view the locating satellites banner.

2. Go outdoors to an open area. 3. Wait while the Forerunner searches for satellites. Do not begin your activity until the locating satellites banner disappears. The time of day and date are set automatically. » Timer » Heart rate » » Clock »

Menu Overview Activities Totals Options: showing pace or speed, start of the week, deleting activities, resetting totals, uploading an activity Ready to Run Options: alerts, Auto Lap, Auto Pause, auto scroll Virtual Partner Virtual Racer Workouts: intervals, custom workouts Sport: running or cycling Training Pages: data fields Alarm Heart Rate Monitor: pairing, heart rate zones Foot Pod: pairing, speed source, calibration Bike Sensor: pairing, calibration, wheel size User Profile: gender, birth year, weight, height System: language, tones, display, data recording, GPS, backlight, time, units, data transfer, restore default settings Where Am I? Back to Start Locations

Your Training Your Training This section describes training features and settings for your device. · · · · · · · · · · Run basics (pages 78) Alerts (page 8) Auto Lap® (page 10) Auto Pause® (page 11) Auto scroll (page 11) Virtual Partner® (page 12) Virtual RacerTM (page 12) Interval workouts (page 13) Custom workouts (page 15) Bike training (page 17) 1. From the timer page, select START to start the timer . History is recorded only while the timer is running. Your distance and lap pace appear on the timer page. The data fields shown are the defaults. You can customize data fields (page 35). 2. After completing your run, select STOP.

going for a run Before you can record history, you must locate satellite signals (page 5) or pair your Forerunner with an optional foot pod (page 21).

Saving Your run run Options Hold RESET to save your run and reset the timer. Alerts NOTE: Alerts do not function during interval or custom workouts.

You can use alerts to train toward specific time, distance, calorie, heart rate, and cadence goals. NOTE: To turn on alert tones and vibrations, see page 32. Setting Time, Distance, and Calorie Alerts Displaying Pace or Speed 1. Select > Setup. 2. Select Training Pages. 3. Select a training page to customize. 4. Select a data field to customize. 5. Select Pace/Speed.

6. Select the type of pace or speed data to appear on the training page. For a complete list of the available data fields and descriptions, see page 35. 1. Select > Training > Options > Alerts.

2. Select Time, Distance, or Calories. 3. Select On. 4. Select Alert At, and enter a time, distance, or calorie amount. Each time you reach the alert amount, the device beeps and displays a message. 8 Forerunner 610 Owner's Manual Your Training If you have an optional heart rate monitor, foot pod, or GSCTM 10, you can set up advanced alerts for heart rate and cadence. 1. Select > Training > Options > Alerts.

2. Select an option: · Select Heart Rate to set the high and low heart rate values in beats per minute (bpm). NOTE: For more information about heart rate zones, see page 19. · Select Cadence to set the high and low cadence amounts in steps per minute (spm) or revolutions of the crank arm per minute (rpm). 3. Set the parameters for your heart rate or cadence alerts. Forerunner 610 Owner's Manual Setting Advanced Alerts Each time you exceed or drop below the specified heart rate or cadence amount, the device beeps and displays a message. Setting walk Break Alerts Some running programs use timed walking breaks at regular intervals. For example, during a long training run, the program may instruct you to run for four minutes, then walk for 1 minute, and repeat. Auto Lap functions correctly while you are using the run/ walk alerts.

1. Select > Training > Options > Alerts. 2. Select Run/Walk > Run/Walk Alert > On. 3. Select Run Alert, and enter a time. 4. Select Walk Alert, and enter a time. Each time you reach the alert amount, the device beeps and displays a 9 Your Training message. The run/walk alerts will repeat until you stop the timer.

Auto Lap The default Auto Lap setting is By Distance, 1 mile or 1 kilometer. NOTE: Auto Lap does not function during interval or custom workouts. Marking Laps by Distance Marking Laps by Position You can use Auto Lap to automatically mark the lap at a specific position. This feature is helpful for comparing your performance over different parts of a run (for example, a long hill or training sprints). 1. Select > Training > Options > Auto Lap. 2. Select Auto Lap > By Position > Lap At. 3. Select an option: · Select Lap Press Only to trigger the lap counter each time you select LAP and each time you pass any of those positions again.

