GARMIN®

ENDURO™ 3

Owner's Manual

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Table of Contents

Introduction 1
- Getting Started 1
- Device Overview 1
  - Enabling and Disabling the Touchscreen 2
- Using the Watch 2

Clocks 2
- Setting an Alarm 2
  - Editing an Alarm 2
- Starting the Countdown Timer 3
  - Deleting a Timer 3
- Using the Stopwatch 4
- Adding Alternate Time Zones 4
  - Editing an Alternate Time Zone 5

Activities and Apps 5
- Starting an Activity 5
  - Tips for Recording Activities 5
- Stopping an Activity 6
  - Evaluating an Activity 6
- Running 6
  - Going for a Track Run 6
    - Tips for Recording a Track Run 7
  - Going for a Virtual Run 7
  - Calibrating the Treadmill Distance 7
  - Recording an Ultra Run Activity 7
  - Recording an Obstacle Racing Activity 8
- Swimming 8
  - Swim Terminology 8
  - Stroke Types 8
  - Tips for Swimming Activities 9
  - Auto Rest and Manual Rest 9
  - Training with the Drill Log 9
- Multisport 9
  - Triathlon Training 10
  - Creating a Multisport Activity 10
- Indoor Activities 10
  - Health Snapshot™ 10
  - Recording a Strength Training Activity 11
  - Recording a HIIT Activity 11
  - Using an Indoor Trainer 12
  - Gaming 12
  - Using the Garmin GameOn™ App 12
  - Recording a Manual Gaming Activity 13
- Climbing Sports 13
  - Recording an Indoor Climbing Activity 13
  - Recording a Bouldering Activity 14
- Starting an Expedition 14
  - Recording a Track Point Manually 14
  - Viewing Track Points 14
- Going Hunting 15
- Marine Activities 15
  - Sailing 15
    - Tack Assist 15
      - Calibrating the Tack Assist 16
      - Entering a Fixed Tack Angle 16
      - Entering a True Wind Direction 16
      - Tips for Getting the Best Lift Estimate 16
    - Sail Racing 16
      - Setting the Starting Line 17
      - Starting a Race 17
  - Water Sports 18
    - Viewing Your Water Sport Runs 18
  - Fishing 18
    - Going Fishing 18
  - Tides 18
    - Viewing Tide Information 18
      - Setting a Tide Alert 19
  - Anchor 19
    - Marking Your Anchor Location 19
    - Anchor Settings 20
  - Trolling Motor Remote 20
    - Pairing Your Watch and Trolling Motor 20
- Skiing and Winter Sports 20
  - Viewing Your Ski Runs 20
  - Recording a Backcountry Skiing or Snowboarding Activity 21
  - Cross-Country Skiing Power Data 21
- Golfing 22
  - Playing Golf 22
  - Golf Menu 24
  - Moving the Flag 24
  - Virtual Caddie 25
  - PlaysLike Distance Icons 25

PlaysLike Distance Factors 25
PlaysLike Settings 26
Measuring Distance with Touch Targeting 26
Viewing Measured Shots 26
Manually Measuring a Shot 26
Keeping Score 26
Recording Statistics 27
Scoring Settings 27
About Stableford Scoring 27
Viewing the Wind Speed and Direction 27
Viewing the Direction to the Pin 28
Saving Custom Targets 28
Big Numbers Mode 28
Swing Tempo Training 29
The Ideal Swing Tempo 29
Analyzing Your Swing Tempo 30
Viewing the Tip Sequence 30
Jumpmaster 30
Planning a Jump 30
Jump Types 30
Entering Jump Information 31
Entering Wind Information for HAHO and HALO Jumps 31
Resetting Wind Information 31
Entering Wind Information for a Static Jump 31
Constant Settings 32
Customizing Activities and Apps 32
Adding or Removing a Favorite Activity 32
Changing the Order of an Activity in the Apps List 32
Customizing the Data Screens 33
Adding a Map to an Activity 33
Creating a Custom Activity 33
Activities and App Settings 34
Activity Alerts 36
Setting an Alert 37
Activity Map Settings 37
Routing Settings 37
Using ClimbPro 38
Enabling Auto Climb 38
Satellite Settings 39
Segments 39
Strava™ Segments 39
Viewing Segment Details 39
Racing a Segment 40

Training 40

Unified Training Status 40
Syncing Activities and Performance Measurements 40
Training for a Race Event 40
Race Calendar and Primary Race 41
Workouts 41
Starting a Workout 41
Workout Execution Score 42
Following a Workout From Garmin Connect 42
Following a Daily Suggested Workout 42
Starting an Interval Workout 43
Customizing an Interval Workout 43
Recording a Critical Swim Speed Test 43
Using Virtual Partner® 44
Setting a Training Target 44
Racing a Previous Activity 45
About the Training Calendar 45
Using Garmin Connect Training Plans 45
Adaptive Training Plans 45
PacePro Training 45
Downloading a PacePro Plan from Garmin Connect 46
Creating a PacePro Plan on Your Watch 46
Starting a PacePro Plan 47
Power Guide 48
Creating and Using a Power Guide 48

History 48

Using History 49
Multisport History 49
Personal Records 49
Viewing Your Personal Records 49
Restoring a Personal Record 49
Clearing Personal Records 50
Viewing Data Totals 50
Using the Odometer 50
Deleting History 50

Appearance 50
Watch Face Settings 50
Customizing the Watch Face 51
Glances 51
Viewing the Glance Loop 54
Customizing the Glance Loop 55
Creating Glance Folders 55
Body Battery 55
Tips for Improved Body Battery Data 55
Performance Measurements 56
About VO2 Max. Estimates 57
Getting Your VO2 Max. Estimate for Running 57
Getting Your VO2 Max. Estimate for Cycling 58
Viewing Your Predicted Race Times 58
Heart Rate Variability Status 59
Heart Rate Variability and Stress Level 59
Performance Condition 60
Viewing Your Performance Condition 60
Getting Your FTP Estimate 61
Conducting an FTP Test 61
Lactate Threshold 62
Performing a Guided Test to Determine Your Lactate Threshold 62
Viewing Your Real-Time Stamina 63
Viewing Your Power Curve 63
Training Status 64
Training Status Levels 65
Tips for Getting Your Training Status 65
Acute Load 65
Training Load Focus 66
Load Ratio 66
About Training Effect 67
Recovery Time 67
Recovery Heart Rate 67
Heat and Altitude Performance Acclimation 68
Pausing and Resuming Your Training Status 68
Training Readiness 69
Endurance Score 69
Hill Score 70
Viewing Cycling Ability 70
Adding a Stock 70
Adding Weather Locations 71
Using the Jet Lag Adviser 71
Planning a Trip in the Garmin Connect App 71
Controls 72
Customizing the Controls Menu 75
Using the LED Flashlight 75
Editing the Custom Flashlight Strobe 75
Garmin Pay 75
Setting Up Your Garmin Pay Wallet 76
Paying for a Purchase Using Your Watch 76
Adding a Card to Your Garmin Pay Wallet 76
Managing Your Garmin Pay Cards 76
Changing Your Garmin Pay Passcode 77
Morning Report 77
Customizing Your Morning Report 77

Sensors and Accessories 77
Wrist Heart Rate 77
Wearing the Watch 78
Tips for Erratic Heart Rate Data 78
Wrist Heart Rate Monitor Settings 78
Setting an Abnormal Heart Rate Alert 79
Broadcasting Heart Rate Data 79
Pulse Oximeter 80
Getting Pulse Oximeter Readings 81
Setting the Pulse Oximeter Mode 81
Tips for Erratic Pulse Oximeter Data 81
Compass 81
Setting the Compass Heading 81
Compass Settings 82
Calibrating the Compass Manually 82
Setting the North Reference 82
Altimeter and Barometer 82
Altimeter Settings 82

Calibrating the Barometric Altimeter ... 83
Barometer Settings ... 83
Calibrating the Barometer ... 83
Wireless Sensors ... 84
Pairing Your Wireless Sensors ... 86
HRM-Pro Running Pace and Distance ... 86
Tips for Recording Running Pace and Distance ... 87
Running Dynamics ... 87
Tips for Missing Running Dynamics Data ... 87
Running Power ... 88
Running Power Settings ... 88
Using the Varia Camera Controls ... 88
inReach Remote ... 88
Using the inReach Remote ... 89
VIRB Remote ... 89
Controlling a VIRB Action Camera ... 89
Controlling a VIRB Action Camera During an Activity ... 90
Xero Laser Location Settings ... 90

Map ... 90
Viewing the Map ... 91
Saving or Navigating to a Location on the Map ... 91
Navigating with the Around Me Feature ... 92
Map Settings ... 92
Managing Maps ... 93
Downloading Maps with Outdoor Maps+ ... 93
Downloading TopoActive Maps ... 93
Deleting Maps ... 94
Map Themes ... 94
Marine Map Settings ... 94
Showing and Hiding Map Data ... 94

Music ... 94
Connecting to a Third-Party Provider ... 95
Downloading Audio Content from a Third-Party Provider ... 95
Downloading Personal Audio Content ... 95
Listening to Music ... 96
Music Playback Controls ... 96
Connecting Bluetooth Headphones ... 96
Changing the Audio Mode ... 96

Connectivity ... 97
Phone Connectivity Features ... 97
Pairing Your Phone ... 97
Enabling Bluetooth Notifications ... 97
Viewing Notifications ... 97
Receiving an Incoming Phone Call ... 98
Replying to a Text Message ... 98
Managing Notifications ... 98
Turning Off the Bluetooth Phone Connection ... 98
Turning On and Off Phone Connection Alerts ... 98
Turning On and Off Find My Phone Alerts ... 98
Locating a Phone Lost During a GPS Activity ... 99
Playing Audio Prompts During an Activity ... 99
Wi-Fi Connectivity Features ... 99
Connecting to a Wi-Fi Network ... 100
Phone Apps and Computer Applications ... 100
Garmin Connect ... 100
Using the Garmin Connect App ... 101
Updating the Software Using the Garmin Connect App ... 101
Using Garmin Connect on Your Computer ... 101
Updating the Software Using Garmin Express ... 101
Manually Syncing Data with Garmin Connect ... 101
Connect IQ Features ... 101
Downloading Connect IQ Features ... 102
Downloading Connect IQ Features Using Your Computer ... 102
Garmin Explore™ ... 102
Garmin Golf App ... 102

User Profile ... 102
Setting Up Your User Profile ... 102
Gender Settings ... 102

Viewing Your Fitness Age 103
About Heart Rate Zones 103
Fitness Goals 103
Setting Your Heart Rate Zones 104
Letting the Watch Set Your Heart Rate Zones 104
Heart Rate Zone Calculations 105
Setting Your Power Zones 105
Detecting Performance Measurements Automatically 105

Safety and Tracking Features 106

Adding Emergency Contacts 106
Adding Contacts 106
Turning Incident Detection On and Off 107
Requesting Assistance 107
Starting a GroupTrack Session 108
Tips for GroupTrack Sessions 108
GroupTrack Settings 108

Health and Wellness Settings 109

Auto Goal 109
Using the Move Alert 109
Intensity Minutes 109
Earning Intensity Minutes 109
Sleep Tracking 110
Using Automated Sleep Tracking ... 110

Navigation 110

Viewing and Editing Your Saved Locations 110
Saving a Dual Grid Location 110
Setting a Reference Point 110
Navigating to a Destination 111
Navigating to a Point of Interest 111
Navigating to the Starting Point of a Saved Activity 112
Navigating to Your Starting Point During an Activity 112
Viewing Route Directions 113
Navigating with Sight 'N Go 113
Marking and Starting Navigation to a Man Overboard Location 113
Stopping Navigation 113
Courses 113
Creating and Following a Course on Your Device 114
Creating a Round-Trip Course 114
Creating a Course on Garmin Connect 114
Sending a Course to Your Device 115
Viewing or Editing Course Details .. 115
Projecting a Waypoint 115
Navigation Settings 115
Customizing Navigation Data Screens 116
Setting Up a Heading Bug 116
Setting Navigation Alerts 116

Power Manager Settings 116

Customizing the Battery Saver Feature 117
Changing the Power Mode 117
Customizing Power Modes 117
Restoring a Power Mode 117

System Settings 118

Time Settings 118
Setting Time Alerts 119
Syncing the Time 119
Changing the Screen Settings 119
Customizing Sleep Mode 119
Customizing the Hot Keys 120
Changing the Units of Measure 120
Viewing Device Information 120
Viewing E-label Regulatory and Compliance Information 120

Device Information 121

Charging the Watch 121
Solar Charging 121
Tips for Solar Charging 121
Specifications 122
Battery Information 122
Device Care 122
Cleaning the Watch 123
Cleaning the Nylon Strap 123
Changing the UltraFit Nylon Strap 123
Changing the QuickFit® Bands 124
Data Management 124
Deleting Files 124

Troubleshooting 124
Product Updates 124
Getting More Information 125
My device is in the wrong language ... 125
Is my phone compatible with my watch? 125
My phone will not connect to the watch 125
Can I use my Bluetooth sensor with my watch? 125
My headphones will not connect to the watch 126
My music cuts out or my headphones won't stay connected 126
Restarting Your Watch 126
Resetting All Default Settings 126
Tips for Maximizing the Battery Life .. 127
Acquiring Satellite Signals 127
Improving GPS Satellite Reception 127
The activity temperature reading is not accurate 127
Activity Tracking 127
My step count does not seem accurate 128
The step counts on my watch and my Garmin Connect account don't match 128
The floors climbed amount does not seem accurate 128

Appendix 129
Data Fields 129
Color Gauges and Running Dynamics Data 143
Ground Contact Time Balance Data 143
Vertical Oscillation and Vertical Ratio Data 144
VO2 Max. Standard Ratings 144
FTP Ratings 145
Endurance Score Ratings 146
Wheel Size and Circumference 147
Symbol Definitions 147

Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1. Press **LIGHT** to turn on the watch (*Device Overview*, page 1).
2. Follow the on-screen instructions to complete the initial setup.

