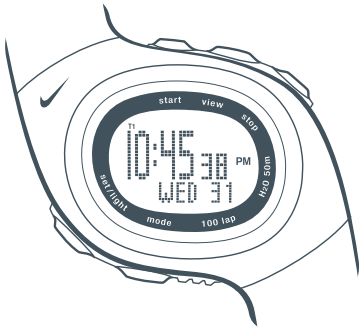
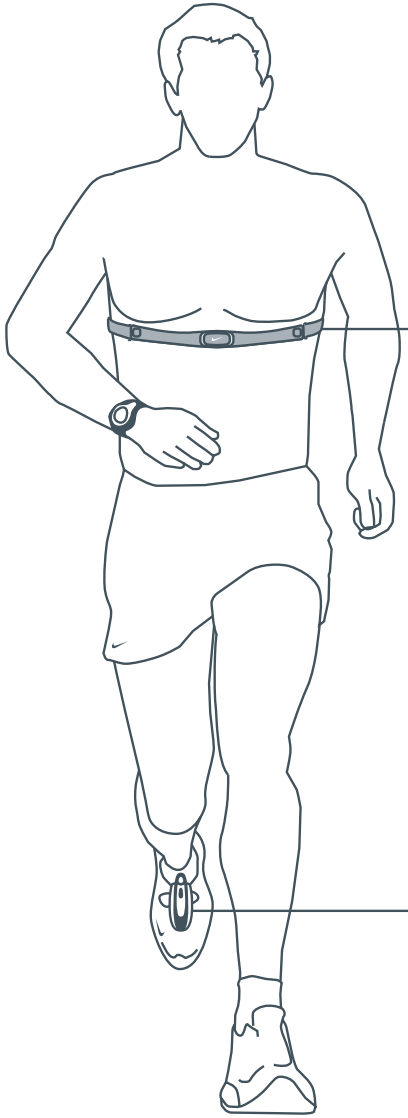
Information is Power

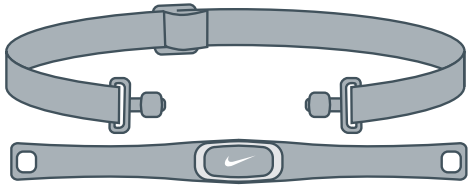
(text to come)



triax **pcv10** features

- (text to come)
-





HRM Strap

Your Heart Rate Monitor [HRM] Strap enables the Watch to display heart rate information. The HRM Strap will function automatically if worn correctly and is within a few meters of the watch. When worn directly against the skin, two electrodes detect the electrical impulses in your heart and transmit that data to the Watch as your heart rate.

SDM Pod

Your Speed Distance Monitor [SDM] Pod measures the acceleration and deceleration of your foot 100 times each second. SDM Pod calculates your speed and distance even when your stride length or speed changes. Be sure to calibrate for best results.

ATTENTION: Anyone beginning an exercise regimen for the first time (especially users of pacemakers or other implanted devices) should consult their physician or health professional before using the heart rate monitor.

triax pcv10 introduction (Text and Content to come)

Installing Drivers, Software and USB PCdock (Text and Content to come)

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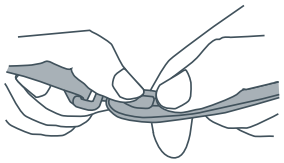
This document with updates is available online at **www.nike.com/manuals**

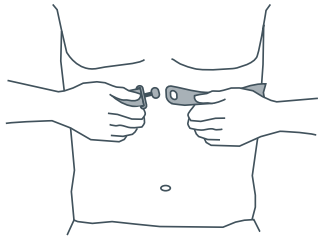
Quick Start

Follow steps 1 through 7 to position your hardware and go for a run.

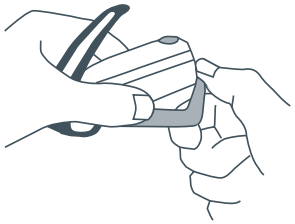
1 Push tab up through slot in HRM Strap.



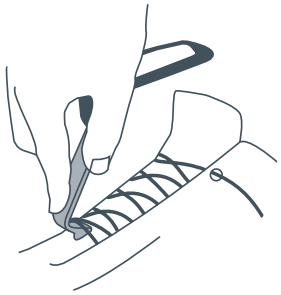
2 Press down tab until flush



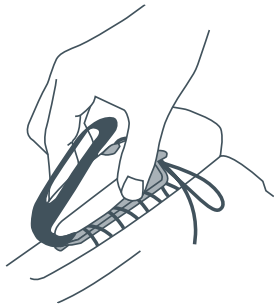
3 Attach other side of HRM Strap around chest. Position on rib cage just below the breast plate. Should be worn directly against skin and snug enough to not slip down while running.



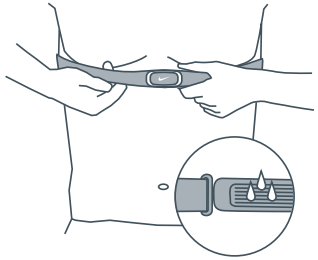
1 Remove the SDM Pod from holder.



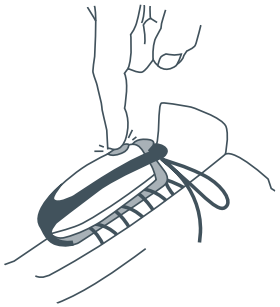
2 Loosen shoe laces and slide yellow clip up under laces.



3 Secure the SDM Pod with black strap. The SDM Pod should rest just below where laces tie and be secure enough to not move while running.