· Select Start and Lap to trigger the lap counter at the GPS location where you select START and at any location during the run where you select LAP. Forerunner 610 Owner's Manual You can use Auto Lap to automatically mark the lap at a specific distance. This feature is helpful for comparing your performance over different parts of a run. 1. Select > Training > Options > Auto Lap. 2. Select Auto Lap > By Distance. 3. Select Lap At, and enter a distance. 10 Your Training · Select Mark and Lap to trigger the lap counter at a specific GPS location marked before the run (use Markterval workout 1. Select > Training > Workouts > Intervals > Do Workout. 2. Select START. If your interval workout has a warm up, you must select LAP to begin the first interval. 3. Follow the on-screen instructions. When you complete all of the intervals, a message appears. Stopping an Interval workout · At any time, select LAP to end an interval. · At any time, select STOP to stop the timer. · If your interval workout has a cool down, you must select LAP to end the interval workout. Forerunner 610 Owner's Manual Your Training Custom workouts Custom workouts can include goals for each workout step and varied distances, times, and calories. You can create custom workouts using Garmin Training Center® or Garmin Connect® (page 28) and transfer them to the Forerunner. However, you can also create and save a custom workout directly on your Forerunner. You can also schedule custom workouts using Garmin Connect or Garmin Training Center. You can plan workouts in advance and store them on your Forerunner. Creating a Custom workout 1. Select > Training > Workouts > Custom > Create New. 2. Select Run 000 to edit the name of the workout. 3.

Select Add New Step. 4. Select Duration to specify how the step will be measured. For example, select Distance to end the step after a specific distance. If you select Open, you can select LAP to end the step during your workout. 5. If necessary, select Duration Value, and enter a value. 6. Select Target to choose your goal during the step. For example, select Heart Rate to maintain a consistent heart rate during the step.

7. If necessary, select a target zone or enter a custom range. 15 Forerunner 610 Owner's Manual Your Training For example, you can select a heart rate zone. Each time you exceed or drop below the specified heart rate, the device beeps and displays a message. 8. If necessary, select Rest Step > Yes. During a rest step, the timer continues to run and data is recorded. 9. If necessary, add another step to the workout. repeating a Custom workout Step · Select Repeat Until to repeat a step for a specific duration. For example, you can repeat a 5-minute step for thirty minutes or until you reach heart rate zone 5. 3. Select Back to Step, and select a step to repeat. Starting a Custom workout 1. Select > Training > Workouts > Custom. 2. Select a workout, and select Do Workout. 3. Select START. 4.

Follow the on-screen instructions. When you complete all of the steps, a message appears. Before you can repeat a workout step, you must create a workout with at least one step. 1. Select Add New Step > Duration. 2. Select an option: · Select Repeat to repeat a step one or more times. For example, you can repeat a 1-mile step 4 times. 16 Forerunner 610 Owner's Manual Your Training Stopping a Custom workout · At any time, select LAP to end a step. · At any time, select STOP to stop the timer. Deleting a Custom workout 1. Select > Training > Workouts > Custom. 2. Select the workout. 3. Select Delete Workout > Yes. Sending workouts to Your Device Before you can wirelessly send workouts to your device, you must pair the Forerunner with your computer using the USB ANT Stick (page 29). 1. Connect the USB ANT Stick to your computer. 2. Open Garmin Training Center or Garmin Connect (page 28). 3. Follow the on-screen instructions. Forerunner 610 Owner's Manual Bike Training Options Many of the training features of the Forerunner can be applied to cycling. For the best results, you should customize the cycling settings.

Changing Your Sport to Cycling Your Forerunner can display data and history for your bike training. 1. Select > Training > Sport > Cycling Options > Show. 2. Select Current Sport > Cycling.