   During the initial setup, you can pair your phone with your watch to receive notifications, sync your activities, and more (*Pairing Your Phone*, page 97). If you are upgrading from a compatible watch, you can migrate your watch settings, saved courses, and more when you pair your new Enduro watch with your phone.
3. Charge the watch (*Charging the Watch*, page 121).
4. Start an activity (*Starting an Activity*, page 5).

Device Overview

① Touchscreen

- Tap to choose an option in a menu.
- Hold the watch face data to open the glance or feature.

  NOTE: This feature is not available on all watch faces.
- Swipe up or down to scroll through the glance loop and menus.
- Swipe right to return to the previous screen.
- Cover the screen with your palm to return to the watch face and turn down the screen brightness.

② LIGHT

- Press to turn on the device.
- Press to illuminate the screen.
- Quickly press twice to turn on the flashlight.
- Hold to view the controls menu.

③ UP·MENU

- Press to scroll through the glance loop and menus.
- Hold to view the menu.

④ **DOWN**

- Press to scroll through the glance loop and menus.
- Hold to view the music controls from any screen.

⑤ **START·STOP**

- Press to choose an option in a menu.
- Press to view the activity list and start or stop an activity.

⑥ **BACK·LAP**

- Press to return to the previous screen.
- Press to record a lap, rest, or transition during a multisport activity.
- Hold to view a list of your recently used apps from any screen.

Enabling and Disabling the Touchscreen

- Hold **DOWN** and **START**.
- Hold **LIGHT**, and select .
- Hold **MENU**, select **System** > **Touch**, and select an option.

Using the Watch

- Hold **LIGHT** to view the controls menu (*Controls*, page 72).

  The controls menu provides quick access to frequently used functions, such as turning on do not disturb mode, saving a location, and turning the watch off.
- From the watch face, press **UP** or **DOWN** to scroll through the glance loop (*Glances*, page 51).
- From the watch face, press **START** to start an activity or open an app (*Activities and Apps*, page 5).
- Hold **MENU** to customize the watch face (*Customizing the Watch Face*, page 51), adjust settings (*System Settings*, page 118), pair wireless sensors (*Pairing Your Wireless Sensors*, page 86), and more.

Clocks

Setting an Alarm

You can set multiple alarms.

1 Hold **MENU**.
2 Select **Clocks** > **ALARMS** > **Add Alarm**.
3 Enter the alarm time.

Editing an Alarm

1 Hold **MENU**.
2 Select **Clocks** > **ALARMS** > **Edit**.
3 Select an alarm.
4 Select an option:
   - To turn the alarm on or off, select **Status**.
   - To change the alarm time, select **Time**.
   - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
   - To select the type of alarm notification, select **Sound and Vibe**.
   - To turn the backlight on or off with the alarm, select **Backlight**.
   - To select a description for the alarm, select **Label**.
   - To delete the alarm, select **Delete**.

Starting the Countdown Timer

1 From the watch face, hold **MENU**.
2 Select **Clocks** > **TIMERS**.
3 Select an option:
   - To set and save a countdown timer for the first time, enter the time, press **MENU**, and select **Save Timer**.
   - To set and save additional countdown timers, select **Add Timer**, and enter the time.
   - To set a countdown timer without saving it, select **Quick Timer**, and enter the time.
4 If necessary, press **MENU**, and select an option:
   - Select **Time** to change the time.
   - Select **Restart** > **On** to automatically restart the timer after it expires.
   - Select **Sound and Vibe**, and select a type of notification.
5 Press **START** to start the timer.

Deleting a Timer

1 From the watch face, hold **MENU**.
2 Select **Clocks** > **TIMERS** > **Edit**.
3 Select a timer.
4 Select **Delete**.

Using the Stopwatch

1 From the watch face, hold **MENU**.
2 Select **Clocks** > **STOPWATCH**.
3 Press **START** to start the timer.
4 Press **LAP** to restart the lap timer ①.

The total stopwatch time ② continues running.

5 Press **STOP** to stop both timers.
6 Select an option:
- To reset both timers, press **DOWN**.
- To save the stopwatch time as an activity, press **MENU**, and select **Save Activity**.
- To reset the timers and exit the stopwatch, press **MENU**, and select **Done**.
- To review the lap timers, press **MENU**, and select **Review**.
  NOTE: The **Review** option only appears if there have been multiple laps.
- To return to the watch face without resetting the timers, press **MENU**, and select **Go to Watchface**.
- To enable or disable lap recording, press **MENU**, and select **Lap Key**.

Adding Alternate Time Zones

You can display the current time of day in additional time zones. You can add up to four alternate time zones.

1 Hold **MENU**.
2 Select **Clocks** > **ALT. TIME ZONES** > **Add Alt. Time Zone**.
3 Select a time zone.
4 If necessary, rename the zone.

Editing an Alternate Time Zone

1 Hold **MENU**.
2 Select **Clocks** > **ALT. TIME ZONES**.
3 Select a time zone.
4 Press **START**.
5 Select an option:
   - To set the time zone to display on the glance loop, select **Set as Favorite**.
   - To enter a custom name for the time zone, select **Rename Zone**.
   - To enter a custom abbreviation for the time zone, select **Abbreviate Zone**.
   - To change the time zone, select **Change Zone**.
   - To delete the time zone, select **Delete Zone**.

Activities and Apps

Your watch can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the watch displays and records sensor data. You can create custom activities or new activities based on default activities (*Creating a Custom Activity*, page 33). When you finish your activities, you can save and share them with the Garmin Connect™ community.

You can also add Connect IQ™ activities and apps to your watch using the Connect IQ app (*Connect IQ Features*, page 101).

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1 From the watch face, press **START**.
2 If this is the first time you are starting an activity, select the checkbox next to each activity to add to your favorites, and select **Done**.
3 Select an option:
   - Select an activity from your favorites.
   - Select , and select an activity from the extended activity list.
4 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

   The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5 Press **START** to start the activity timer.

   The watch records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch*, page 121).
- Press **LAP** to record laps, start a new set or pose, or advance to the next workout step.
- Press **UP** or **DOWN** to view additional data screens.
- Swipe up or down to view additional data screens.
- Hold **MENU**, and select **Power Mode** to use a power mode to extend battery life (*Customizing Power Modes*, page 117).

Stopping an Activity

1 Press **STOP**.
2 Select an option:
   - To resume your activity, select **Resume**.
   - To save the activity and view the details, select **Save**, press **START**, and select an option.

     NOTE: After you save the activity, you can enter self-evaluation data (*Evaluating an Activity*, page 6).
   - To suspend your activity and resume it at a later time, select **Resume Later**.
   - To mark a lap, select **Lap**.
   - To navigate back to the starting point of your activity along the path you traveled, select **Back to Start** > **TracBack**.

     NOTE: This feature is available only for activities that use GPS.
   - To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Route**.

     NOTE: This feature is available only for activities that use GPS.
   - To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery HR**, and wait while the timer counts down.
   - To discard the activity, select **Discard**.

   NOTE: After stopping the activity, the watch saves it automatically after 30 minutes.

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Activities and App Settings*, page 34).

1 After you complete an activity, select **Save** (*Stopping an Activity*, page 6).
2 Select a number that corresponds with your perceived effort.

   NOTE: You can select » to skip the self evaluation.
3 Select how you felt during the activity.

You can view evaluations in the Garmin Connect app.

Running

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400 m track.

You can use the track run activity to record your outdoor track data, including distance in meters and lap splits.

1 Stand on the outdoor track.
2 From the watch face, press **START**.
3 Select **Track Run**.
4 Wait while the watch locates satellites.
5 If you are running in lane 1, skip to step 11.
6 Press **MENU**.
7 Select the activity settings.
8 Select **Lane Number**.
9 Select a lane number.
10 Press **BACK** twice to return to the activity timer.
11 Press **START**.
12 Run around the track.

   After you run 3 laps, your watch records the track dimensions and calibrates your track distance.
13 After you complete your activity, press **STOP**, and select **Save**.

Tips for Recording a Track Run

- Wait until the GPS status indicator turns green before starting a track run.
- During your first run on an unfamiliar track, run for a minimum of 3 laps to calibrate your track distance.
  You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.
  NOTE: The default Auto Lap® distance is 1600 m, or 4 laps around the track.
- If you are running in a lane other than lane 1, set the lane number in the activity settings.

Going for a Virtual Run

You can pair your watch with a compatible third-party app to transmit pace, heart rate, or cadence data.

1. From the watch face, press **START**.
2. Select **Virtual Run**.
3. On your tablet, laptop, or phone, open the Zwift™ app or another virtual training app.
4. Follow the on-screen instructions to start a running activity and pair the devices.
5. Press **START** to start the activity timer.
6. After you complete your activity, press **STOP**, and select **Save**.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity*, page 5).
2. Run on the treadmill until your watch records at least 2.4 km (1.5 mi.).
3. After you finish the activity, press **STOP** to stop the activity timer.
4. Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.
     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > **Yes**.
5. Check the treadmill display for the distance traveled, and enter the distance on your watch.

Recording an Ultra Run Activity

1. From the watch face, press **START**.
2. Select **Ultra Run**.
3. Press **START** to start the activity timer.
4. Start running.
5. Press **LAP** to record a lap and start the rest timer.
   NOTE: You can configure the Lap Key setting to record a lap and start the rest timer, start the rest timer only, or record a lap only (*Activities and App Settings*, page 34).
6. When you are done resting, press **LAP** to resume running.
7. Press **UP** or **DOWN** to view additional data pages (optional).
8. After you complete your activity, press **STOP**, and select **Save**.

Recording an Obstacle Racing Activity

When you participate in an obstacle course race, you can use the Obstacle Racing activity to record your time on each obstacle and your time running between obstacles.

1. From the watch face, press **START**.
2. Select **Obstacle Racing**.
3. Press **START** to start the activity timer.
4. Press **LAP** to manually mark the beginning and end of each obstacle.

   NOTE: You can configure the Obstacle Tracking setting to save obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals.
5. After you complete your activity, press **STOP**, and select **Save**.

Swimming

NOTICE

The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

NOTE: The watch has wrist-based heart rate enabled for swim activities. The watch is also compatible with the HRM-Pro™ series, HRM-Swim™, and HRM-Tri™ accessories. If both wrist-based heart rate and chest heart rate data are available, your watch uses the chest heart rate data.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the watch completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Critical swim speed (CSS): Your CSS is the theoretical speed that you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens*, page 33).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log*, page 9)

Tips for Swimming Activities

- Press **LAP** to record an interval during open water swimming.
- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.

  The watch measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance. The next time you start a pool swimming activity, the watch uses this pool size. You can hold **MENU**, select the activity settings, and select **Pool Size** to change the size.
- For accurate results, swim the entire pool length, and use one stroke type for the entire length. Pause the activity timer when resting.
- Press **LAP** to record a rest during pool swimming (*Auto Rest and Manual Rest*, page 9).

  The watch automatically records swim intervals and lengths for pool swimming.
- To help the watch count your lengths, use a strong push off the wall and glide before your first stroke.
- When doing drills, you must either pause the activity timer or use the drill logging feature (*Training with the Drill Log*, page 9).

Auto Rest and Manual Rest

NOTE: Swim data is not recorded during a rest. To view other data screens, you can press UP or DOWN.

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval. You can turn on the auto rest feature in the activity options (*Activities and App Settings*, page 34).

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

During a pool or open water swim activity, you can manually mark a rest interval by pressing LAP.

Training with the Drill Log

The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1. During your pool swim activity, press **UP** or **DOWN** to view the drill log screen.
2. Press **LAP** to start the drill timer.
3. After you complete a drill interval, press **LAP**.

   The drill timer stops, but the activity timer continues to record the entire swim session.
4. Select a distance for the completed drill.

   Distance increments are based on the pool size selected for the activity profile.
5. Select an option:
   - To start another drill interval, press **LAP**.
   - To start a swim interval, press **UP** or **DOWN** to return to the swim training screens.

Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisport activities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time. For example, you can switch from biking to running and view your total time for biking and running throughout the multisport activity.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standard triathlon.

Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

1. From the watch face, press **START**.
2. Select **Triathlon**.
3. Press **START** to start the activity timer.
4. Press **LAP** at the beginning and end of each transition.

   The transition feature is on by default, and the transition time is recorded separately from the activity time. The transition feature can be turned on or off in the triathlon activity settings. If transitions are turned off, press LAP to change sports.
5. After you complete your activity, press **STOP**, and select **Save**.

Creating a Multisport Activity

1. From the watch face, press **START**.
2. Select **Add** > **Multisport**.
3. Select a multisport activity type, or enter a custom name.