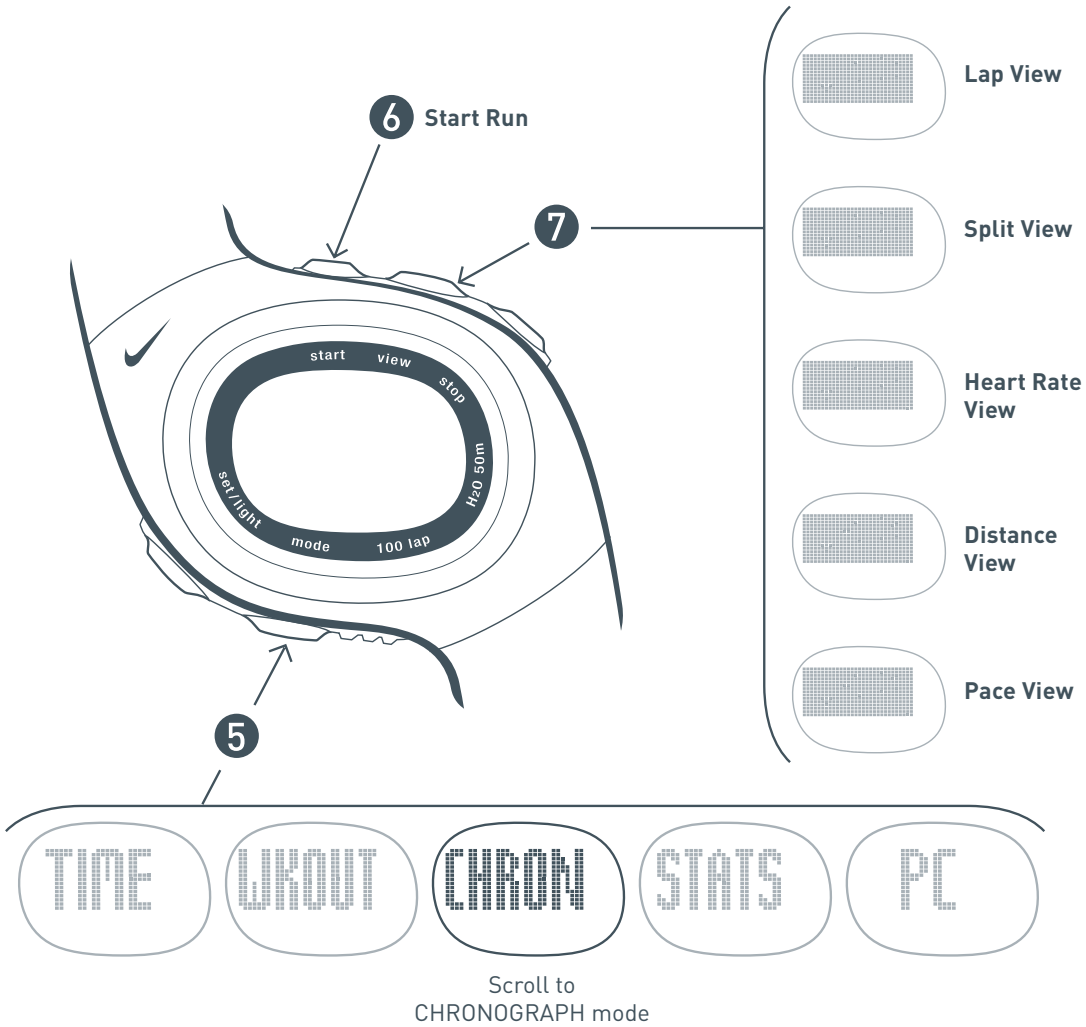


4 Generously **wet both grooved areas** on the back of HRM Strap to ensure a good pick up between your pulse and the strap.



4 Turn SDM Pod ON.
Light will begin to blink.

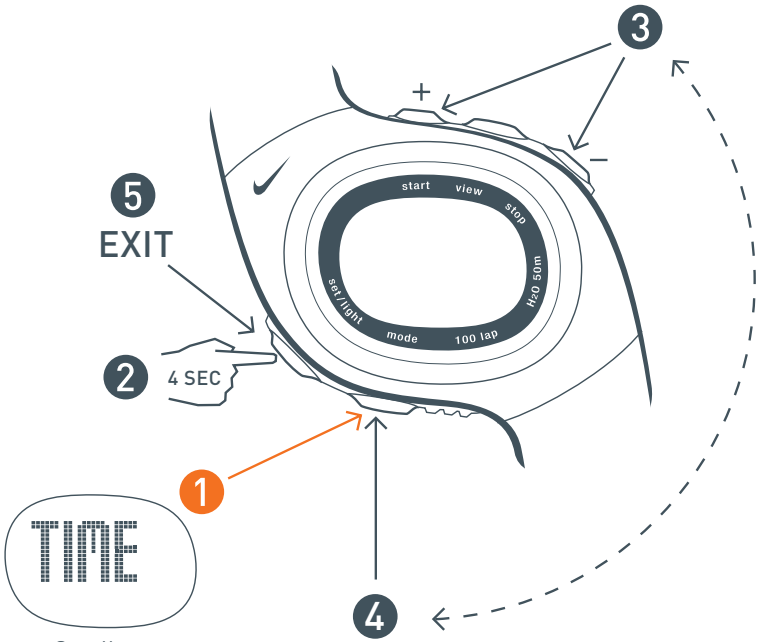
Press and hold power button to turn SDM Pod off.



Scroll to
CHRONOGRAPH mode

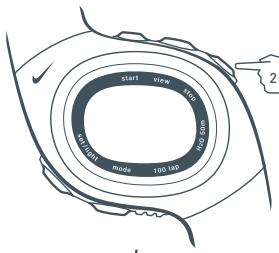
TIME Set Time

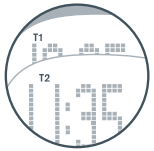
Follow steps ❶ through ❺ to set the time and date.



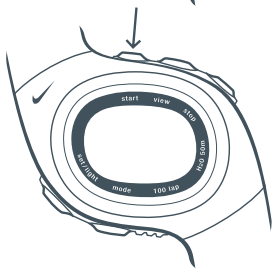
Scroll to TIME mode

Press button to select adjustable element

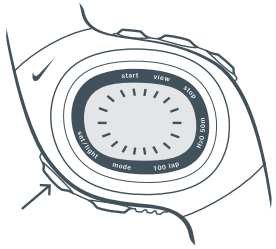




Switch Time Zones
Press to view
Hold 2 sec to switch



Chime On/Off
Chime sounds at the press of any button



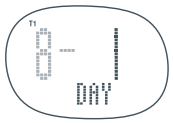
Electrolight On/Off

Power Save (0-24hrs.)
After X hours with no activity, watch goes to sleep. Push any button to wake. Alarm will still function.

Set hour

Set minutes

Set seconds



Set day

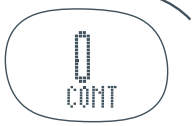
Set month

Set year

Choose 12 or 24 hour clock

Show Day or Month in display

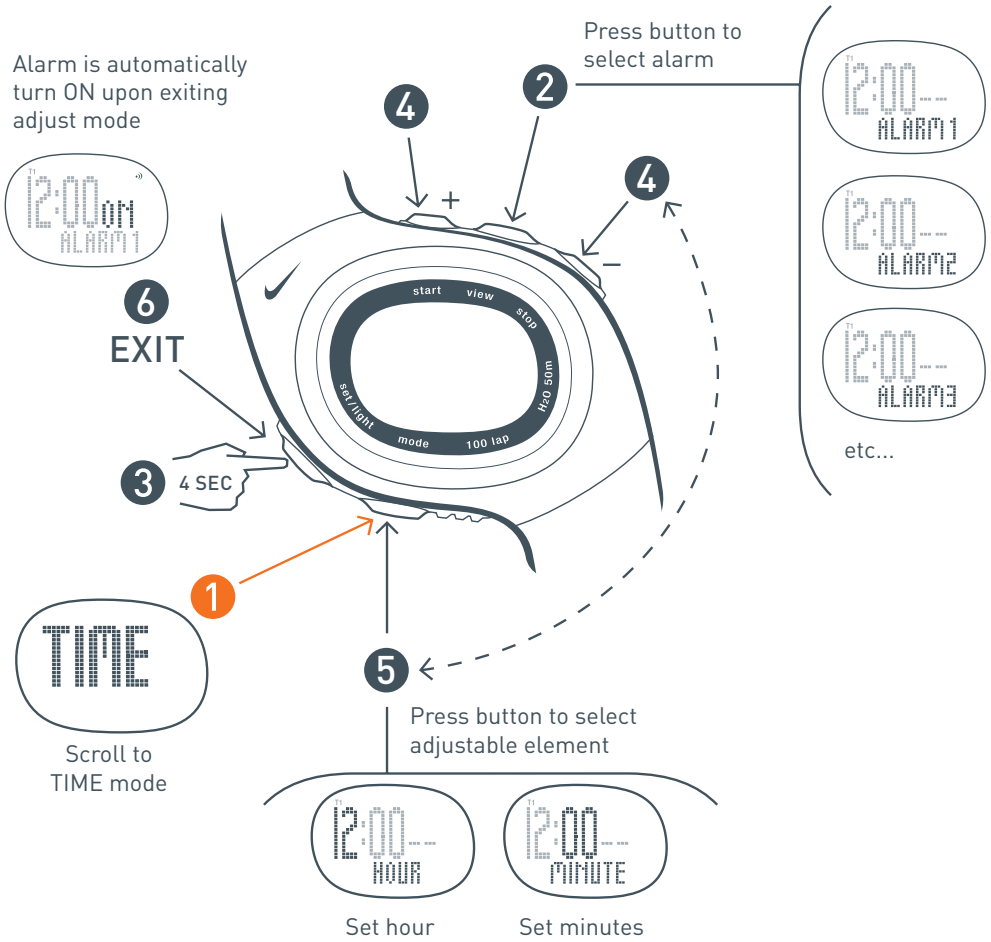
Power Save

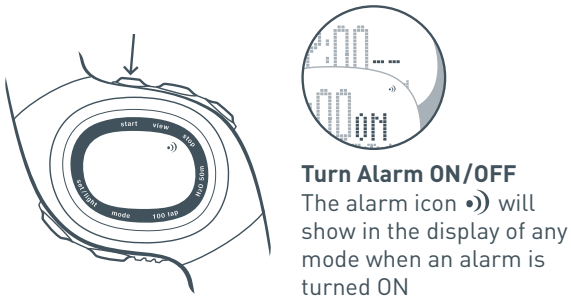


Set Contrast

TIME Set an Alarm

In TIME mode you can set up to 6 alarms. Press any button to stop the audible alarm. The alarm will automatically stop after 20 seconds. Follow steps 1 through 5 to set an alarm.