After changing your sport, you can set up alerts, Auto Lap, Auto Pause, and Auto Scroll settings for your bike training (pages 811). Training with a Bike Sensor For information about the GSCTM 10, see page 23. 17 ANT+ Sensors ANT+ Sensors The Forerunner is compatible with these ANT+ accessories. · Heart rate monitor (page 19) · Foot pod (page 21) · GSC 10 (page 23) · Weight Scale (page 23) · Fitness Equipment (page 24) For information about purchasing additional accessories, go to http://buy.garmin.com. If your Forerunner does not show data from the accessory, you may need to pair the accessory to your Forerunner. Pairing is the connecting of ANT+TM wireless sensors, for example, connecting your foot pod with a Forerunner. After you pair the first time, your Forerunner automatically recognizes your foot pod each time it is activated. · Make sure that the ANT+ sensor is compatible with your Garmin device.

· Bring the Forerunner within range (3 m) of the ANT+ sensor. Stay 10 m away from other ANT+ sensors while pairing. · If is off, select > Setup > Heart Rate Monitor > HR Monitor > On > Search for New. · If is off, select > Setup > Foot Pod > Foot Pod > On > Search for New. Forerunner 610 Owner's Manual Pairing Your ANT+ Sensors Before you can pair, you must put on the heart rate monitor or install the sensor.

See the Forerunner 610 Quick Start Manual or the accessory instructions. 18 ANT+ Sensors · If is off, select > Setup > Bike Sensor > Bike Sensor > On > Search for New. · If you still cannot pair the accessory, replace the accessory battery (heart rate monitor, page 43). When the accessory is paired, a message appears, and the accessory icon (page 4) appears solid on the screen. The Forerunner uses your user profile information from the initial setup to determine your heart rate zones.

For the most accurate calorie data during your activity, set your maximum heart rate, resting heart rate, and heart rate zones. 1. Select > Setup > Heart Rate Monitor > HR Zones > Based On. 2. Select an option: · Select BPM to view and edit the zones in beats per minute. · Select % Max. to view and edit the zones as a percentage of your maximum heart rate. · Select % HRR to view and edit the zones as a percentage of your resting heart rate. 3. Select Max.

HR, and enter your maximum heart rate. 4. Select Resting HR, and enter your resting heart rate. 19 Heart rate Monitor Setting Your Heart rate Zones Before you can customize your heart rate zones, you must enable the heart rate monitor. Forerunner 610 Owner's Manual ANT+ Sensors The zone values update automatically; however, you can still edit each value manually. About Heart rate Zones 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 1 to 5 according to increasing intensity. 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. 20 · 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 (page 25) 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. Forerunner 610 Owner's Manual ANT+ Sensors More Heart rate Options · Heart rate alerts (page 9) · Heart rate zone calculations (page 25) · Heart rate data fields (page 35) · Heart rate troubleshooting (page 26) Approximately five hours of battery life remain. Choosing Your Speed Source If you plan to train outdoors, you can set the Forerunner to use foot pod data to calculate pace rather than using GPS. Select > Setup > Foot Pod > Speed Source > Foot Pod. About Foot Pod Calibration Calibrating your foot pod is optional and can improve accuracy.

There are three ways to adjust the calibration: distance, GPS, and manual. Calibrating Your Foot Pod by Distance Foot Pod Your Forerunner is compatible with the foot pod. You can use the foot pod to send data to 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. You must pair the foot pod with your Forerunner (page 18). After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your Forerunner. Forerunner 610 Owner's Manual 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. 21 ANT+ Sensors 1.

Select > Setup > Foot Pod > Calibrate > Distance. 2. Select a distance. 3. Select START to begin recording. 4. Run or walk the distance. 5. Select STOP. Calibrating Your Foot Pod by gPS Calibrating Your Foot Pod Manually You must have GPS signals to calibrate the foot pod using GPS. 1. Select > Setup > Foot Pod > Calibrate > GPS. 2. Select START to begin recording. 3.

Run or walk approximately 1000 m. The Forerunner informs you that you have traveled far enough. If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor. The calibration formula is actual distance (use a regulation track) / recorded distance × current calibration factor = new calibration factor. For example, 1600 m / 1580 m × 95 = 96.