   Duplicate activity names include a number. For example, Triathlon(2).
4. Select two or more activities.
5. Select an option:
   - Select an option to customize specific activity settings. For example, you can select whether to include transitions.
   - Select **Done** to save and use the multisport activity.
6. Select **Yes** to add the activity to your list of favorites.

Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities (*Activities and App Settings*, page 34).

When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the watch. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy.

When cycling with GPS turned off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the watch, such as a speed or cadence sensor.

Health Snapshot™

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Activities and App Settings*, page 34).

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

1. From the watch face, press **START**.
2. Select **Strength**.
3. Select a workout.
4. Press **DOWN** to view a list of workout steps (optional).

   TIP: While viewing workout steps, you can press START and then press DOWN to view an animation of the selected exercise, if available.
5. When you have finished viewing the workout steps, press **START**, and select **Do Workout**.
6. Press **START**, and select **Start Workout**.
7. Start your first set.

   The watch counts your reps. Your rep count appears when you complete at least four reps.

   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
8. Press **LAP** to finish the set and move to the next exercise, if available.

   The watch displays the total reps for the set.
9. If necessary, press **UP** or **DOWN** to edit the number of reps.

   TIP: You can also add the weight used for the set.
10. If necessary, press **LAP** when you are done resting to start your next set.
11. Repeat for each strength training set until your activity is complete.
12. After your last set, press **START**, and select **Stop Workout**.
13. Select **Save**.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

1. From the watch face, press **START**.
2. Select **HIIT**.
3. Select an option:
   - Select **Free** to record an open, unstructured HIIT activity.
   - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
   - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
   - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
   - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
   - Select **Workouts** to follow a saved workout.
4. If necessary, follow the on-screen instructions.
5. Press **START** to start your first round.

   The watch displays a countdown timer and your current heart rate.
6. If necessary, press **LAP** to manually move to the next round or rest.
7. After you finish the activity, press **STOP** to stop the activity timer.
8. Select **Save**.

Using an Indoor Trainer

Before you can use a compatible indoor trainer, you must pair the trainer with your watch using ANT+® technology (*Pairing Your Wireless Sensors*, page 86).

You can use your watch with an indoor trainer to simulate resistance while following a course, ride, or workout. While using an indoor trainer, GPS is turned off automatically.

1 From the watch face, press **START**.
2 Select **Bike Indoor**.
3 Hold **MENU**.
4 Select **Smart Trainer Options**.
5 Select an option:
   - Select **Free Ride** to go for a ride.
   - Select **Follow Workout** to follow a saved workout (*Workouts*, page 41).
   - Select **Follow Course** to follow a saved course (*Courses*, page 113).
   - Select **Set Power** to set the target power value.
   - Select **Set Grade** to set the simulated grade value.
   - Select **Set Resistance** to set the resistance force applied by the trainer.
6 Press **START** to start the activity timer.

   The trainer increases or decreases resistance based on the elevation information in the course or ride.

Gaming

Using the Garmin GameOn™ App

When you pair your watch with your computer, you can record a gaming activity on your watch and view real-time performance metrics on your computer.

1 On your computer, go to www.overwolf.com/app/Garmin-Garmin_GameOn and download the Garmin GameOn app.
2 Follow the on-screen instructions to complete the installation.
3 Launch the Garmin GameOn app.
4 When the Garmin GameOn app prompts you to pair your watch, press **START**, and select **Gaming** on your watch.

   NOTE: While your watch is connected to the Garmin GameOn app, notifications and other Bluetooth® features are disabled on the watch.
5 Select **Pair Now**.
6 Select your watch from the list, and follow the on-screen instructions.

   TIP: You can click ☰ > **Settings** to customize your settings, reread the tutorial, or remove a watch. The Garmin GameOn app remembers your watch and settings the next time you open the app. If necessary, you can pair your watch to another computer (*Pairing Your Wireless Sensors*, page 86).
7 Select an option:
   - On your computer, start a supported game to automatically start the gaming activity.
   - On your watch, start a manual gaming activity (*Recording a Manual Gaming Activity*, page 13).

   The Garmin GameOn app shows your real-time performance metrics. When you complete your activity, the Garmin GameOn app displays your gaming activity summary and match information.

Recording a Manual Gaming Activity

You can record a gaming activity on your watch and manually enter stats for each match.

1 From the watch face, press **START**.
2 Select **Gaming**.
3 Press **DOWN**, and select a game type.
4 Press **START** to start the activity timer.
5 Press **LAP** at the end of the match to record your match result or placement.
6 Press **LAP** to start a new match.
7 After you complete your activity, press **STOP**, and select **Save**.

Climbing Sports

Recording an Indoor Climbing Activity

You can record routes during an indoor climbing activity. A route is a climbing path along an indoor rock wall.

1 From the watch face, press **START**.
2 Select **Climb Indoor**.
3 Select **Yes** to record route statistics.
4 Select a grading system.

   NOTE: The next time you start an indoor climbing activity, the device uses this grading system. You can hold MENU, select the activity settings, and select Grading System to change the system.
5 Select the difficulty level for the route.
6 Press **START**.
7 Start your first route.

   NOTE: When the route timer is running, the device automatically locks the buttons to prevent accidental button presses. You can hold any button to unlock the watch.
8 When you finish the route, descend to the ground.

   The rest timer starts automatically when you are on the ground.

   NOTE: If necessary, you can press LAP to finish the route.
9 Select an option:
   - To save a successful route, select **Completed**.
   - To save an unsuccessful route, select **Attempted**.
   - To delete the route, select **Discard**.
10 Enter the number of falls for the route.
11 When you are done resting, press **LAP** and begin your next route.
12 Repeat this process for each route until your activity is complete.
13 Press **STOP**.
14 Select **Save**.

Recording a Bouldering Activity

You can record routes during a bouldering activity. A route is a climbing path along a boulder or small rock formation.

1 From the watch face, press **START**.
2 Select **Bouldering**.
3 Select a grading system.

   NOTE: The next time you start a bouldering activity, the watch uses this grading system. You can hold MENU, select the activity settings, and select Grading System to change the system.
4 Select the difficulty level for the route.
5 Press **START** to start the route timer.
6 Start your first route.
7 Press **LAP** to finish the route.
8 Select an option:
   - To save a successful route, select **Completed**.
   - To save an unsuccessful route, select **Attempted**.
   - To delete the route, select **Discard**.
9 When you are done resting, press **LAP** to start your next route.
10 Repeat this process for each route until your activity is complete.
11 After your last route, press **STOP** to stop the route timer.
12 Select **Save**.

Starting an Expedition

You can use the **Expedition** app to prolong the battery life while recording a multi-day activity.

1 From the watch face, press **START**.
2 Select **Expedition**.
3 Press **START** to start the activity timer.

   The device enters low power mode and collects GPS track points once an hour. To maximize battery life, the device turns off all sensors and accessories, including the connection to your smartphone.

Recording a Track Point Manually

During an expedition, track points are recorded automatically based on the selected recording interval. You can manually record a track point at any time.

1 During an expedition, press **START**.
2 Select **Add Point**.

Viewing Track Points

1 During an expedition, press **START**.
2 Select **View Points**.
3 Select a track point from the list.
4 Select an option:
   - To start navigating to the track point, select **Go To**.
   - To view detailed information about the track point, select **Details**.

Going Hunting

You can save locations relevant to your hunt and view a map of saved locations. During a hunting activity, the device uses a GNSS mode that conserves battery life.

1 From the watch face, press **START**.
2 Select **Hunt**.
3 Press **START**, and select **Start Hunt**.
4 Press **START**, and select an option:
   - To navigate back to the starting point of your activity, select **Back to Start**, and select an option.
   - To save your current location, select **Save Location**.
   - To view locations saved during this hunt activity, select **Hunt Locations**.
   - To view all previously saved locations, select **Saved Locations**.
   - To navigate to a destination, select **Navigation**, and select an option.
5 After you complete your hunt, press **STOP**, and select **End Hunt**.

Marine Activities

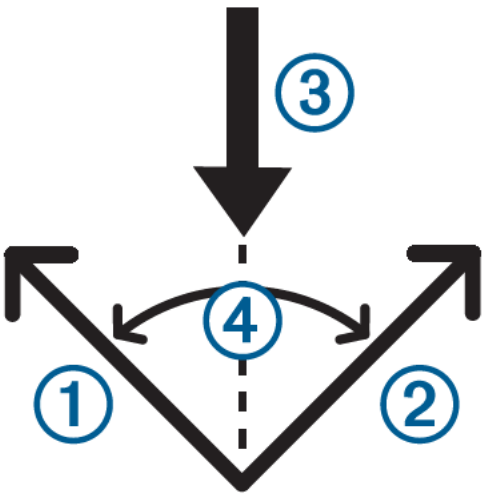
Sailing

Tack Assist

⚠ CAUTION

The watch uses GPS-based course over ground to determine your course in the tack assist feature, and does not account for other factors that can affect your boat's direction, such as currents and tides. You are responsible for the safe and prudent operation of your vessel.

While cruising or racing into the wind, the tack assist feature can help you determine if your boat is being lifted or headed. When you calibrate tack assist, the watch captures your boat's port ① and starboard ② course over ground (COG) measurements, and uses the COG data to calculate the mean true wind direction ③ and the boat's tack angle ④.



The watch uses this data to determine whether your boat is being lifted or headed due to wind shifts.

By default, the tack assist feature is set to automatic. Each time you calibrate the port or starboard COG, the watch recalibrates the opposite side and true wind direction. You can change the tack assist settings to enter a fixed tack angle or true wind direction.

Calibrating the Tack Assist

1. From the watch face, select **START**.
2. Select **Sail Race** or **Sail**.
3. Select **UP** or **DOWN** to view the tack assist screen.

   NOTE: You may need to add the tack assist screen to the data screens for the activity (*Customizing the Data Screens*, page 33).
4. Select **START**.
5. Select an option:
   - To calibrate the starboard side, select **START**.
   - To calibrate the port side, select **DOWN**.

   TIP: If the wind is coming from the starboard side of the vessel, you should calibrate starboard. If the wind is coming from the port side of the vessel, you should calibrate port.
6. Wait while the device calibrates the tack assist.

   An arrow appears and indicates if your boat is being lifted or headed.

Entering a Fixed Tack Angle

1. From the watch face, press **START**.
2. Select **Sail Race** or **Sail**.
3. Press **UP** or **DOWN** to view the tack assist screen.
4. Hold **MENU**.
5. Select **Tack Angle** > **Angle**.
6. Press **UP** or **DOWN** to set the value.

Entering a True Wind Direction

1. From the watch face, press **START**.
2. Select **Sail Race** or **Sail**.
3. Press **UP** or **DOWN** to view the tack assist screen.
4. Hold **MENU**.
5. Select **True Wind Direction** > **Fixed**.
6. Press **UP** or **DOWN** to set the value.

Tips for Getting the Best Lift Estimate

To get the best lift estimate when using the tack assist feature, you can try these tips. See *Entering a True Wind Direction*, page 16 and *Calibrating the Tack Assist*, page 16 for more information.

- Enter a fixed tack angle, and calibrate the port side.
- Enter a fixed tack angle, and calibrate the starboard side.
- Reset the tack angle, and calibrate both the port and starboard side.

Sail Racing

You can use the device to help you cross the start line of a race exactly when the race begins. When you synchronize the regatta timer in the sail racing app with the official race countdown timer, you are alerted at one-minute intervals as the race start approaches. When you set the starting line, the device uses GPS data to indicate whether your boat will cross the start line before, after, or at the correct time to start the race.

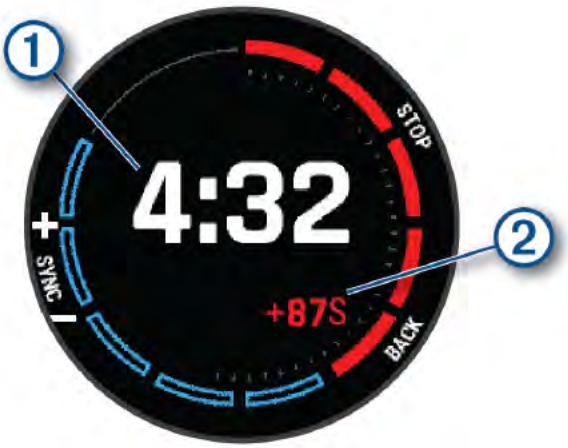
Setting the Starting Line

1 From the watch face, press **START**.
2 Select **Sail Race**.
3 Wait while the device locates satellites.
4 Hold **MENU**.
5 Select **Start Line Settings**.
6 Select an option:
   - Select **Mark Port** to mark the port starting line mark as you sail past it.
   - Select **Mark Starboard** to mark the starboard starting line mark as you sail past it.
   - Select **Time to Burn** to enable or disable the time to burn data on the regatta timer data screen.
   - Select **Distance to Start** to set the distance to the start line, preferred distance units, and length of your boat.

Starting a Race

Before you can view the time to burn, you must set the starting line (*Setting the Starting Line*, page 17).

1 From the watch face, press **START**.
2 Select **Sail Race**.
3 Wait while the watch locates satellites.
   The screen displays the regatta timer ① and time to burn ②.