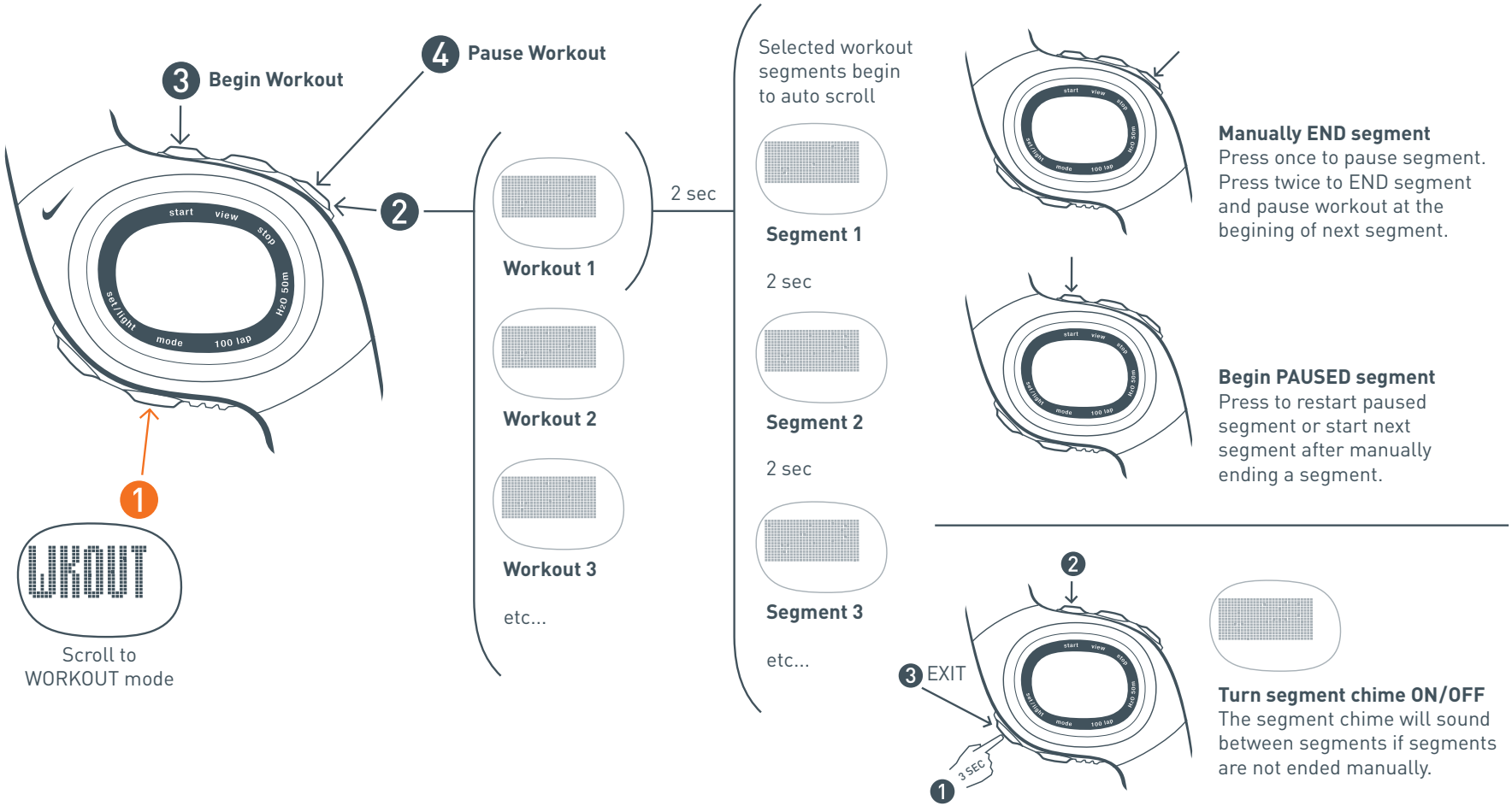
Turn Alarm ON/OFF
The alarm icon •)) will show in the display of any mode when an alarm is turned ON

WKOUT Programming Workouts

(Text and Content to come)

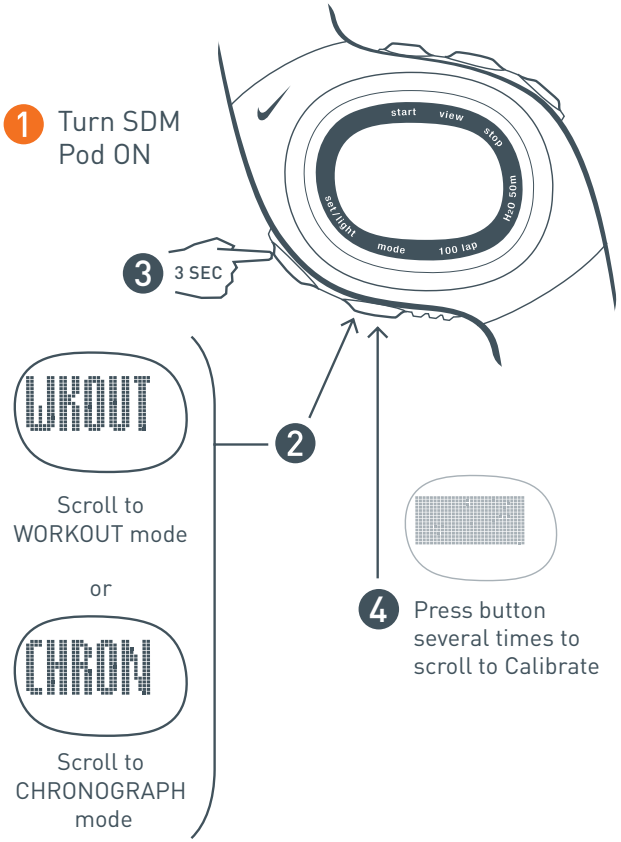
WKOUT Activate a Programmed Workout

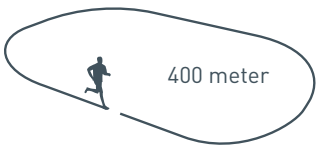
In WKOUT mode you can select and activate a workout programmed into the watch using the triax pcv10 software. Follow steps ❶ through ❹ to select and complete a desired workout.



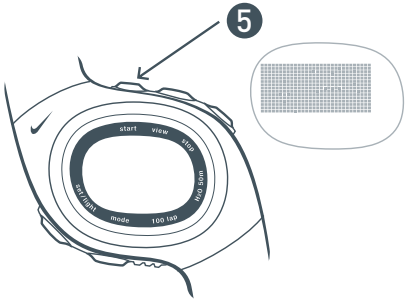
WKOUT | CHRON Calibrating the Speed Distance Monitor [SDM] Pod

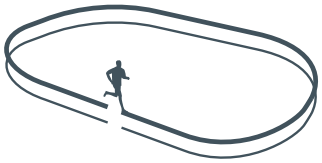
Once calibarated, your SDM Pod is over 97% accurate. Use either WORKOUT mode or CHRONOGRAPH mode to calibrate the SDM Pod. Calibrate your SDM Pod by running 400-800 meters on a marked track, then adjust the watch to exact distance. You will need to calibrate the SDM Pod each time you replace the watch battery.
Follow steps 1 through 8 to automatically caliibrate your SDM Pod.