2. > Setup > Foot Pod > 1. Select Calibration Factor. 2. Adjust the calibration factor. 22 Forerunner 610 Owner's Manual ANT+ Sensors gSC 10 Cadence data from the GSC 10 is always recorded. If there is no GSC 10 paired, GPS data is used to calculate the speed and distance. Cadence is your rate of pedaling or "spinning" measured by the number of revolutions of the crank arm per minute (rpm). There are two sensors on the GSC 10: one for cadence and one for speed. Calibrating the Bike Sensor Before you customize the bike sensor options, you must change your sport to cycling (page 17).

Before you can calibrate the bike sensor, it must be properly installed and actively recording data.

Calibrating your bike sensor is optional and can improve accuracy. @@Select > Calibration. 2. @@· To enter your wheel size, select Manual. @@1. Select LIGHT. A message appears when the weight scale is found. 2. @@3.

Step off the scale. TIP: If an error occurs, step off the scale, and try again. @@@@@@I changed the battery in my accessory. The heart rate data is inaccurate or erratic. @@You must pair the sensor to your Forerunner again (page 18).

@@Warm up for 510 minutes. Reapply moisture to the electrodes. Use water, saliva, or electrode gel. Clean the electrodes. @@Wear a cotton shirt or wet your shirt if suitable for your activity.

@@@@@@@@@@Scroll to the bottom of the page, and select View Laps. 5. Swipe up or down to scroll through laps. Viewing Pace or Speed in History 1. Select > History > Options. 2. Select Running or Cycling, depending on what sport you are using. 3. Select Show Pace or Show Speed. Viewing Totals 1.

Select > History > Totals. Your total time and distance appear. 2. @@@@1. Select > History > Activities. 2. Swipe up or down to view your saved activities. 3. @@NOTE: This does not delete any history. @@@@You can use Garmin Connect on any computer with Internet access.

@@It operates directly on your computer, not on the Internet. 1. Go to www.garmin.com /intosports.

2. Select Train with Garmin. 3. Select Online Software or Desktop Software. 4.

@@Select > History > Activities. 2. Select a run. 3. Scroll to the bottom of the page, and select Delete > Yes. Deleting All Activities Select > History > Options > Delete All Activities > Yes. 28 Forerunner 610 Owner's Manual History Sending History to Your Computer Before you can wirelessly send an activity to your device, you must pair the Forerunner with your computer using the USB ANT Stick (page 28). 1. Plug the USB ANT Stick into a USB port on your computer. Preventing Data Transfer You can prevent transferring data to or from any computer, even a paired computer.

Select > Setup > System > Data Transfer > Data Transfer > Off. 2. Bring your device within range (3 m) of your computer. When the ANT Agent finds your device, the ANT Agent displays the unit ID and asks you if you want to pair. 3. Select Yes. 4. Follow the on-screen instructions. Forerunner 610 Owner's Manual 29 Navigation Navigation Locations Viewing and Saving Your Current Location Before you can view and save your location, you must locate satellite signals (page 5). You can save your current location, such as your home or parking spot.

1. Select > Where To? > Where Am I?. Your current coordinates appear. 2. Select Save.

3. If necessary, select Edit to edit the properties. Editing Locations 1. Select > Where To? > Locations. 2.

Select a location. 30 3. Select View Location > Edit. 4. Select an attribute. For example, select Edit Elevation to enter a known altitude for the location. 5. Enter the new information. Deleting Locations 1. Select > Where To? > Locations.

2. Select a location. 3. Select Delete Location > Yes. Navigating to a Saved Location Before you can navigate to a saved location, you must locate satellite signals. 1. Select > Where To? > Locations. 2. Select a location. Forerunner 610 Owner's Manual Navigation 3.

Select Go to Location. The compass page appears. To record the activity, you must start the timer. Stopping the Navigation Select > Where To? > Stop Navigation. Navigating Back to Start gPS Settings Turning Off gPS Select > Setup > System > GPS > GPS > Off.