4 If necessary, hold **MENU**, and select an option:
   - To set a fixed timer, select **Regatta Time** > **Fixed**, and enter a length of time.
   - To set a start time within the next 24 hours, select **Regatta Time** > **GPS**, and enter a time of day.
5 Press **START**.
6 Press **UP** and **DOWN** to synchronize the regatta timer with the official race countdown.
   NOTE: When the burn time is negative, you will arrive at the start line after the race starts. When the burn time is positive, you will arrive at the start line before the race starts.
7 Press **START** to start the activity timer.

Water Sports

Viewing Your Water Sport Runs

Your watch records the details of each water sport run using the auto run feature. This feature automatically records new runs based on your movement. The activity timer pauses when you stop moving. The activity timer starts automatically when your movement speed increases. You can view run details from the paused screen or while the activity timer is running.

1. Start a water sport activity, such as water skiing.
2. Hold **MENU**.
3. Select **View Runs**.
4. Press **UP** and **DOWN** to view details of your last run, your current run, and your total runs.
   The run screens include time, distance traveled, maximum speed, and average speed.

Fishing

Going Fishing

1. From the watch face, press **START**.
2. Select **Fish**.
3. Press **START** > **Start Fish**.
4. Press **START**, and select an option:
   - To add the catch to your fish count and save the location, select **Log Catch**.
   - To save your current location, select **Save Location**.
   - To set an interval timer, end time, or end time reminder for the activity, select **Fish Timers**.
   - To navigate back to the starting point of your activity, select **Back to Start**, and select an option.
   - To view your saved locations, select **Saved Locations**.
   - To navigate to a destination, select **Navigation**, and select an option.
   - To edit the activity settings, select **Settings**, and select an option (*Activities and App Settings*, page 34).
5. After you complete your activity, press **STOP**, and select **End Fish**.

Tides

Viewing Tide Information

⚠ WARNING

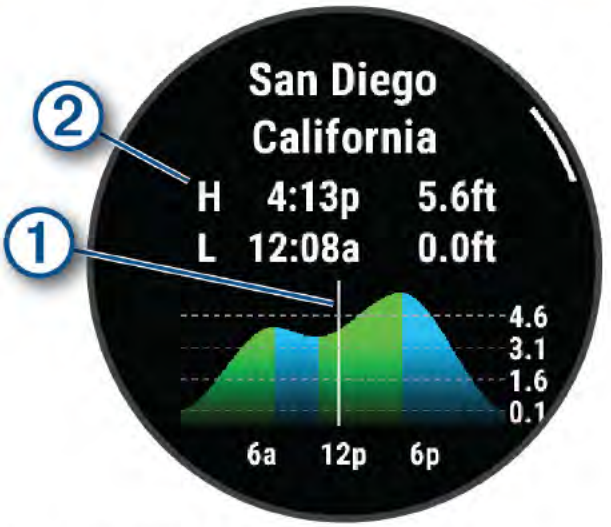
Tide information is for information purposes only. It is your responsibility to heed all posted water-related guidance, to remain aware of your surroundings, and to use safe judgment in, on, and around the water at all times. Failure to heed this warning could result in serious personal injury or death.

You can view information about a tide station, including the tide height and when the next high and low tides will occur. You can save up to ten tide stations.

1. From the watch face, press **START**.
2. Select **Tides**.

3 Select an option:
   - To use your current location when you are near a tide station, select **Add** > **Current Location**.
   - To select a location on the map, select **Add** > **Use Map**.
   - To enter the name of a city, select **Add** > **City Search**.
   - To select a saved location, select **Add** > **Saved Locations**.
   - To enter coordinates for a location, select **Add** > **Coordinates**.

   A 24-hour tide chart appears for the current date with the current tide height ① and information about the next high and low tides ②.



4 Press **DOWN** to see tide information for upcoming days.
5 Press **START**, and select **Set as Favorite** to set this location as your favorite tide station.
   Your favorite tide station appears at the top of the list in the app and in the glance.

Setting a Tide Alert

1 From the **Tides** app, select a saved tide station.
2 Press **START**, and select **Set Alerts**.
3 Select an option:
   - To set an alarm to sound before the peak tide, select **Til High Tide**.
   - To set an alarm to sound before the low tide, select **Til Low Tide**.

Anchor

⚠ WARNING

The anchor feature is a tool for situational awareness only and may not prevent groundings or collisions in all circumstances. You are responsible for the safe and prudent operation of your vessel, for remaining aware of your surroundings, and for using safe judgment on the water at all times. Failure to heed this warning could result in property damage, serious personal injury, or death.

Marking Your Anchor Location

1 From the watch face, press **START**.
2 Select **Anchor**.
3 Wait while the watch locates satellites.
4 Press **START**, and select **Drop Anchor**.

Anchor Settings

From the watch face, press **START**, select **Anchor**, hold **MENU**, and select the activity settings.

Drift Radius: Sets the allowable drift distance while anchored.

Update Interval: Sets the time interval for updating anchor data.

Anchor Alarm: Allows you to enable or disable an alarm for when the boat moves beyond the drift radius.

Anchor Alarm Duration: Allows you to set the anchor alarm duration. When the anchor alarm is enabled, an alert appears each time the boat moves beyond the drift radius during the specified alarm duration.

Trolling Motor Remote

Pairing Your Watch and Trolling Motor

You can pair your watch with a Garmin® trolling motor and use it as a remote control. For more information about using a remote control, see your trolling motor owner's manual.

1. Turn on the trolling motor.
2. Bring the watch within 1 m (3 ft.) of the display panel on the trolling motor.
3. On the watch, press **START**, and select **Trolling Motor**.

   TIP: If necessary, you can pair your watch with another trolling motor (*Pairing Your Wireless Sensors*, page 86).
4. On the trolling motor display panel, press ⏻ three times to enter pairing mode.

   ⇄ on the trolling motor display panel illuminates blue as it searches for a connection.
5. On the watch, press **START** to enter pairing mode.
6. Verify that the passkey shown on your trolling motor remote control matches your watch.
7. On the watch, press **START** to confirm the passkey.
8. On the trolling motor remote control, press ▶ to confirm the passkey.

   ⇄ on the trolling motor display panel illuminates green when the connection to your watch is successful.

Skiing and Winter Sports

You can add skiing and snowboarding activities to your activity list (*Customizing Activities and Apps*, page 32). You can customize the data screens for each activity (*Customizing the Data Screens*, page 33).

Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs when you start moving down hill.

1. Start a skiing or snowboarding activity.
2. Hold **MENU**.
3. Select **View Runs**.
4. Press **UP** and **DOWN** to view details of your last run, your current run, and your total runs.

   The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Recording a Backcountry Skiing or Snowboarding Activity

The backcountry skiing or snowboarding activity lets you switch between climbing and descending tracking modes so you can accurately track your statistics. You can customize the Mode Tracking setting to automatically or manually switch tracking modes (*Activities and App Settings*, page 34).

1. From the watch face, press **START**.
2. Select **Backcountry Ski** or **Backcountry Snowboard**.
3. Select an option:
   - If you are starting your activity on a climb, select **Climbing**.
   - If you are starting your activity moving downhill, select **Descending**.
4. Press **START** to start the activity timer.
5. If necessary, press **LAP** to switch between climbing and descending tracking modes.
6. After you complete your activity, press **STOP**, and select **Save**.

Cross-Country Skiing Power Data

NOTE: The HRM-Pro series accessory must be paired to the Enduro watch using ANT+ technology.

You can use your compatible Enduro watch paired with the HRM-Pro series accessory to provide real-time feedback about your cross-country skiing performance. The power output is measured in watts. Factors that affect power include your speed, elevation changes, wind, and snow conditions. You can use power output to measure and improve your skiing performance.

NOTE: Skiing power values are generally lower than cycling power values. This is normal and occurs because humans are less efficient at skiing than they are at cycling. It is common for ski power values to be 30 to 40 percent lower than cycling power values at the same training intensity.

Golfing

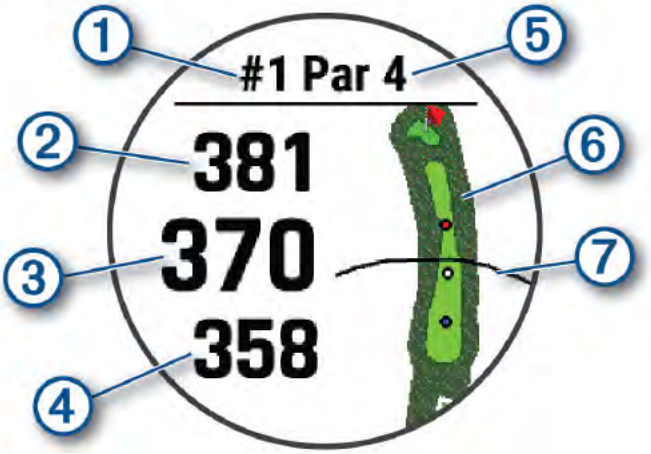
Playing Golf

Before you play golf, you should charge the watch (*Charging the Watch*, page 121).

1. From the watch face, press **START**.
2. Select **Golf**.

   The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
3. If the course list appears, select a course from the list.
4. If necessary, set your driver distance.
5. Select ✔ to keep score.

6 Select a tee box.
The hole information screen appears.



1	Current hole number
2	Distance to the back of the green
3	Distance to the middle of the green
4	Distance to the front of the green
5	Par for the hole
6	Map of the green
7	Driver distance from the tee box

NOTE: Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

7 Select an option:
- Tap the front, middle, or back distances to the green to view the PlaysLike distance (*PlaysLike Distance Icons*, page 25).
- Tap the map to view more detail or measure distance with touch targeting (*Measuring Distance with Touch Targeting*, page 26).
- Press **UP** or **DOWN** to view the location and distance to a layup or to the front and back of a hazard.
- Press **START** to open the golf menu (*Golf Menu*, page 24).

When you move to the next hole, the watch automatically transitions to display the new hole information.

Golf Menu

During a round, you can press **START** to access additional features in the golf menu.

End Round: Ends the current round.

Change Hole: Allows you to manually change the hole.

Change Green: Allows you to change the green when more than one green is available for a hole.

View Green: Allows you to move the pin location to get a more precise distance measurement (*Moving the Flag*, page 24).

Virtual Caddie: Requests a club recommendation from the virtual caddie (*Virtual Caddie*, page 25).

PlaysLike: Shows the PlaysLike factors for the hole (*PlaysLike Distance Icons*, page 25).

Measure Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Measured Shots*, page 26). You can also manually record a shot (*Manually Measuring a Shot*, page 26).

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 26).

Odometer: Shows the recorded time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round. You can reset the odometer during a round.

Wind: Opens a pointer that shows the wind direction and speed relative to the pin (*Viewing the Wind Speed and Direction*, page 27).

PinPointer: The PinPointer feature is a compass that points to the pin location when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

Custom Targets: Allows you to save a location, such as an object or obstacle, for the current hole (*Saving Custom Targets*, page 28).

Club Stats: Shows your statistics with each golf club, such as distance and accuracy information. Appears when you pair Approach® CT10 sensors or enable the Club Prompt setting.

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

Settings: Allows you to customize the golf activity settings (*Activities and App Settings*, page 34).

Moving the Flag

You can take a closer look at the green and move the pin location.

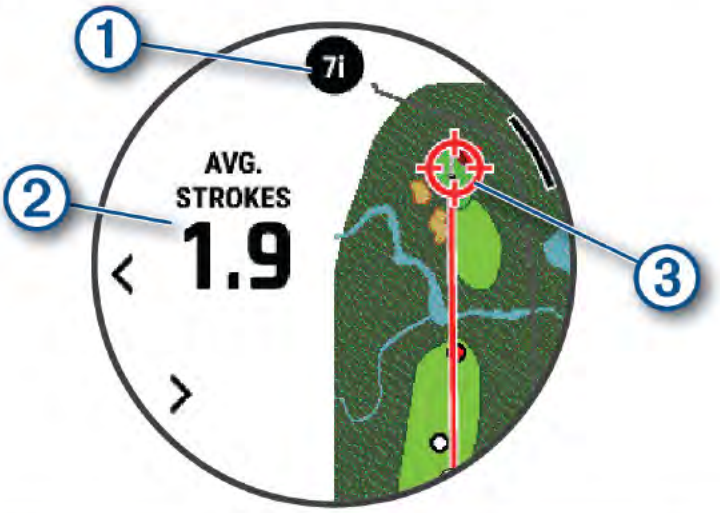
1. From the hole information screen, press **START**.
2. Select **View Green**.
3. Tap or drag 🚩 to move the pin location.

   TIP: You can press START to zoom in our out.
4. Press **BACK**.

   The distances on the hole information screen are updated to show the new pin location. The pin location is saved for only the current round.

Virtual Caddie

Before you can use the virtual caddie, you must play five rounds with Approach CT10 sensors or enable the Club Prompt setting (*Activities and App Settings*, page 34), and upload your scorecards. For each round, you must connect to a paired phone with the Garmin Golf™ app. The virtual caddie provides recommendations based on the hole, wind data, and your past performance with each club.



1	Displays the club or club combination recommendation for the hole. You can select < or > to view other club options.
2	Displays the average number of strokes expected to score with the club recommendation.
3	Displays the aim direction for your next shot with the club recommendation, based on your shot history with the club.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course, wind speed, wind direction, and air density by showing the adjusted distance to the green (*PlaysLike Distance Factors*, page 25). During a round, you can tap a distance to the green to view the PlaysLike distance.