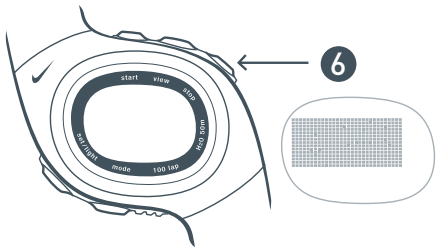


Go to a 400 meter marked track.





Run at your usual pace on the inside lane. Complete 1-2 laps (400-800 meters).



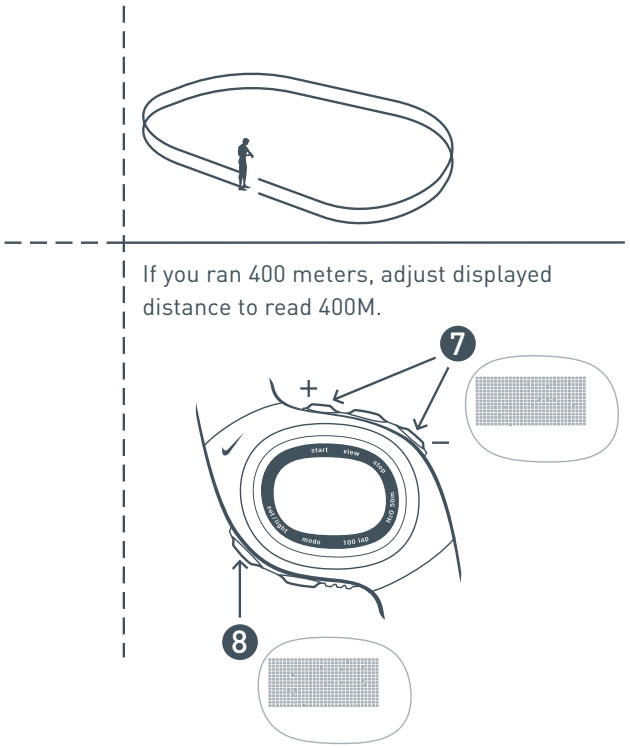
Adjusting your Offset

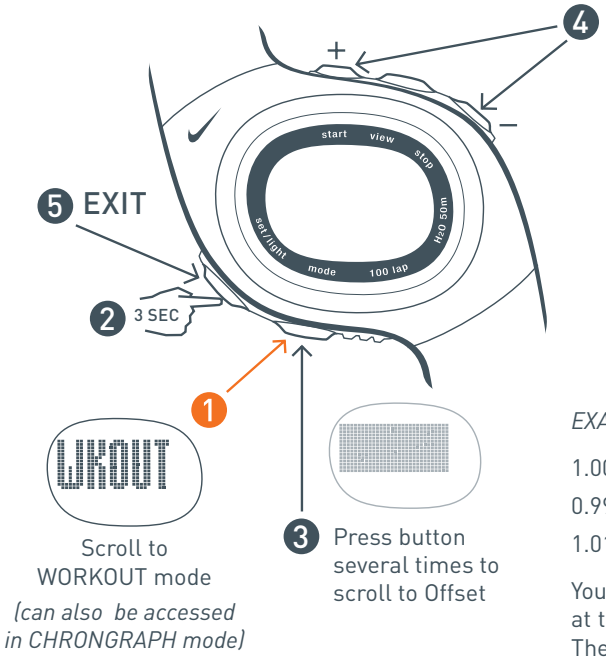
After you calibrate the SDM Pod an Offset number is automatically input to the watch. The default Offset number is 1.000. You can view your adjusted Offset number by following steps ❶ through ❸ .

Write down and save your Offset number. Enter the number after you change your SDM Pod battery or the watch battery to avoid going to a track to recalibrate.

Note: Variations in pod placement and different shoe models will affect the accuracy of your SDM Pod.

To make small adjustments to the calibration, use the manual Offset. For example, if the SDM is slightly under measuring distance increase the Offset number. Follow steps ❶ through ❺ to fine tune the Offset.





EXAMPLES

1.000 = Factory setting

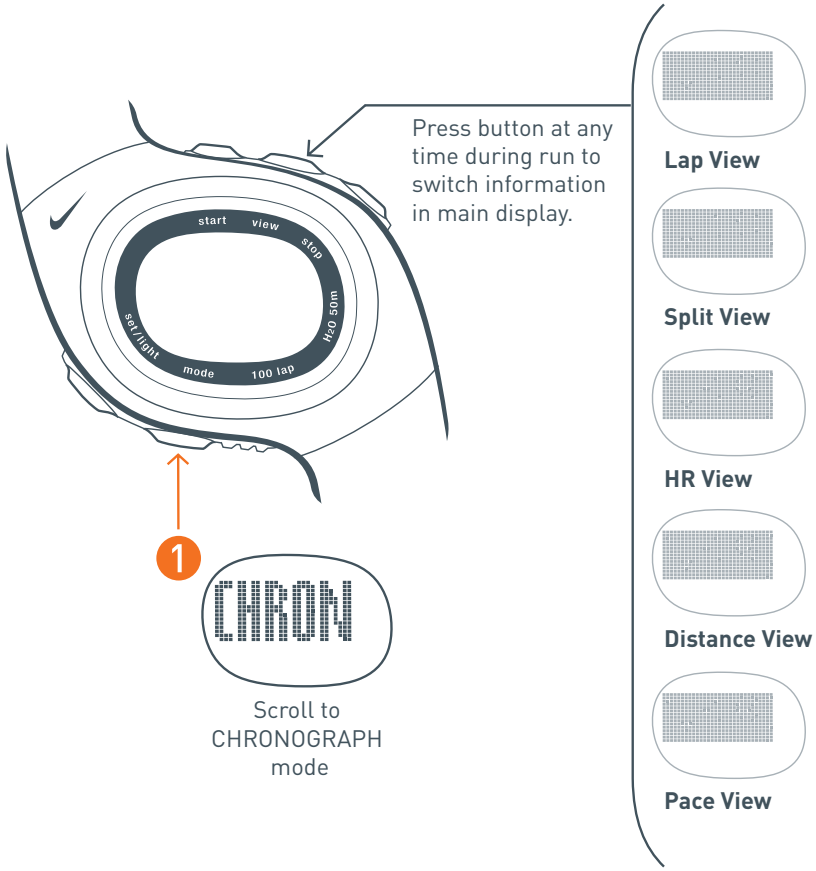
0.990 = 99% of Factory calibration

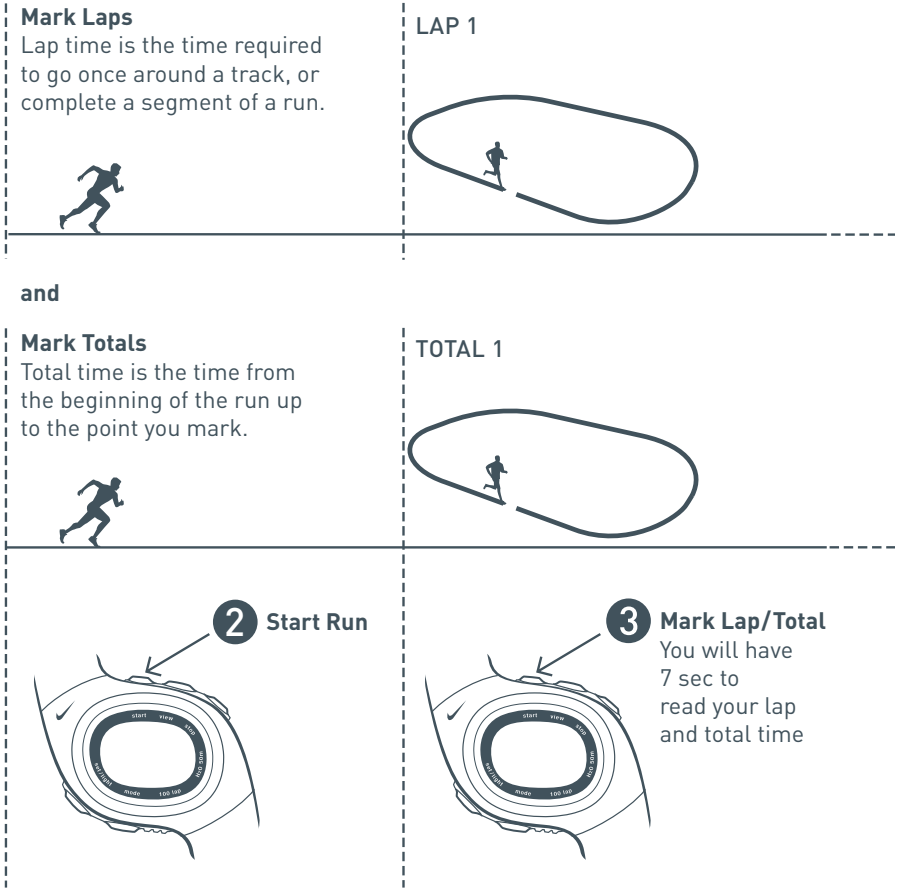
1.010 = 101% of Factory calibration

You run 400m. The SDM measurement at the end of the run was 392m (5%under). The Offset factor would be 1.050 (5% adjustment).