When GPS is off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the device (such as the foot pod or GSC 10). The next time you turn on the device, it will search for satellite signals again. Satellite Page The satellite page shows your current GPS satellite information. For more information, go to www.garmin.

com /aboutGPS. > Setup > System > GPS > Select Satellites. You can only navigate to your starting location if you are training with GPS. At any point during your run, you can return to your starting point. You must start the timer in order to use this feature. 1. During your run, select STOP, but do not reset the timer. 2. Select > Where To? > Back to Start. The compass page appears.

The Forerunner navigates you back to the starting point of your run. Forerunner 610 Owner's Manual 31 Settings Settings System Settings Select > Setup > System. · Language--sets the device language. · Key Tones--sets the device to use audible tones for key presses. · Alert Tones--sets the device to use audible tones for messages. · Alert Vibration--sets the device to use vibration for messages. · Data Recording--controls how the device records activity data. Smart--records key points where you change direction, speed, or heart rate. Every Second--records points every second. It creates a very detailed record of your activity; however, it greatly increases the size of the activity.

· GPS--page 31. · Backlight--page 41. Customizing the Unit Settings You can customize units of measure for distance, pace and speed, elevation, position format, and weight. 1. Select > Setup > System > Units.

2. Select a setting. 3. Select a unit for the setting. 32 Forerunner 610 Owner's Manual Settings Time Settings Setting the Time Manually By default, the watch time is set automatically when the Forerunner locates satellites.

> Setup > System > 1. Select Time > Set Time > Manual. 2. Enter the time. 3. If necessary, select Time Format to choose between 12 hour or 24 hour. Setting the Alarm 1. Select > Setup > Alarm. 2. Select Alarm > On.

3. Select Time, and enter a time. Time Zones Each time you locate satellites, the device automatically detects your time zone and the current time of day. Setting Your User Profile The Forerunner uses information that you enter about yourself to calculate accurate run data. You can modify the following user profile information: gender, age, weight, and height. > Setup > User Profile. 1. Select 2. Modify the settings. About Calories Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd.

For more information, go to www.firstbeattechnologies.com. About Training Effect Training effect measures the impact of an activity on your aerobic fitness. Training effect accumulates during the activity.

As the activity progresses successfully, the training effect value increases, telling you how the activity has improved your fitness. Training 33 Forerunner 610 Owner's Manual Settings effect is determined by your user profile information, heart rate, duration, and intensity of your activity. It is important to know that your training effect numbers (1.05.0) may seem abnormally high during your first few runs.

It takes several activities for the device to learn your aerobic fitness.

Training Effect 1.01.9 Description Helps recovery (short activities). Improves endurance with longer activities (more than 40 minutes). Maintains your aerobic fitness. Improves your aerobic fitness if repeated as part of your weekly training program. Highly improves your aerobic fitness if repeated 12 times per week with adequate recovery time. 5.0 Causes temporary overload with high improvement.

Train up to this number with extreme care. Requires additional recovery days. Training effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeattechnologies.com. Customizing the Training Pages You can customize the data fields on four training pages. > Setup > Training 1. Select Pages. 2.
Select a training page. 3. Select . 4. Change the number of data fields you want to see on the page.
5. Select Enabled. Forerunner 610 Owner's Manual 2.02.9 3.
03.9 4.04.9 34 Settings 6. Select . 7. Select a data field to change it. 8. Select a category and a data field. For example, select Heart Rate > HR - Lap.