TIP: You can configure what data is factored into the PlaysLike adjustments in the activity settings (*PlaysLike Settings*, page 26).

▲: Distance plays longer than expected.

■: Distance plays as expected.

▼: Distance plays shorter than expected.

PlaysLike Distance Factors

During a round of golf, you can view how much of the PlaysLike distance adjustments are due to elevation changes on the course, wind speed and direction, and air density.

Press START, and select PlaysLike.

: The difference in the distance due to elevation changes.

: The difference in the distance due to the wind speed and direction.

: The difference in the distance due to the air density.

PlaysLike Settings

Hold MENU, and select **Activities & Apps** > **Golf** > **Golf Settings** > **PlaysLike**.

Wind: Enables wind speed and direction to be included in the PlaysLike distance adjustments.

Weather: Enables air density to be included in the PlaysLike distance adjustments.

Home Conditions: Allows you to manually change the altitude, temperature, and humidity settings used for the air density.

NOTE: It can be helpful to set weather conditions that match where you typically play. If they do not match the conditions at your normal course locations, the air density adjustments may seem inaccurate.

Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

1. While playing golf, tap the map.
2. Tap or drag your finger to position the target circle ⌖.

   You can view the distance from your current position to the target circle, and from the target circle to the pin location.
3. If necessary, select ➕ or ➖ to zoom in or out.

Viewing Measured Shots

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

1. While playing golf, press **START**.
2. Select **Previous Shots** to view all recorded shot distances.

   NOTE: The distance from the most recent shot also displays at the top of the hole information screen.

Manually Measuring a Shot

You can manually add a shot if the watch doesn't detect it. You must add the shot from the location of the missed shot.

1. Take a shot and watch where your ball lands.
2. From the hole information screen, press **START**.
3. Select **Measure Shot**.
4. Press **START**.
5. Select **Add Shot** > ✔.
6. If necessary, enter the club you used for the shot.
7. Walk or drive to your ball.

The next time you take a shot, the watch automatically records your last shot distance. If necessary, you can manually add another shot.

Keeping Score

1. From the hole information screen, press **START**.
2. Select **Scorecard**.

   The scorecard appears when you are on the green.
3. Press **UP** or **DOWN** to scroll through the holes.
4. Press **START** to select a hole.
5. Press **UP** or **DOWN** to set the score.

   Your total score is updated.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Scoring Settings*, page 27).

1 From the scorecard, select a hole.
2 Enter the total number of strokes taken, including putts, and press **START**.
3 Set the number of putts taken, and press **START**.
   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4 If necessary, select an option:
   NOTE: If you are on a par 3 hole, fairway information does not appear.
   - If your ball hit the fairway, select **In Fairway**.
   - If your ball missed the fairway, select **Missed Right** or **Missed Left**.
5 If necessary, enter the number of penalty strokes.

Scoring Settings

Hold MENU, and select **Activities & Apps** > **Golf** > **Golf Settings** > **Scoring**.

Scoring Method: Changes the method the device uses to keep score.

Handicap Scoring: Enables handicap scoring.

Set Handicap: Sets your handicap when handicap scoring is enabled.

Show Score: Displays your total score for the round at the top of the scorecard (*Keeping Score*, page 26).

Stat Tracking: Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

Penalties: Enables penalty stroke tracking while playing golf (*Recording Statistics*, page 27).

Prompt: Enables the prompt at the start of a round asking if you want to keep score.

About Stableford Scoring

When you select the Stableford scoring method (*Activities and App Settings*, page 34), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Viewing the Wind Speed and Direction

The wind feature is a pointer that shows the wind speed and direction relative to the pin. The wind feature requires a connection with the Garmin Golf app.

1 Press **START**.
2 Select **Wind**.
   The arrow points to the wind direction relative to the pin.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1 From the hole information screen, press **START**.
2 Select **PinPointer**.
   The arrow points to the pin location.

Saving Custom Targets

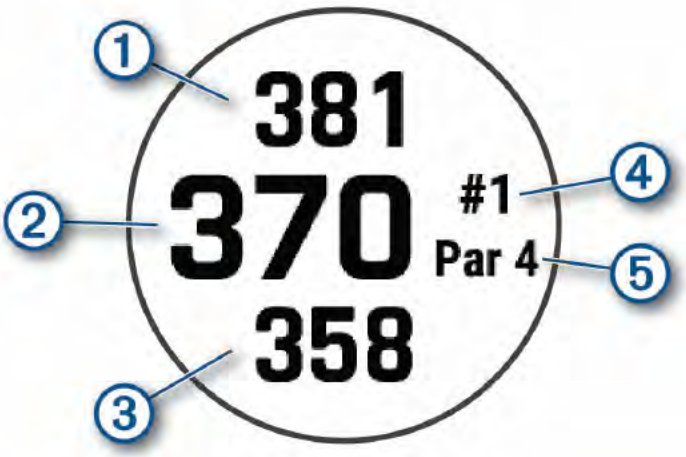
While playing a round, you can save up to five custom targets for each hole. Saving a target is useful for recording objects or obstacles that are not shown on the map. You can view the distances to these targets from the hazards and layups screen (*Playing Golf*, page 22).

1 Stand near the target you want to save.
   NOTE: You cannot save a target that is far from the currently selected hole.
2 From the hole information screen, press **START**.
3 Select **Custom Targets**.
4 Select a target type.

Big Numbers Mode

You can change the size of the numbers on the hole information screen.

Hold **MENU**, select the activity settings, and select **Big Numbers**.



1	The distance to the back of the green
2	The distance to the middle of the green or selected pin position
3	The distance to the front of the green
4	The current hole number
5	The par for the current hole

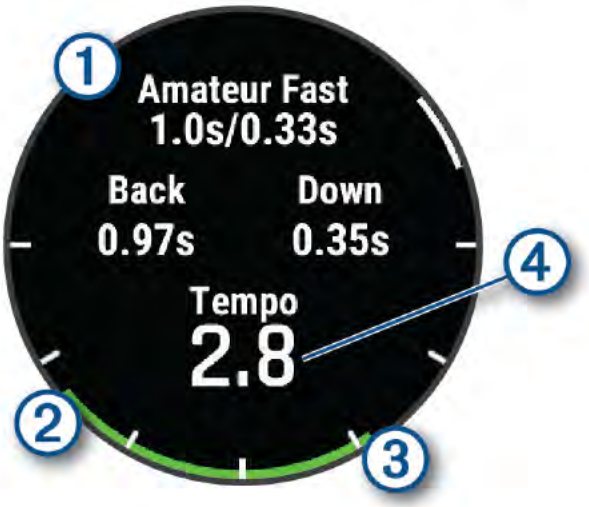
Swing Tempo Training

The Tempo Training activity helps you perform a more consistent swing. The device measures and displays your backswing time and downswing time. The device also displays your swing tempo. Swing tempo is the backswing time divided by the downswing time, expressed in a ratio. A 3 to 1 ratio, or 3.0, is the ideal swing tempo based on studies of professional golfers.

The Ideal Swing Tempo

You can achieve the ideal 3.0 tempo using different swing timings, for example, 0.7 sec./0.23 sec. or 1.2 sec./0.4 sec. Each golfer may have a unique swing tempo based on their ability and experience. Garmin provides six different timings.

The device displays a graph that indicates if your backswing or downswing times are too fast, too slow, or just right for the selected timing.



1	Timing choices (backswing to downswing time ratio)
2	Backswing time
3	Downswing time
4	Your tempo
	Good timing
	Too slow
	Too fast

To find your ideal swing timing, you should start with the slowest timing and try it for a few swings. When the tempo graph is consistently green for both your backswing and downswing times, you can move up to the next timing. When you find a timing that is comfortable, you can use it to achieve more consistent swings and performance.

Analyzing Your Swing Tempo

You must hit a ball to view your swing tempo.

1 Press **START**.
2 Select **Tempo Training**.
3 Press **START**.
4 Select **Swing Speed**, and select an option.
5 Complete a full swing, and hit the ball.
   The watch displays your swing analysis.

Viewing the Tip Sequence

The first time you use the Tempo Training activity, the watch displays a tip sequence to explain how your swing is analyzed.

1 During your activity, press **START**.
2 Select **Tips**.
3 Press **START** to view the next tip.

Jumpmaster

⚠ WARNING

The jumpmaster feature is for use by experienced skydivers only. The jumpmaster feature should not be used as a primary skydiving altimeter. Failure to input the appropriate jump related information can lead to serious personal injury or death.

The jumpmaster feature follows military guidelines for calculating the high altitude release point (HARP). The watch detects automatically when you have jumped to begin navigating toward the desired impact point (DIP) using the barometer and electronic compass.

Planning a Jump

1 Select a jump type (*Jump Types*, page 30).
2 Enter the jump information (*Entering Jump Information*, page 31).
   The device calculates the HARP.
3 Select **Go To HARP** to start navigation to the HARP.

Jump Types

The jumpmaster feature allows you to set the jump type to one of three types: HAHO, HALO, or Static. The jump type selected determines what additional setup information is required. For all jump types, drop altitudes and opening altitudes are measured in feet above ground level (AGL).

HAHO: High Altitude High Opening. The jumpmaster jumps from a very high altitude and opens the parachute at a high altitude. You must set a DIP and a drop altitude of at least 1,000 feet. The drop altitude is assumed to be the same as the opening altitude. Common values for a drop altitude range from 12,000 to 24,000 feet AGL.

HALO: High Altitude Low Opening. The jumpmaster jumps from a very high altitude and opens the parachute at a low altitude. The required information is the same as the HAHO jump type, plus an opening altitude. The opening altitude must not be greater than the drop altitude. Common values for an opening altitude range from 2,000 to 6,000 feet AGL.

Static: The wind speed and direction are assumed to be constant for the duration of the jump. The drop altitude must be at least 1,000 feet.

Entering Jump Information

1 Press **START**.
2 Select **Jumpmaster**.
3 Select a jump type (*Jump Types*, page 30).
4 Complete one or more actions to enter your jump information:
   - Select **DIP** to set a waypoint for the desired landing location.
   - Select **Drop Alt.** to set the drop altitude AGL (in feet) when the jumpmaster exits the aircraft.
   - Select **Open Alt** to set the open altitude AGL (in feet) when the jumpmaster opens the parachute.
   - Select **Forward Throw** to set the horizontal distance traveled (in meters) due to aircraft speed.
   - Select **Crs. to HARP** to set the direction traveled (in degrees) due to aircraft speed.
   - Select **Wind** to set the wind speed (in knots) and direction (in degrees).
   - Select **Constant** to fine-tune some information for the planned jump. Depending on the jump type, you can select **Percent Max.**, **Safety Factor**, **K-Open**, **K-Freefall**, or **K-Static** and enter additional information (*Constant Settings*, page 32).
   - Select **Auto to DIP** to enable navigation to the DIP automatically after you jump.
   - Select **Go To HARP** to start navigation to the HARP.

Entering Wind Information for HAHO and HALO Jumps

1 Press **START**.
2 Select **Jumpmaster**.
3 Select a jump type (*Jump Types*, page 30).
4 Select **Wind** > **Add**.
5 Select an altitude.
6 Enter a wind speed in knots and select **Done**.
7 Enter a wind direction in degrees and select **Done**.
   The wind value is added to the list. Only wind values included in the list are used in calculations.
8 Repeat steps 5–7 for each available altitude.

Resetting Wind Information

1 Press **START**.
2 Select **Jumpmaster**.
3 Select **HAHO** or **HALO**.
4 Select **Wind** > **Reset**.

All wind values are removed from the list.

Entering Wind Information for a Static Jump

1 Press **START**.
2 Select **Jumpmaster** > **Static** > **Wind**.
3 Enter a wind speed in knots and select **Done**.
4 Enter a wind direction in degrees and select **Done**.

Constant Settings

Select Jumpmaster, select a jump type, and select Constant.

Percent Max.: Sets the jump range for all jump types. A setting less than 100% decreases the drift distance to the DIP, and a setting greater than 100% increases the drift distance. More experienced jumpmasters may want to use smaller numbers, and less experienced skydivers may want to use larger numbers.

Safety Factor: Sets the margin of error for a jump (HAHO only). Safety factors are usually integer values of two or greater, and are determined by the jumpmaster based on specifications for the jump.

K-Freefall: Sets the wind drag value for a parachute during freefall, based on the parachute canopy rating (HALO only). Each parachute should be labeled with a K value.

K-Open: Sets the wind drag value for an open parachute, based on the parachute canopy rating (HAHO and HALO). Each parachute should be labeled with a K value.

K-Static: Sets the wind drag value for a parachute during a static jump, based on the parachute canopy rating (Static only). Each parachute should be labeled with a K value.

Customizing Activities and Apps

You can customize the activities and apps list, data screens, data fields, and other settings.

Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press **START** from the watch face, and it provides quick access to the activities you use most frequently. The first time you press **START** to start an activity, the watch prompts you to select your favorite activities. You can add or remove favorite activities at any time.

1. Hold **MENU**.
2. Select **Activities & Apps**.

   Your favorite activities appear at the top of the list.
3. Select an option:
   - To add a favorite activity, select the activity, and select **Set as Favorite**.
   - To remove a favorite activity, select the activity, and select **Remove from Favorites**.