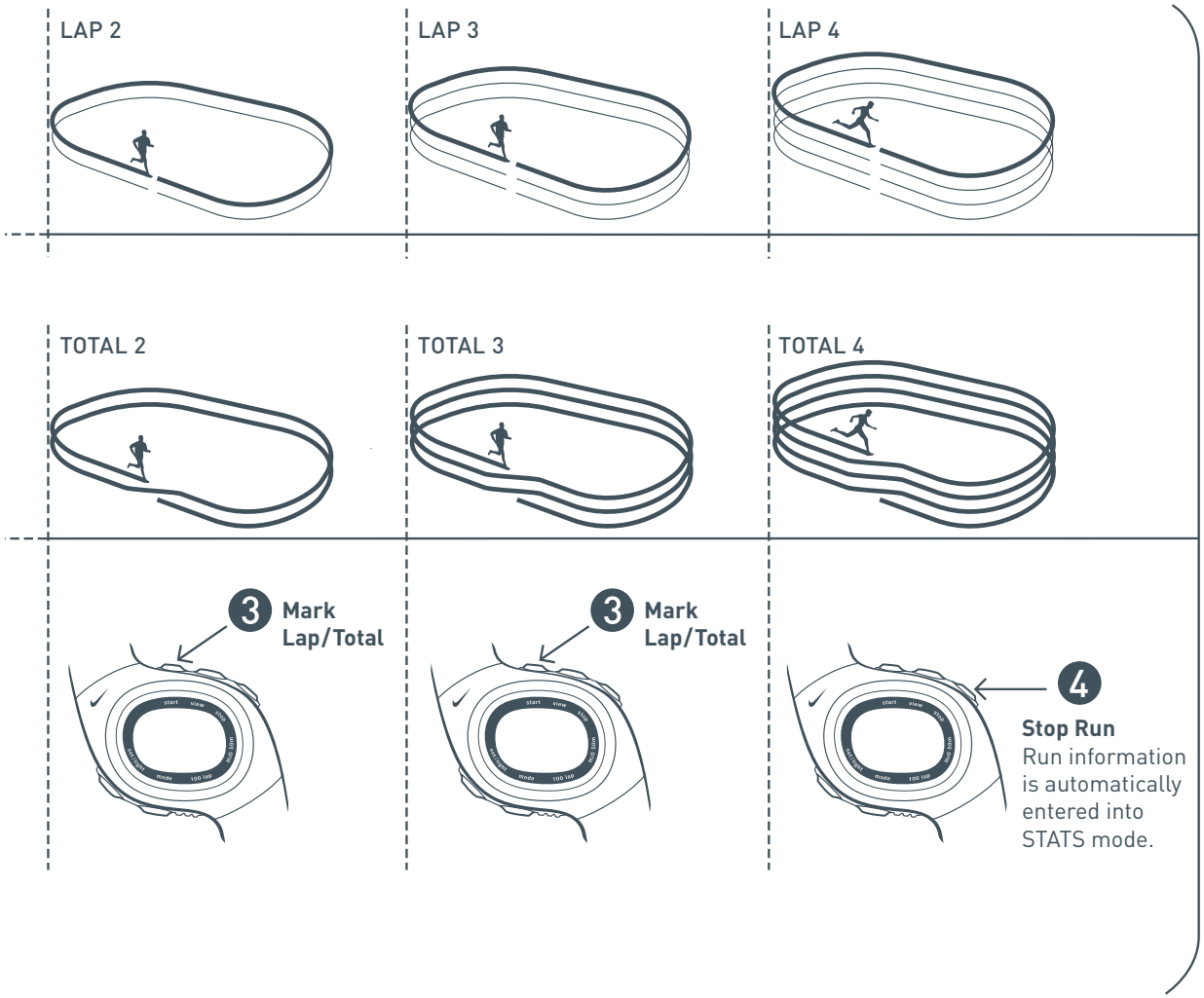
CHRON Using the Chronograph

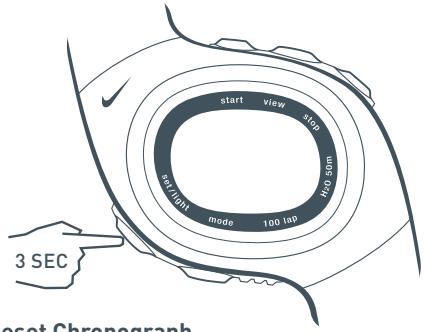
In Chronograph mode, you can mark lap times and total times during your run. Both lap times and total times are captured simultaneously when you press the lap button. After you stop the chronograph, your run information is automatically saved in STATS mode. See page 15 for STATS mode. Follow steps 1 through 8 to use your chronograph.