Data Fields Data fields with the * symbol display statute or metric units. Data fields with the ** symbol require an ANT+ sensor. Data Field Cadence ** Description For running, cadence is measured in steps per minute (spm). For cycling, cadence is measured in revolutions of the crank arm per minute (rpm). Average cadence for the duration of your current activity. Average cadence for the current lap. Data Field Calories Calories - Fat Description Amount of total calories burned. Amount of fat calories burned. Requires a New Leaf® assessment. During a workout, the remaining calories when the step duration is a calorie amount.
Distance traveled for the current activity. Distance traveled in the current lap. Distance of the last completed lap. During a workout, the remaining distance when the step duration is a distance amount. Distance above or below sea level.
Calories to Go Distance * Distance Lap * Distance Last Lap * Distance to Go * Cadence Average ** Cadence Lap ** Elevation * Forerunner 610 Owner's Manual 35 Settings Data Field GPS Accuracy * Description The margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 feet. Calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%. The direction you are moving.
Heart rate in beats per minute (bpm). During a workout, the amount you are above or below the heart rate target. Percentage of heart rate reserve (maximum heart rate minus resting heart rate). Data Field HR %Max. ** HR Average ** HR Avg. %HRR ** Description Percentage of maximum heart rate. Average heart rate for the duration of your current activity. Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the activity. Average percentage of maximum heart rate for the activity. Average heart rate in the current 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. Grade Heading Heart Rate ** Heart Rate to Go ** HR Avg. %Max. ** HR Lap ** HR Lap %HRR ** HR %HRR ** HR Lap %Max. ** 36 Forerunner 610 Owner's Manual Settings Data Field HR Zone ** Description Current range of heart rate (1 to 5). The default zones are based on your user profile, maximum heart rate, and resting heart rate. Range of pace (ten zones available) for the current lap. Range of speed (ten zones available) for the current lap. Number of laps completed.
Current pace. Average pace for the duration of your current activity. Average pace in the current lap. Average pace during the last completed lap. Sunrise Data Field Pace Zone Description Current range of pace.
Zones can be set in Garmin Training Center or Garmin Connect. During a workout, the remaining repetitions. Current speed. Average speed for the activity. Average speed in the current lap.
Average speed during the last completed lap. Current range of speed. Zones can be set in Garmin Training Center or Garmin Connect. The time of sunrise based on your GPS position. The time of sunset based on your GPS position. 37 Reps to Go Speed * Speed Average * Speed Lap * Speed Last Lap * Speed Zone * Lap Pace Zone Lap Speed Zone * Laps Pace Pace Average Pace Lap Pace Last Lap Sunset Forerunner 610 Owner's Manual Settings Data Field Time Time Avg. Lap Time Elapsed Description Stopwatch time. Average time to complete the laps so far. Total time recorded. For example, if you run 10 minutes, then stop the timer for 5 minutes, then start the timer again and run for 20 minutes, your elapsed time is 35 minutes.

Amount of time in the current lap. Amount of time during the last completed lap. Current time of day based on your time settings (format, time zone, and daylight saving time). During a workout, the remaining time in the interval or step. Data Field Training Effect (TE) ** Description Current impact (1.0-5.0) on your aerobic fitness (page 33). Time Lap Time Last Lap Time of Day Customizing the Favorites Category 1. Select > Setup > Training Pages. 2. Select a training page. 3. Select a data field to change it. 4. Select Favorites > Edit Favorites.
5. Select one or more data fields. Time to Go 38 Forerunner 610 Owner's Manual Appendix Appendix Specifications notice The Forerunner 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 dry and air dry the unit before using or charging. NOTE: The Forerunner is not intended to be used while swimming. Forerunner Specifications Battery 200 mAh rechargeable, lithium-ion, coin-cell battery Battery life Page 40 Operating From -4°F to 140°F temperature (from -20°C to 60°C) range Radio 2.4 GHz ANT+ wireless frequency/ communications protocol protocol Compatible ANT+ wireless technology accessories works with compatible heart rate monitor, foot pod, GSC 10, weight scale, and fitness equipment. Forerunner 610 Owner's Manual 39 Appendix Heart rate Monitor Specifications Water 98.4 ft. (30 m) resistance This product does not transmit heart rate data to your GPS device while swimming. Battery User-replaceable CR2032, 3 volts (page 42) Battery life Approximately 4.5 years (1 hour per day) Operating From 23°F to 122°F temperature (from -5°C to 50°C) NOTE: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature. Radio 2.

4 GHz ANT+ wireless frequency/ communications protocol protocol About the Battery wArNINg This product contains a lithium-ion battery. See the Important Safety and Product Information guide in the product box for product warnings and other important information.