Changing the Order of an Activity in the Apps List

1. Hold **MENU**.
2. Select **Activities & Apps**.
3. Select an activity.
4. Select **Reorder**.
5. Press **UP** or **DOWN** to adjust the position of the activity in the apps list.

Customizing the Data Screens

You can show, hide, and change the layout and content of data screens for each activity.

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select the activity to customize.
4 Select the activity settings.
5 Select **Data Screens**.
6 Select a data screen to customize.
7 Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select **Data Fields**, and select a field to change the data that appears in the field.

     TIP: For a list of all the available data fields, go to *Data Fields*, page 129. Not all data fields are available for all activity types.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.
8 If necessary, select **Add New** to add a data screen to the loop.

   You can add a custom data screen, or select one of the predefined data screens.

Adding a Map to an Activity

You can add the map to the data screens loop for an activity.

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select the activity to customize.
4 Select the activity settings.
5 Select **Data Screens** > **Add New** > **Map**.

Creating a Custom Activity

1 From the watch face, press **START**.
2 Select **Add**.
3 Select an option:
   - Select **Copy Activity** to create your custom activity starting from one of your saved activities.
   - Select **Other** > **Other** to create a new custom activity.
4 If necessary, select an activity type.
5 Select a name or enter a custom name.

   Duplicate activity names include a number, for example: Bike(2).
6 Select an option:
   - Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
   - Select **Done** to save and use the custom activity.
7 Select **Yes** to add the activity to your list of favorites.

Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.

Hold **MENU**, select **Activities & Apps**, select an activity, and select the activity settings.

3D Distance: Calculates your distance traveled using your elevation change and your horizontal movement over ground.

3D Speed: Calculates your speed using your elevation change and your horizontal movement over ground.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Add Activity: Allows you to customize a multisport activity.

Alerts: Sets the training or navigation alerts for the activity (*Activity Alerts*, page 36).

Auto Climb: Enables the watch to detect elevation changes automatically using the built-in altimeter (*Enabling Auto Climb*, page 38).

Auto Lap: Sets the options for the Auto Lap feature to automatically mark laps. The Auto Distance option marks laps at a specific distance. The Auto Position option marks laps at a location where you previously pressed LAP. When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

Auto Pause: Sets the options for the Auto Pause® feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Rest: Enables the watch to automatically create a rest interval when you stop moving (*Auto Rest and Manual Rest*, page 9).

Auto Run: Enables the watch to detect ski or water sport runs automatically using the built-in accelerometer (*Viewing Your Ski Runs*, page 20, *Viewing Your Water Sport Runs*, page 18).

Auto Scroll: Sets the watch to scroll through all of the activity data screens automatically while the activity timer is running.

Auto Set: Enables the watch to start and stop exercise sets automatically during a strength training activity.

Auto Start: Sets the watch to automatically start a motocross or BMX activity when you start moving.

Background Color: Sets the background color of each activity to black or white.

Big Numbers: Changes the size of the numbers on the activity data screens (*Big Numbers Mode*, page 28).

Broadcast Heart Rate: Enables automatic heart rate data broadcasting when you start the activity (*Broadcasting Heart Rate Data*, page 79).

Broadcast to GameOn: Enables automatic biometrics data broadcasting to the Garmin GameOn app when you start a gaming activity (*Using the Garmin GameOn™ App*, page 12).

ClimbPro: Displays ascent planning and monitoring screens while navigating (*Using ClimbPro*, page 38).

Club Prompt: Displays a prompt to enter which golf club you used after each detected shot to record your club statistics (*Recording Statistics*, page 27).

Countdown Start: Enables a countdown timer for pool swimming intervals.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 33).

Driver Distance: Sets the average distance the ball travels on your drive while playing golf.

Edit Weight: Allows you to add the weight used for an exercise set during a strength training or cardio activity.

Flashlight Strobe: Sets the LED flashlight strobe mode, speed, and color during the activity.

Golf Distance: Sets the unit of measure for distance while playing golf.

Golf Wind Speed: Sets the unit of measure for wind speed while playing golf.

Grading System: Sets the grading system for rating the route difficulty for a rock climbing activity.

Lane Number: Sets your lane number for track running.

Lap Key: Enables or disables the LAP button for recording a lap or rest during an activity.

Lock Device: Locks the touchscreen and buttons during a multisport activity to prevent inadvertent button presses and touchscreen swipes.

Map: Sets the display preferences for the map data screen for the activity (*Activity Map Settings*, page 37).

Metronome: Plays tones or vibrates at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence. You can set the beats per minute (bpm) of the cadence you want to maintain, beat frequency, and sound settings.

Mode Tracking: Enables or disables automatic ascent or descent mode tracking for backcountry skiing and snowboarding.

Obstacle Tracking: Enables the watch to save obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals (*Recording an Obstacle Racing Activity*, page 8).

PlaysLike: Configures the "plays like" distance feature, which shows adjusted distances to the green while playing golf (*PlaysLike Distance Icons*, page 25).

Pool Size: Sets the pool length for pool swimming.

Power Averaging: Controls whether the watch includes zero values for bike power data that occur when you are not pedaling.

Power Mode: Sets the default power mode for the activity.

Power Save Timeout: Sets the power-save timeout length for how long your watch stays in training mode, for example, when you are waiting for a race to start. The Normal option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The Extended option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for Garmin Connect.

Record After Sunset: Sets the watch to record track points after sunset during an expedition.

Record Temperature: Records the ambient temperature around the watch during certain activities.

Record VO2 Max.: Enables VO2 max. recording for trail run and ultra run activities.

Recording Interval: Sets the frequency for recording track points during an expedition. By default, GPS track points are recorded once an hour, and they are not recorded after sunset. Recording track points less frequently maximizes battery life.

Rename: Sets the activity name.

Rep Counting: Enables or disables rep counting during a workout. The Workouts Only option enables rep counting during guided workouts only.

Repeat: Enables the Repeat option for multisport activities. For example, you can use this option for activities that include multiple transitions, such as a swimrun.

Restore Defaults: Allows you to reset the activity settings.

Route Stats: Enables route statistics tracking for indoor climbing activities.

Routing: Sets the preferences for calculating routes for the activity (*Routing Settings*, page 37).

Running Power: Allows you to record running power data and customize the settings (*Running Power Settings*, page 88).

Satellites: Sets the satellite system to use for the activity (*Satellite Settings*, page 39).

Scoring: Allows you to set your golf scoring preferences, enable statistics tracking, and enter your handicap (*Scoring Settings*, page 27).

Segments: Allows you to view your saved segments for the activity (*Segments*, page 39). The Auto Effort option automatically adjusts the target race time of a segment based on your performance during the segment.

Segment Alerts: Enables prompts that alert you to approaching segments (*Segments*, page 39).

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Evaluating an Activity*, page 6).

SpeedPro: Enables advanced speed metrics for windsurf activity runs.

Stroke Detect.: Enables stroke detection for pool swimming.

Swimrun Auto Sport Change: Allows you to automatically transition between the swim portion and the run portion of a swimrun multisport activity.

Touch: Enables or disables the touchscreen during an activity.

Tournament Mode: Disables features that are not allowed during sanctioned tournaments.

Transitions: Enables transitions for multisport activities.

Units: Sets the units of measure for the activity.

Vibration Alerts: Enables alerts that notify you to inhale or exhale during a breathwork activity.

Virtual Caddie: Allows you to select automatic or manual virtual caddie club recommendations. Appears after you play five rounds of golf, track your clubs, and upload your scorecards to the Garmin Golf app.

Workout Videos: Enables instructive workout animations for a strength, cardio, yoga, or Pilates activity. Animations are available for pre-installed workouts and workouts downloaded from your Garmin Connect account.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each time the watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Event, recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See *About Heart Rate Zones*, page 103 and *Heart Rate Zone Calculations*, page 105.
Pace	Range	You can set minimum and maximum pace values.
Pacing	Recurring	You can set a target swim pace.
Power	Range	You can set the high or low power level.
Proximity	Event	You can set a radius from a saved location.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.
Track Timer	Recurring	You can set a track time interval in seconds.

Setting an Alert

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select an activity.
   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Alerts**.
6 Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
7 If necessary, select the type of alert.
8 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
9 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Activity Map Settings

You can customize the appearance of the map data screen for each activity.

Hold **MENU**, select **Activities & Apps**, select an activity, select the activity settings, and select **Map**.

Configure Maps: Shows or hides data from installed map products.

Map Theme: Sets the map to display data optimized for your activity type. The System option uses the preferences from the system map settings (*Map Themes*, page 94).

Use Sys. Settings: Enables the watch to use the preferences from the map system settings (*Map Settings*, page 92). When this setting is disabled, you can customize the map settings for the activity.

Restore Theme: Allows you to restore default map theme settings or themes that have been deleted from the watch.

Routing Settings

You can change the routing settings to customize the way the watch calculates routes for each activity.

NOTE: Not all settings are available for all activity types.

Hold **MENU**, select **Activities & Apps**, select an activity, select the activity settings, and select **Routing**.

Activity: Sets an activity for routing. The watch calculates routes optimized for the type of activity you are doing.

Popularity Routing: Calculates routes based on the most popular runs and rides from Garmin Connect.

Courses: Sets how you navigate courses using the watch. Use the Follow Course option to navigate a course exactly as it appears, without recalculating. Use the Use Map option to navigate a course using routable maps, and recalculate the route if you stray from the course.

Calculation Method: Sets the calculation method to minimize the time, distance, or ascent in routes.

Avoidances: Sets the road or transportation types to avoid in routes.

Type: Sets the behavior of the pointer that appears during direct routing.

Using ClimbPro

The ClimbPro feature helps you manage your effort for the upcoming climbs on a course. You can view climb details, including gradient, distance, and elevation gain, before or in real time while following a course. Cycling climb categories, based on length and gradient, are indicated by color.

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select an activity.
4 Select the activity settings.
5 Select **ClimbPro** > **Status** > **When Navigating**.
6 Select an option:
   - Select **Data Field** to customize the data field that appears on the ClimbPro screen.
   - Select **Alert** to set alerts at the start of a climb or at a certain distance from the climb.
   - Select **Descents** to turn descents on or off for running activities.
   - Select **Climb Detection** to choose the types of climbs detected during cycling activities.
7 Review the climbs and course details for the course (*Viewing or Editing Course Details*, page 115).
8 Start following a saved course (*Navigating to a Destination*, page 111).

Enabling Auto Climb

You can use the auto climb feature to detect elevation changes automatically. You can use it during activities such as climbing, hiking, running, or biking.

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select an activity.

   NOTE: This feature is not available for all activities.
4 Select the activity settings.
5 Select **Auto Climb** > **Status**.
6 Select **Always** or **When Not Navigating**.
7 Select an option:
   - Select **Run Screen** to identify which data screen appears while running.
   - Select **Climb Screen** to identify which data screen appears while climbing.
   - Select **Invert Colors** to reverse the display colors when changing modes.
   - Select **Vertical Speed** to set the rate of ascent over time.
   - Select **Mode Switch** to set how quickly the device changes modes.

   NOTE: The Current Screen option allows you to automatically switch to the last screen you were viewing before the auto climb transition occurred.

Satellite Settings

You can change the satellite settings to customize the satellite systems used for each activity. For more information about satellite systems, go to garmin.com/aboutGPS.

Hold **MENU**, select **Activities & Apps**, select an activity, select the activity settings, and select **Satellites**.

NOTE: This feature is not available for all activities.

Off: Disables satellite systems for the activity.

Use Default: Enables the watch to use the default system setting for satellites (*System Settings*, page 118).

GPS Only: Enables the GPS satellite system.

All Systems: Enables multiple satellite systems. Using multiple satellite systems together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

All + Multi-Band: Enables multiple satellite systems on multiple frequency bands. Multi-band systems use multiple frequency bands and allow for more consistent track logs, improved positioning, improved multi-path errors, and fewer atmospheric errors when using the watch in challenging environments.

Auto Select: Enables the watch to use SatIQ™ technology to dynamically select the best multi-band system based on your environment. The Auto Select setting offers the best positioning accuracy while still prioritizing battery life.

UltraTrac: Records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

Segments

You can send running or cycling segments from your Garmin Connect account to your device. After a segment is saved to your device, you can race a segment, trying to match or exceed your personal record or other participants who have raced the segment.

NOTE: When you download a course from your Garmin Connect account, you can download all of the available segments in the course.

Strava™ Segments

You can download Strava segments to your Enduro device. Follow Strava segments to compare your performance with your past rides, friends, and pros who have ridden the same segment.

To sign up for a Strava membership, go to the segments menu in your Garmin Connect account. For more information, go to www.strava.com.

The information in this manual applies to both Garmin Connect segments and Strava segments.

Viewing Segment Details

1. From the watch face, press **START**.
2. Select an activity.
3. Hold **MENU**.
4. Select the activity settings.
5. Select **Segments**.
6. Select a segment.
7. Select an option:
   - Select **Race Times** to view the time and average speed or pace for the segment leader.
   - Select **Map** to view the segment on the map.
   - Select **Elevation Plot** to view an elevation plot of the segment.

Racing a Segment

Segments are virtual race courses. You can race a segment, and compare your performance to past activities, others' performance, connections in your Garmin Connect account, or other members of the running or cycling communities. You can upload your activity data to your Garmin Connect account to view your segment position.