Reset Chronograph and Move to Next Run

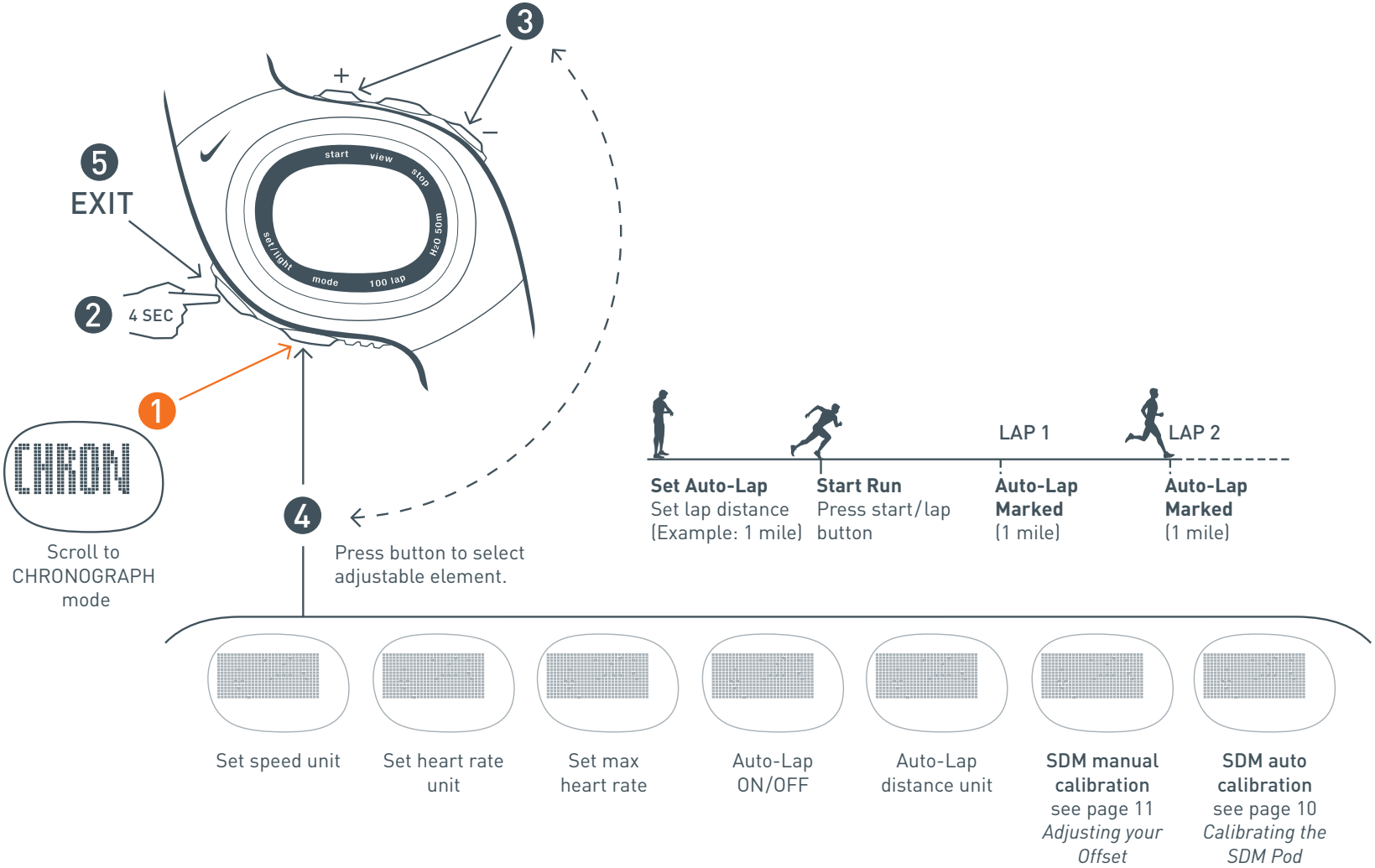




Reset Chronograph
The information for this run is stored in STATS mode and chronograph moves on to next run

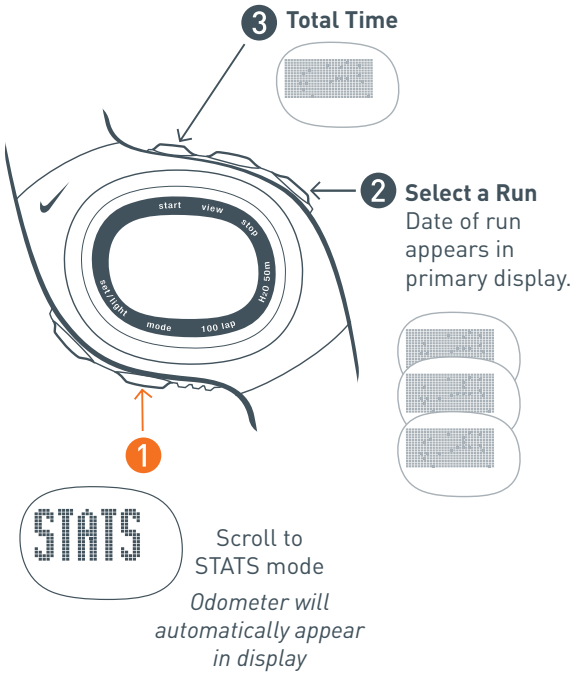
Setting the Chronograph Auto-Lap

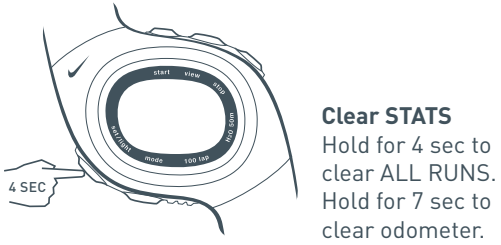
The Chronograph contains an Auto-Lap feature. You can set a distance at which the watch will automatically mark a lap. You cannot manually mark laps when Auto-Lap is activated. Follow steps 1 through 5 to setup the Auto-Lap feature.

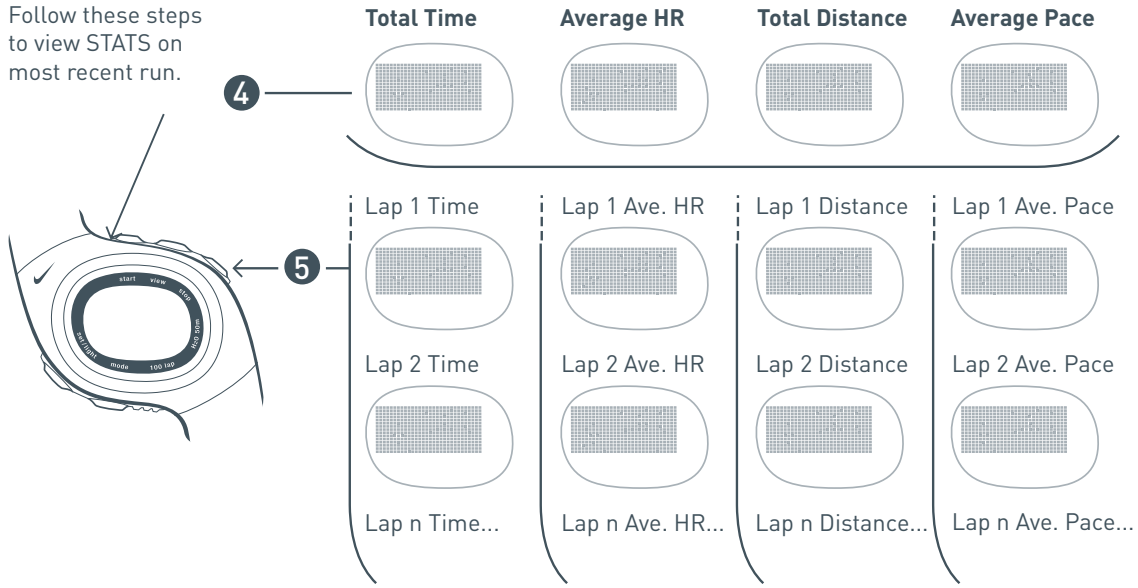


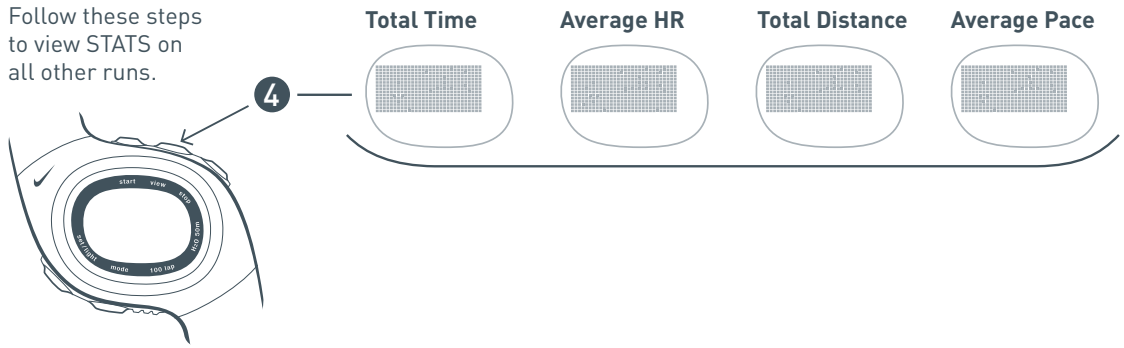
STATS Review Stored Runs/Workouts

In STATS mode you can review stored information including total time, average heart rate, total distance, average pace and detailed lap information. The memory can stored up to 100 laps and multiple runs or workouts.
Follow steps ❶ through ❺ to view stats stored for your runs/workouts.