Forerunner Battery Life Battery Life* 1 week Forerunner Use You are training for 45 minutes per day with GPS. The Forerunner is in power save mode for the remaining time. Up to 4 You are using the weeks Forerunner in power save mode the entire time. Up to 8 hours You are training with GPS the entire time. *The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, 40 Forerunner 610 Owner's Manual Appendix and power save mode. Exposure to extremely cold temperatures will also reduce battery life. Power Save After a period of inactivity, the Forerunner goes into power save mode and appears. The Forerunner displays the time and date, but does not connect with your ANT+ accessories or use GPS.

Swipe left to exit power save mode. Maximizing Battery Life Extensive use of screen backlighting can significantly reduce battery life. 1. Select > Setup > System > Backlight > Mode. 2.

Select an option: · To activate the backlight only using the LIGHT key, select Manual. Forerunner 610 Owner's Manual · To activate the backlight for all key presses and messages, select Keys/Alerts. 1. Select > Setup > System > Backlight > Timeout. 2.

Select a short backlight timeout. Charging the Forerunner notice To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer. 1. Plug the USB end of the cable into the AC adapter. 2. Plug the AC adapter into a standard wall outlet. Adjusting the Backlight Timeout Setting the Backlight 41 Appendix 3. Align the contacts on the back of the Forerunner with the posts on the charging cradle . The charging cradle is magnetic and holds the Forerunner in place. 4.

Charge the Forerunner completely. Heart rate Monitor Battery wArNINg Do not use a sharp object to remove user-replaceable batteries. Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material special handling may apply. See www.dtsc.ca.gov /hazardouswaste/perchlorate. When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears. 42 Forerunner 610 Owner's Manual Appendix replacing the Heart rate Monitor Battery 1.

Use a small Phillips screwdriver to remove the four screws on the back of the module. 2. Remove the cover and battery. Changing the wrist Band You can purchase a fabric wrist band accessory for the Forerunner (http://buy.garmin. com). 1. Use the pin tool to remove the pins . 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. @@2. @@@@@@Avoid chemical cleaners and solvents that can damage plastic components. Cleaning the Device 1. Use a cloth dampened with a mild detergent solution. 2.

Wipe it dry. 3. Insert the tapered end of the pin to secure the connector to the Forerunner. TIP: You must firmly press the pin into the connector. Use a sturdy, blunt object, if necessary. 4. Align the connector with the loop of the fabric wrist strap. 5. Insert the tapered end of the pin to secure the connector to the loop. 6.

Repeat steps 25 for the bottom connector. 44 Forerunner 610 Owner's Manual Appendix Cleaning the Screen 1. Use a soft, clean, lint-free cloth. 2. If necessary, use water, isopropyl alcohol, or eyeglass lens cleaner.

3. Apply the liquid to the cloth, and gently wipe the screen with the cloth. Caring for the Heart rate Monitor You must 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.

· 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. Updating the Software Using garmin Connect Before you can update the device software, you must pair the USB ANT Stick with your computer (page 29). 1. Connect the USB ANT Stick to your computer. 2. Go to www.garminconnect.com. If there is new software available, Garmin Connect alerts you to update the software.

3. Follow the on-screen instructions. 4. Keep your device in range (3 m) of the computer during the update process. Forerunner 610 Owner's Manual 45 Appendix Troubleshooting Problem The keys do not respond. How do I reset the device? I want to clear all the user data from my device. Solution 1. Hold POwEr until the screen goes blank. 2. Hold POwEr until the screen turns on.

NOTE: This does not erase any of your data or settings. NOTE: This deletes all user-entered information, but it does not delete your history. 1. Turn off the device. 2.

While holding LAP, turn the device on. 3. Select Yes. How do I reset the > Setup > System > restore Defaults > Yes. Select device to the original factory settings? My device does not 1.

Take your device out of parking garages and away from tall locate satellite signals. buildings and trees. 2. Remain stationary for several minutes. Some of my data When the device memory is full, your oldest data is overwritten. is missing from the Transfer data to your computer regularly to avoid losing data. history. Where is the software Select > Setup > System > About to display important version information? software information and your unit ID. How do I quickly With no time on the timer, select rESET. change sports? How do I get a New Go to www.