NOTE: If your Garmin Connect account and Strava account are linked, your activity is automatically sent to your Strava account so you can review the segment position.

1. From the watch face, press **START**.
2. Select an activity.
3. Go for a run or ride.

   When you approach a segment, a message appears, and you can race the segment.
4. Start racing the segment.

A message appears when the segment is complete.

Training

Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Enduro watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your Enduro watch.

Sync your Enduro watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 40).

Recent activities and performance measurements from your other Garmin devices appear on your Enduro watch.

Training for a Race Event

Your watch can suggest daily workouts to help you train for a running or cycling event, if you have a VO2 max. estimate (*About VO2 Max. Estimates*, page 57).

1. On your phone or computer, go to your Garmin Connect calendar.
2. Select the day of the event, and add the race event.

   You can search for an event in your area or create your own event.
3. Add details about the event, and add the course if it's available.
4. Sync your watch with your Garmin Connect account.
5. On your watch, scroll to the primary event glance to see a countdown to your primary race event.
6. From the watch face, press **START**, and select a running or cycling activity.

   NOTE: If you have completed at least 1 outdoor run with heart rate data or 1 ride with heart rate and power data, daily suggested workouts appear on your watch.

Race Calendar and Primary Race

When you add a race event to your Garmin Connect calendar, you can view the event on your watch by adding the primary race glance (*Glances*, page 51). The event date must be in the next 365 days. The watch displays a countdown to the event, your goal time or predicted finish time (running events only), and weather information.

NOTE: Historical weather information for the location and date is available right away. Local forecast data appears approximately 14 days before the event.

If you add more than one race event, you are prompted to choose a primary event.

Depending on the available course data for your event, you can view elevation data, the course map, and add a PacePro™ plan (*PacePro Training*, page 45).

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. During your activity, you can view workout-specific data screens that contain workout step information, such as the workout step distance or average step pace.

On your watch: You can open the workouts app from the activity list to show all workouts currently loaded on your watch (*Activities and Apps*, page 5).

You can also view your workout history.

On the app: You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch (*Following a Workout From Garmin Connect*, page 42).

You can schedule workouts.

You can update and edit your current workouts.

Starting a Workout

Your device can guide you through multiple steps in a workout.

1. From the watch face, press **START**.
2. Select an activity.
3. Hold **MENU**, and select **Training**.
4. Select an option:
   - To start an interval workout or a workout with a training target, select **Quick Workout** (*Starting an Interval Workout*, page 43, *Setting a Training Target*, page 44).
   - To start a preloaded or saved workout, select **Workout Library** (*Following a Workout From Garmin Connect*, page 42).
   - To start a scheduled workout from your Garmin Connect training calendar, select **Training Calendar** (*About the Training Calendar*, page 45).

   NOTE: Not all options are available for all activity types.
5. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
6. If necessary, select **Do Workout**.
7. Press **START** to start the activity timer.

After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data. For strength, yoga, cardio, or Pilates activities, an instructional animation appears.

Workout Execution Score

After you complete a workout, the watch displays your workout execution score based on how accurately you completed the workout. For example, if your 60 minute workout has a target pace range, and you stay in that range for 50 minutes, your workout execution score is 83%.

	Good, 67 to 100%
	Average, 34 to 66%
	Low, 0 to 33%

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 100).

1 Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to connect.garmin.com.
2 Select **Training & Planning** > **Workouts**.
3 Find a workout, or create and save a new workout.
4 Select or **Send to Device**.
5 Follow the on-screen instructions.

Following a Daily Suggested Workout

Before the watch can suggest a daily run or bike workout, you must have a VO2 max. estimate for that activity (*About VO2 Max. Estimates*, page 57).

1 From the watch face, press **START**.
2 Select **Run** or **Bike**.
   The daily suggested workout appears.
3 Press **START**, and select an option:
   - To do the workout, select **Do Workout**.
   - To discard the workout, select **Dismiss**.
   - To preview the workout steps, select **Steps**.
   - To view workout suggestions for the upcoming week, select **More Suggestions**.
   - To view the workout settings, such as **Target Type**, select **Settings**.

The suggested workout updates automatically to changes in training habits, recovery time, and VO2 max.

Starting an Interval Workout

1 From the watch face, press **START**.
2 Select an activity.
3 Hold **MENU**.
4 Select **Training** > **Quick Workout** > **Intervals**.
5 Select an option:
   - Select **Open Repeats** to mark your intervals and rest periods manually by pressing **LAP**.
   - Select **Structured Repeats** > **Do Workout** to use an interval workout based on distance or time.
6 If necessary, select **Yes** to include a warm up before the workout.
7 Press **START** to start the activity timer.
8 When your interval workout has a warm up, press **LAP** to begin the first interval.
9 Follow the on-screen instructions.
10 At any time, press **LAP** to stop the current interval or rest period and transition to the next interval or rest period (optional).

After you complete all of the intervals, a message appears.

Customizing an Interval Workout

1 From the watch face, press **START**.
2 Select an activity.
3 Hold **MENU**.
4 Select **Training** > **Quick Workout** > **Intervals** > **Structured Repeats** > **Edit**.
5 Select one or more options:
   - To set the interval duration and type, select **Interval**.
   - To set the rest duration and type, select **Rest**.
   - To set the number of repetitions, select **Repeat**.
   - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
   - To add an open-ended cool down to your workout, select **Cool Down** > **On**.
6 Press **BACK**.

The watch saves your custom interval workout until you edit the workout again.

Recording a Critical Swim Speed Test

Your Critical Swim Speed (CSS) value is the result of a time-trial-based test expressed as a pace per 100 meters. Your CSS is the theoretical speed you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

1 From the watch face, press **START**.
2 Select **Pool Swim**.
3 Hold **MENU**.
4 Select **Training** > **Workout Library** > **Critical Swim Speed** > **Do Critical Swim Speed Test**.
5 Press **DOWN** to preview the workout steps (optional).
6 Press **START**.
7 Press **START** to start the activity timer.
8 Follow the on-screen instructions.

Using Virtual Partner®

Your Virtual Partner is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner and race against it.

NOTE: This feature is not available for all activities.

1. Hold **MENU**.
2. Select **Activities & Apps**.
3. Select an activity.
4. Select the activity settings.
5. Select **Data Screens** > **Add New** > **Virtual Partner**.
6. Enter a pace or speed value.
7. Press **UP** or **DOWN** to change the location of the Virtual Partner screen (optional).
8. Start your activity (*Starting an Activity*, page 5).
9. Press **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

Setting a Training Target

The training target feature works with the Virtual Partner feature so you can train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the watch gives you real-time feedback about how close you are to achieving your training target.

1. From the watch face, press **START**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training**.
5. Select an option:
   - Select **Set a Target**.
   - Select **Quick Workout**.

   NOTE: Not all options are available for all activity types.
6. Select an option:
   - Select **Distance Only** to select a preset distance or enter a custom distance.
   - Select **Distance and Time** to select a distance and time target.
   - Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.

   The training target screen appears and displays your estimated finish time.
7. Press **START** to start the activity timer.

   TIP: You can hold MENU, and select **Cancel Target** to cancel the training target.

Racing a Previous Activity

You can race a previously recorded or downloaded activity. This feature works with the Virtual Partner feature so you can see how far ahead or behind you are during the activity.

NOTE: This feature is not available for all activities.

1. From the watch face, press **START**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training** > **Race Yourself**.
5. Select an option:
   - Select **From History** to select a previously recorded activity from your device.
   - Select **Downloaded** to select an activity you downloaded from your Garmin Connect account.
6. Select the activity.

   The Virtual Partner screen appears indicating your estimated finish time.
7. Press **START** to start the activity timer.
8. After you complete your activity, press **STOP**, and select **Save**.

About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (*Garmin Connect*, page 100), and you must pair the Enduro watch with a compatible phone.

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Training Plans**.
3. Select and schedule a training plan.
4. Follow the on-screen instructions.
5. Review the training plan in your calendar.

Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glance loop on your Enduro watch.

PacePro Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can also create a pace band for a known course to optimize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect app. You can preview the splits and elevation plot before you run the course.

Downloading a PacePro Plan from Garmin Connect

Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 100).

1 Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to connect.garmin.com.
2 Select **Training & Planning** > **PacePro Pacing Strategies**.
3 Follow the on-screen instructions to create and save a PacePro plan.
4 Select or **Send to Device**.

Creating a PacePro Plan on Your Watch

Before you can create a PacePro plan on your watch, you must create a course (*Creating a Course on Garmin Connect*, page 114).

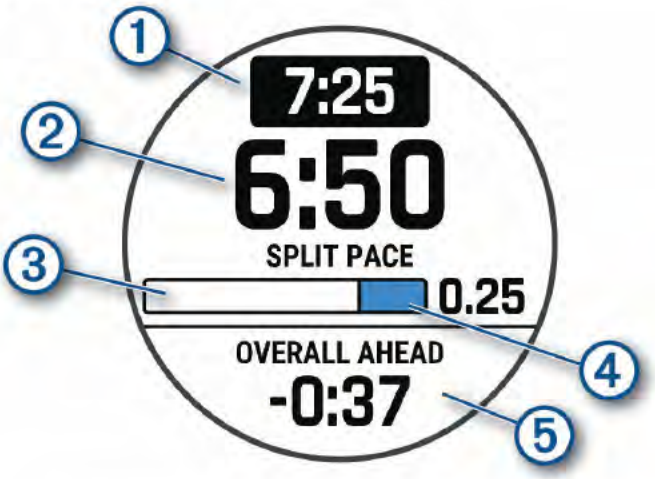
1 From the watch face, press **START**.
2 Select an outdoor running activity.
3 Hold **MENU**.
4 Select **Navigation** > **Courses**.
5 Select a course.
6 Select **PacePro** > **Create New**.
7 Select an option:
   - Select **Goal Pace**, and enter your target pace.
   - Select **Goal Time**, and enter your target time.

   The watch displays your custom pace band.
8 Press **START**.
9 Select an option:
   - Select **Accept Plan** to start the plan.
   - Select **View Splits** to preview the splits.
   - Select **Elevation Plot** to view an elevation plot of the course.
   - Select **Map** to view the course on the map.
   - Select **Remove** to discard the plan.

Starting a PacePro Plan

Before you can start a PacePro plan, you must download a plan from your Garmin Connect account.

1 From the watch face, press **START**.
2 Select an outdoor running activity.
3 Hold **MENU**.
4 Select **Training** > **PacePro Plans**.
5 Select a plan.
6 Press **START**.
   TIP: You can preview the splits, elevation plot, and the map before you accept the PacePro plan.
7 Select **Accept Plan** to start the plan.
8 If necessary, select **Yes** to enable course navigation.
9 Press **START** to start the activity timer.



1	Target split pace
2	Current split pace
3	Completion progress for the split
4	Distance remaining in the split
5	Overall time ahead of or behind your target time

TIP: You can hold MENU, and select **Stop PacePro** > **Yes** to stop the PacePro plan. The activity timer continues running.

Power Guide

You can create and use a power strategy to plan your effort on a course. Your Enduro device uses your FTP, the course elevation, and the projected time it will take you to complete the course to create a customized power guide.

One of the most important steps in planning a successful power guide strategy is choosing your effort level. Putting a harder effort into the course will increase the power recommendations, while choosing an easier effort will reduce them (*Creating and Using a Power Guide*, page 48). The primary goal of a power guide is to help you complete the course based on what is known about your ability, not to achieve a specific target time. You can adjust the effort level during your ride.

Power guides are always associated with a course and cannot be used with workouts or segments. You can view and edit your strategy in the Garmin Connect app and sync it with compatible Garmin devices. This feature requires a power meter, which must be paired with your device (*Pairing Your Wireless Sensors*, page 86).

Creating and Using a Power Guide

Before you can create a power guide, you must pair a power meter with your watch (*Pairing Your Wireless Sensors*, page 86). You must also have a course loaded to your watch (*Creating a Course on Garmin Connect*, page 114).

You can also create a power guide in the Garmin Connect app.

1. From the watch face, press **START**.
2. Select an outdoor biking activity.
3. Hold **MENU**.
4. Select **Training** > **Power Guide** > **Create New**.
5. Select a course (*Courses*, page 113).
6. Select a riding position.
7. Select a gear weight.
8. Press **START**, and select **Use Plan**.

   TIP: You can preview the map, elevation plot, effort, settings, and splits. You can also adjust the effort, terrain, riding position, and gear weight before you start riding.

History

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Using History

History contains previous activities you have saved on your watch.

The watch has a history glance for quick access to your activity data (*Glances*, page 51).

1 From the watch face, hold **MENU**.
2 Select **History** > **Activities**.
3 Select an activity.
4 Press **START**.
5 Select an option:
   - To view additional information about the activity, select **All Stats**.
   - To view the impact of the activity on your aerobic and anaerobic fitness, select **Training Effect** (*About Training Effect*, page 67).
   - To view your time in each heart rate zone, select **Heart Rate**.
   - To select a lap and view additional information about each lap, select **Laps**.
   - To select a ski or snowboard run and view additional information about each run, select **Runs**.
   - To select an exercise set and view additional information about each set, select **Sets**.
   - To view the activity on a map, select **Map**.
   - To view an elevation plot for the activity, select **Elevation Plot**.
   - To delete the selected activity, select **Delete**.