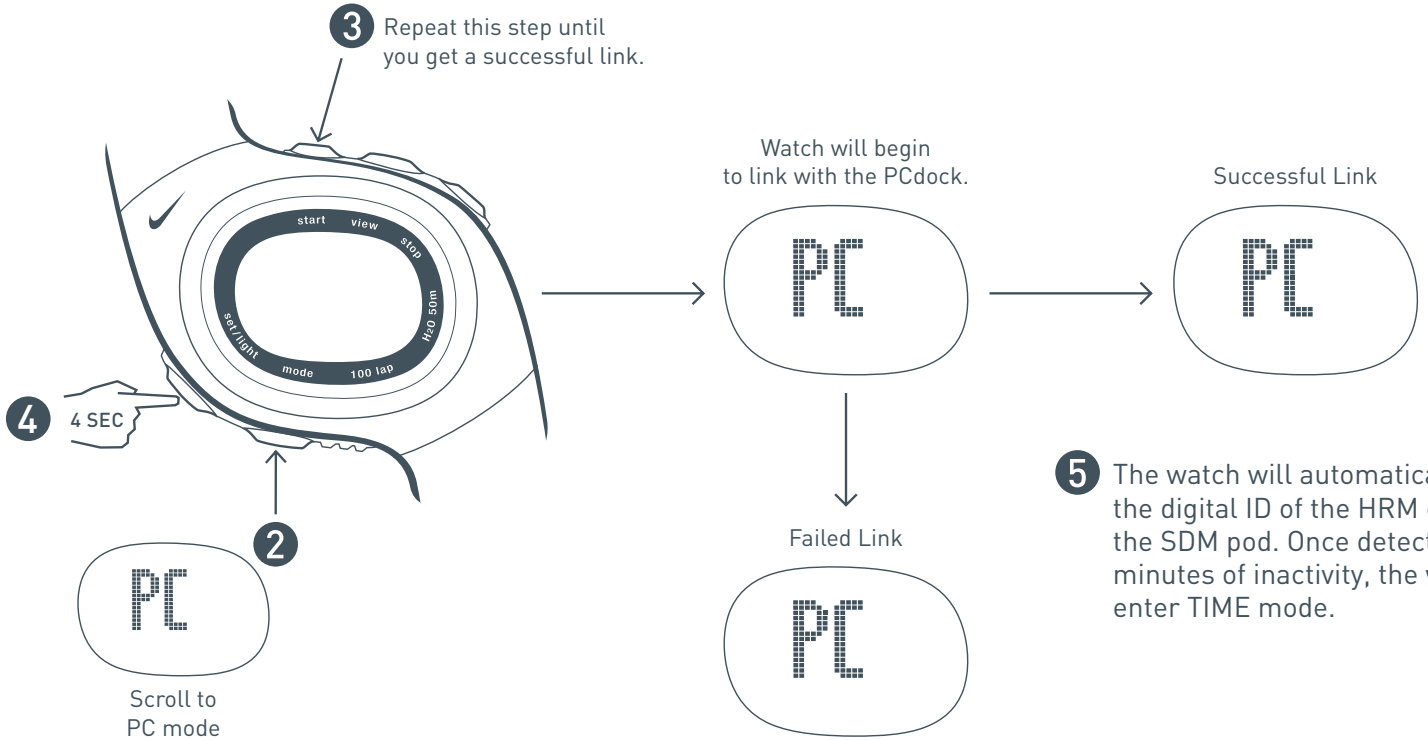




PC Linking the Watch to your Computer

Use PC mode to connect the watch to your computer through the USB PCdock. Once the watch has successfully linked with the PCdock, the blue LED light on the PCdock will begin to flash slowly. You can then proceed to upload new workouts to the watch or download run/workout statistics to your computer. Follow steps 1 through 5 to link the watch to your computer.

1 See page 2 Installing Drivers, Software and USB PCdock to ensure the PCdock is properly attached to your computer.



5 The watch will automatically try to detect the digital ID of the HRM chest strap and the SDM pod. Once detected or after 2-3 minutes of inactivity, the watch will enter TIME mode.

Heart Rate Intensity Chart

This is another way to gauge your approximate heart rate zones based on sex, age and weight. Starting with your Max Heart Rate, use the chart to help calculate your zones depending on the intensity of your workout.
Note this formula may not work for everyone.

Find your Max Heart Rate

$$210 - (.7 \times \text{age})$$

Determine your target heart rate zones (intensities)

Low Intensity (50-65% of Max HR)
Exercise in this zone after an injury, or during a recovery session. Stay in this zone when beginning an exercise program.

Medium Intensity (65-80% of Max HR)
Exercise in this zone to increase cardiovascular health, improve endurance, or lose weight.

High Intensity (80-100% of Max HR)
Exercise in this zone to increase peak performance and acclimate your body to competition-level activity. Stay in this level to increase lactic-acid tolerance.

Max Heart Rate	**Low Intensity** 50 - 65% of Max HR	**Medium Intensity** 65 - 80% of Max HR	**High Intensity** 80 - 100% of Max HR
205 bpm	103 - 133 bpm	133 - 164 bpm	164 - 205 bpm
200	100 - 130	130 - 160	160 - 200
195	98 - 127	127 - 156	156 - 195
190	95 - 123	123 - 152	152 - 190
185	93 - 120	120 - 148	148 - 185
180	90 - 117	117 - 144	144 - 180
175	88 - 114	114 - 140	140 - 175
170	85 - 111	111 - 136	136 - 170
165	83 - 108	108 - 132	132 - 165
160	80 - 104	104 - 128	128 - 160
155	78 - 101	101 - 124	124 - 155
150	75 - 98	98 - 120	120 - 150

Running Pace Chart

Use this chart to determine your pace (time per distance) for common races and finishing times.

Common Races and Finishing times		Pace (minute per mile)														
		12:00/mi	**11:30**/mi	**11:00**/mi	**10:30**/mi	**10:00**/mi	**9:30**/mi	**9:00**/mi	**8:30**/mi*	**8:00**/mi	**7:30**/mi	**7:00**/mi	**6:30**/mi	**6:00**/mi	**5:30**/mi	**5:00**/mi
		Pace (minute per kilometer)														
		7:28/km	**7:09**/km	**6:50**/km	**6:31**/km	**6:13**/km	**5:54**/km	**5:35**/km	**5:17**/km	**4:58**/km	**4:40**/km	**4:21**/km	**4:02**/km	**3:44**/km	**3:25**/km	**3:06**/km
2 mi	3.2K	24:00	23:00	22:00	21:00	20:00	19:00	18:00	17:00	16:00	15:00	14:00	13:00	12:00	11:00	10:00
3 mi	4.8K	36:00	34:30	33:00	31:30	30:00	28:30	27:00	25:30	24:00	22:30	21:00	19:30	18:00	16:30	15:00
3.1 mi	**5K**	37:17	35:44	34:11	32:37	31:04	29:31	27:58	26:24	24:51	23:18	21:45	20:12	18:38	17:05	15:32
3.5 mi	5.6K	42:00	40:15	38:30	36:45	35:00	33:15	31:30	29:45	28:00	26:15	24:30	22:45	21:00	19:15	17:30
5 mi	8.1K	1:00:00	57:30	55:00	52:30	50:00	47:30	45:00	42:30	40:00	37:30	35:00	32:30	30:00	27:30	25:00
6 mi	9.7K	1:12:00	1:09:00	1:06:00	1:03:00	1:00:00	57:00	54:00	51:00	48:00	45:00	42:00	39:00	36:00	33:00	30:00
6.2 mi	**10K**	1:14:34	1:11:27	1:08:21	1:05:15	1:02:08	59:02	55:55	52:49	49:43	46:36	43:30	40:23	37:17	34:11	31:04
9.3 mi	**15K**	1:51:51	1:47:11	1:42:32	1:37:52	1:33:12	1:28:33	1:23:53	1:19:13	1:14:34	1:09:54	1:05:15	1:00:35	55:55	51:16	46:36
10 mi	16.1K	2:00:00	1:55:00	1:50:00	1:45:00	1:40:00	1:35:00	1:30:00	1:25:00	1:20:00	1:15:00	1:10:00	1:05:00	1:00:00	55:00	50:00
12.4 mi	**20K**	2:29:08	2:22:55	2:16:42	2:10:29	2:04:16	1:58:04	1:51:51	1:45:38	1:39:25	1:33:12	1:27:00	1:20:47	1:14:34	1:08:21	1:02:08
1/2 Marathon 13.1 mi	21.1K	2:37:19	2:30:45	2:24:12	2:17:39	2:11:06	2:04:32	1:57:59	1:51:26	1:44:53	1:38:19	1:31:46	1:25:13	1:18:39	1:12:06	1:05:33
15 mi	24.1K	3:00:00	2:52:30	2:45:00	2:37:30	2:30:00	2:22:30	2:15:00	2:07:30	2:00:00	1:52:30	1:45:00	1:37:30	1:30:00	1:22:30	1:15:00
15.53 mi	**25K**	3:06:25	2:58:39	2:50:53	2:43:07	2:35:21	2:27:35	2:19:49	2:12:02	204:16	1:56:30	1:48:44	1:40:58	1:33:12	1:25:26	1:17:40
18.64 mi	**30K**	3:43:42	3:34:22	3:25:03	3:15:44	3:06:25	2:57:05	2:47:46	2:38:27	2:29:08	2:19:49	2:10:29	2:01:10	1:51:51	1:42:32	1:33:12
20 mi	32.2K	4:00:00	3:50:00	3:40:00	3:30:00	3:20:00	3:10:00	3:00:00	2:50:00	2:40:00	2:30:00	2:20:00	2:10:00	2:00:00	1:50:00	1:40:00
Marathon* 26.2 mi	42.2K	5:14:37	5:01:31	4:48:24	4:35:18	4:22:11	4:09:05	3:55:58	3:42:52*	3:29:45	3:16:38	3:03:32	2:50:25	2:37:19	2:24:12	2:11:06

**Example: If your goal is to finish a marathon in 3:43:00 you would need a pace of 8:30/mi. If this is your goal, you might want to train with the pace zone at 8:40/mi for the slow threshold and 8:20/mi for the fast threshold.*

Troubleshooting

Watch does not “link” with the USB PCdock:

Try repositioning the USB PCdock away from your monitor or other electronic devices. You can also try moving the watch closer to the PCdock. Turn off any devices nearby that may be using the same radio frequency: 916MHz (cordless phones, baby monitors, etc.). Press the mode button several times to re-enter PC mode and try “linking” again.

USB PC Link module blue LED is not flashing:

Make sure the PCdock is plugged into the USB port on your computer. Make sure you have installed the software application and drivers.

HRM chest strap does not “link” with the watch:

Make sure the chest strap is on by placing it on the body. The unit turns on when it detects the two electrodes on the body. It is recommended to wear the chest strap directly against the skin.

Try to reposition the HRM chest strap slightly.

Try replacing the battery.

Moisten the electrodes with water or gel to make better contact with the body. If you are waering the chest strap over clothing, try getting the clothing wet also.

Re-enter CHRONO or WRKOUT mode to the watch.

SDM pod does not “link” with the watch:

Make sure the unit is on by depressing the power switch on the top of the unit. The red LED indicator should be flashing slowly.

Try replacing the battery.

Re-enter CHRONO or WRKOUT mode on the watch.

SDM Pod Attachment to shoe:

Make sure the SDM Pod is attached to the laces securely enough that there is no “wobble” when you are running. The Pod should be aligned with the foot and secured well enough that the alignment does not change during a run.

Orthotics:

People who wear orthotics or have extreme pronation or supination in their stride may experience reduced accuracy. Try re-calibrating for improved accuracy.

Varying Paces:

People who run at varying paces within a run may experience reduced accuracy. Try calibrating at the speed you usually run.

LED light on SDM Pod flashes rapidly:

This indicates low battery power. Replace the AAA battery in the SDM Pod.

Watch beeps continuously:

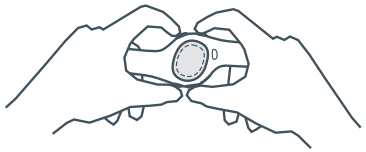
If you have the pace zone alarm on and your pace does not fall within your limits, the watch will beep to let you know you are out of your zone. *See page 8 for instructions on how to turn off the pace zone alarm.*

Crosstalk:

If you receive "crosstalk" from another electronic device, press the button on the speed sensor. The watch and speed sensor will begin linking on another channel.

Watch display is frozen:

The display of your watch may "freeze" due to static electricity or recent battery replacement. If this occurs, press and hold all four buttons at the same time. This will erase the data in the memory and allow you to reset the watch to the factory settings.



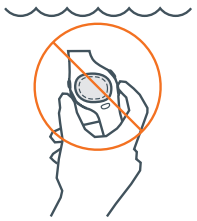
Press and hold all four buttons at the same time to reset the watch to the factory settings

Water Resistance

Watch

Water Resistant up to 50 Meters:
Designed for underwater performance to a depth of 165 feet (50 m).

ATTENTION: Water damage will occur if watch buttons are pressed while underwater!



HRM Strap

Water Resistant up to 30 Meters:
Wipe dry after use.

SDM Pod

Water Resistant up to 1 ATM:
Wipe dry after use.

Mode Limits

Chronograph: 23:59'59"
Timer: 23:59'59"
Heart Rate: 40 - 240 bpm

Material Specifications

Crystal:
Case:
Buckle:
Bezel:
Caseback:
Strap:

FCC Compliance

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.
(2) This device must accept any interference that may cause undesired operation.

Tested to comply with FCC standards.
For home or office use.

FCC warning: Changes or modifications not expressly approved by Nike could void your authority to operate this device under FCC regulations

Battery

Watch

Battery Type:

Battery Life:

The battery is estimated to last 1-1.5 years depending on frequency and use of certain features. Activating the Electrolite feature will contribute to battery drain.

Battery Replacement:

Follow steps below to replace your watch battery. *For best results, you can have Nike's authorized service center change the watch battery.*

WARNING! Keep watch batteries away from children. If swallowed, contact a doctor immediately.

HRM Strap

Battery Type:

Battery Life:

SDM Pod

Battery Type:

Battery Life:

Battery Replacement:

Two-Year Limited Warranty

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of two years from the date of delivery. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, you have the option to have the defective parts or watch repaired or replaced with the same product (if available) or a similar product of equal price. However, NIKE reserves the right to refuse either repair or replacement (but not both) if the cost of doing so would be disproportionate to the defect.

This limited warranty is in place of all other express warranties, and excludes refund of the purchase price. Any implied warranties, including merchantability and fitness for a particular purpose, are limited to the duration of this limited warranty. In no event shall NIKE be liable for direct, indirect, incidental or consequential damages arising out of the use of the watch, and any recovery is limited to the purchase price. No other person or company is authorized to change this limited warranty, and your dealer is solely responsible for any other warranties.

For U.S. Purchasers: Some states do not allow limitations on how long an implied warranty lasts, or exclusions of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

The foregoing is without prejudice to other legal rights that may arise under applicable national legislation.

For non-warranty service like battery or strap replacement, contact one of the listed service centers.

Service Centers

USA: 800-359-2508
Parsec Enterprises, Inc.
7501 N. Harker Dr.
Peoria, IL 61650

Denmark: +45 75 75 3260

France: +33 1 42 72 03 33

UK: +44 1628 41 0200

Germany: +49 2154 943 471

Netherlands: +31 104009899

Belgium: +32 2 468 13 23

Italy: +39 2 72000980

Norway: +47 33 304 5000

Sweden: +46 8 626 6500

Austria: +43 13313937

Israel: +972-3-5172540

Finland: +358 9 4780 500

Poland: +4822 637 5757

Slovenia/Croatia: +3861 3006130

Switzerland: 032 654 65 65

Turkey: +90 (212) 513 62 90

UAE: +971 4 3599905

Japan: 0120-500-719

Taiwan: 0800-009-868

Korea: 080-022-0182.

Singapore: 65-788 0990

Malaysia: 603-7722 2459

Thailand: 662-676 6100

Philippines: 632-848 9851

Australia: 1300 656 453

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