Multisport History

Your device stores the overall multisport summary of the activity, including overall distance, time, calories, and optional accessory data. Your device also separates the activity data for each sport segment and transition so you can compare similar training activities and track how quickly you move through the transitions. Transition history includes distance, time, average speed, and calories.

Personal Records

When you complete an activity, the watch displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances, highest strength activity weight for major movements, and longest run, ride, or swim.

NOTE: For cycling, personal records also include most ascent and best power (power meter required).

Viewing Your Personal Records

1 From the watch face, hold **MENU**.
2 Select **History** > **Records**.
3 Select a sport.
4 Select a record.
5 Select **View Record**.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

1 From the watch face, hold **MENU**.
2 Select **History** > **Records**.
3 Select a sport.
4 Select a record to restore.
5 Select **Previous** > **Yes**.

   NOTE: This does not delete any saved activities.

Clearing Personal Records

1 From the watch face, hold **MENU**.
2 Select **History** > **Records**.
3 Select a sport.
4 Select an option:
   - To delete one record, select a record, and select **Clear Record** > **Yes**.
   - To delete all records for the sport, select **Clear All Records** > **Yes**.

   NOTE: This does not delete any saved activities.

Viewing Data Totals

You can view the accumulated distance and time data saved to your watch.

1 From the watch face, hold **MENU**.
2 Select **History** > **Totals**.
3 Select an activity.
4 Select an option to view weekly or monthly totals.

Using the Odometer

The odometer automatically records the total distance traveled, elevation gained, and time in activities.

1 From the watch face, hold **MENU**.
2 Select **History** > **Totals** > **Odometer**.
3 Press **UP** or **DOWN** to view odometer totals.

Deleting History

1 From the watch face, hold **MENU**.
2 Select **History** > **Options**.
3 Select an option:
   - Select **Delete All Activities** to delete all activities from the history.
   - Select **Reset Totals** to reset all distance and time totals.

     NOTE: This does not delete any saved activities.

Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

Watch Face Settings

You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also download custom watch faces from the Connect IQ store.

Customizing the Watch Face

Before you can activate a Connect IQ watch face, you must install a watch face from the Connect IQ store (*Connect IQ Features*, page 101).

You can customize the watch face information and appearance, or activate an installed Connect IQ watch face.

1. From the watch face, hold **MENU**.
2. Select **Watch Face**.
3. Press **UP** or **DOWN** to preview the watch face options.
4. Select **Add New** to create a custom digital or analog watch face.
5. Press **START**.
6. Select an option:
   - To activate the watch face, select **Apply**.
   - To change the style of the numbers for the analog watch face, select **Dial**.
   - To change the style of the hands for the analog watch face, select **Hands**.
   - To change the style of the numbers for the digital watch face, select **Layout**.
   - To change the style of the seconds for the digital watch face, select **Seconds**.
   - To change the data that appears on the watch face, select **Data**.
   - To add or change an accent color for the watch face, select **Accent Color**.
   - To change the color of the data that appears on the watch face, select **Data Color**.
   - To change the background color, select **Bkgd. Color**.
   - To remove the watch face, select **Delete**.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing the Glance Loop*, page 54). Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glance loop manually (*Customizing the Glance Loop*, page 55).

Name	Description
ABC	Displays combined altimeter, barometer, and compass information.
Alternate time zones	Displays the current time of day in additional time zones (*Adding Alternate Time Zones*, page 4).
Altitude acclimation	At altitudes above 800 m (2625 ft.), displays graphs showing altitude-corrected values for your average pulse oximeter reading, respiration rate, and resting heart rate for the last seven days.
Altimeter	Displays the approximate elevation based on pressure changes.
Barometer	Displays the environmental pressure data based on elevation.
Body Battery™	With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours (*Body Battery*, page 55).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Compass	Displays an electronic compass.
Cycling Ability	Displays your rider type, aerobic endurance, aerobic capacity, and anaerobic capacity (*Viewing Cycling Ability*, page 70).
Dog tracking	Displays your dog's location information when you have a compatible dog tracking device paired with your Enduro watch.
Endurance score	Displays a score, graph, and a short message that describes your overall endurance based on all recorded activities (*Endurance Score*, page 69).
Fish forecast	Displays predictions for the best days and times for fishing based on your location, the moon's position, and the moon rise and set times. You can view the rating for the day and major and minor feeding times.
Floors climbed	Tracks your floors climbed and progress toward your goal.
Garmin coach	Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.
Golf	Displays golf scores and statistics for your last round.
Health Snapshot	Starts a Health Snapshot session on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. Displays summaries of your saved Health Snapshot sessions (*Health Snapshot™*, page 10).
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
Hill score	Displays a score, graph, contributing metrics, and a short message that describes your hill climbing performance based on your recorded running activities (*Hill Score*, page 70).
History	Displays your activity history and a graph of your recorded activities.
HRV Status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status*, page 59).

Name	Description
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
inReach® controls	Allows you to send messages on your paired inReach device (*Using the inReach Remote*, page 89).
Jet Lag Adviser	Displays your internal clock during travel, and provides guidance to help you acclimate to the time zone of your destination (*Using the Jet Lag Adviser*, page 71).
Last activity	Displays a brief summary of your last recorded activity.
Last ride Last run Last swim	Displays a brief summary of your last recorded activity and history of the specified sport.
Moon phase	Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music controls	Provides music player controls for your phone or watch music.
Naps	Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up (*Customizing Sleep Mode*, page 119).
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 97).
Performance	Displays performance measurements that help you track and understand your training activities and race performances (*Performance Measurements*, page 56).
Primary race	Displays the race event you designate as the primary race in your Garmin Connect calendar (*Race Calendar and Primary Race*, page 41).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 81). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Race calendar	Displays your upcoming race events set in your Garmin Connect calendar (*Race Calendar and Primary Race*, page 41).
RCT camera controls	Allows you to manually take a photo and record a video clip (*Using the Varia Camera Controls*, page 88).
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.
Sleep	Displays total sleep time, a sleep score, and sleep stage information for the previous night.
Solar intensity	Displays a graph of the intensity of solar input for the last 6 hours, and the average for the previous week.
Steps	Tracks your daily step count, step goal, and data for previous days.
Stocks	Displays a customizable list of stocks (*Adding a Stock*, page 70).
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded.
Sunrise and sunset	Displays sunrise, sunset, dawn, and dusk times, along with a map of the sun's current position and a graph of the day's sunlight.

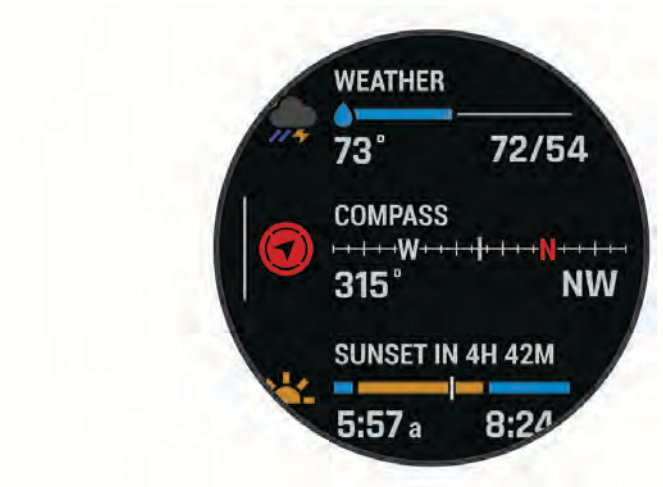
Name	Description
Temperature	Displays temperature data from the internal temperature sensor.
Tides	Displays information about a tide station, such as the tide height and when the next high and low tides will occur (*Viewing Tide Information*, page 18).
Training readiness	Displays a score and a short message that helps you determine how ready you are for training each day (*Training Readiness*, page 69).
Training status	Displays your current training status and training load, which shows you how your training affects your fitness level and performance (*Training Status*, page 64).
VIRB® controls	Provides camera controls when you have a VIRB device paired with your Enduro watch (*VIRB Remote*, page 89).
Weather	Displays the current temperature and weather forecast. You can also view the current weather conditions on the map using several map overlays.
Xero® device	Displays laser location information when you have a compatible Xero device paired with your Enduro watch (*Xero Laser Location Settings*, page 90).

Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

1 Press **UP** or **DOWN**.

The watch scrolls through the glance loop and displays summary data for each glance.



TIP: You can also swipe to scroll or tap to select options.

2 Press **START** to view more information.

3 Select an option:

- Press **DOWN** to view details about a glance.
- Press **START** to view additional options and functions for a glance.

Customizing the Glance Loop

1 Hold **MENU**.
2 Select **Appearance** > **Glances**.
3 Select an option:
   - To change the location of a glance in the loop, select a glance, and press **UP** or **DOWN**.
   - To remove a glance from the loop, select a glance, and select 🗑.
   - To add a glance to the loop, select **Add**, and select a glance.

     TIP: You can select **CREATE FOLDER** to create folders that contain multiple glances (*Creating Glance Folders*, page 55).

Creating Glance Folders

You can customize the glance loop to create folders of related glances.

1 Hold **MENU**.
2 Select **Appearance** > **Glances** > **Add** > **CREATE FOLDER**.
3 Select the glances to include in the folder, and select **Done**.

   NOTE: If the glances are already in the glance loop, you can move or copy them into the folder.
4 Select or enter a name for the folder.
5 Select an icon for the folder.
6 If necessary, select an option:
   - To edit the folder, scroll to the folder in the glance loop, and hold **MENU**.
   - To edit the glances in the folder, open the folder and select **Edit** (*Customizing the Glance Loop*, page 55).

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 55).

Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to garmin.com/performance-data/running.

NOTE: The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance (*About VO2 Max. Estimates*, page 57).

Predicted race times: The watch uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness (*Viewing Your Predicted Race Times*, page 58).

HRV status: The watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV) status based on your personal, long-term HRV averages (*Heart Rate Variability Status*, page 59).

Performance condition: Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level (*Performance Condition*, page 60).

Functional threshold power (FTP): The watch uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test (*Getting Your FTP Estimate*, page 61).

Lactate threshold: Lactate threshold requires a chest heart rate monitor. Lactate threshold is the point where your muscles start to rapidly fatigue. Your watch measures your lactate threshold level using heart rate data and pace (*Lactate Threshold*, page 62).

Stamina: The watch uses your VO2 max. estimate and heart rate data to provide real-time stamina estimates. It can be added as a data screen so you can view your potential and current stamina during your activity (*Viewing Your Real-Time Stamina*, page 63).

Power curve (cycling): The power curve displays your sustained power output over time. You can view your power curve for the previous month, three months, or twelve months (*Viewing Your Power Curve*, page 63).

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The Enduro device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate. The device has separate VO2 max. estimates for running and cycling. You must run either outside with GPS or ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate VO2 max. estimate.

On the device, your VO2 max. estimate appears as a number, description, and position on the color gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, such as where it ranks for your age and sex.

Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 144), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your watch (*Pairing Your Wireless Sensors*, page 86).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 102), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 104). The estimate may seem inaccurate at first. The watch requires a few runs to learn about your running performance. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activities and App Settings*, page 34).

1. Start a running activity.
2. Run for at least 10 minutes outdoors.
3. After your run, select **Save**.
4. Press **UP** or **DOWN** to scroll through the performance measurements.

Getting Your VO2 Max. Estimate for Cycling

This feature requires a power meter and wrist-based heart rate or a compatible chest heart rate monitor. The power meter must be paired with your watch (*Pairing Your Wireless Sensors*, page 86). If you are using a chest heart rate monitor, you must put it on and pair it with your watch.

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 102) and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 104). The estimate may seem inaccurate at first. The watch requires a few rides to learn about your cycling performance.

1 Start a cycling activity.
2 Ride at a steady, high intensity for at least 20 minutes.
3 After your ride, select **Save**.
4 Press **UP** or **DOWN** to scroll through the performance measurements.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 102), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 104).

Your watch uses the VO2 max. estimate and your training history to provide a target race time (*About VO2 Max. Estimates*, page 57). The watch analyzes several weeks of your training data to refine the race time estimates.

1 From the watch face, press **UP** or **DOWN** to view the performance glance.
2 Press **START** to view glance details.
3 Press **UP** or **DOWN** to view a predicted race time.

4 Press **START** to view predictions for other distances.

NOTE: The predictions may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.

Color Zone	Status	Description
Green	Balanced	Your seven-day average HRV is within your baseline range.
Orange	Unbalanced	Your seven-day average HRV is above or below your baseline range.
Red	Low	Your seven-day average HRV is well below your baseline range.
No color	Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

Heart Rate Variability and Stress Level

Stress level is the result of a three-minute test performed while standing still, where the Enduro device analyzes heart rate variability to determine your overall stress. Training, sleep, nutrition, and general life stress all impact how a runner performs. The stress level range is from 1 to 100, where 1 is a very low stress state and 100 is a very high stress state. Knowing your stress level can help you decide if your body is ready for a tough training run or yoga.

Viewing Your Heart Rate Variability and Stress Level

This feature requires a Garmin chest heart rate monitor. Before you can view your heart rate variability (HRV) stress level, you must put on a heart rate monitor and pair it with your device (*Pairing Your Wireless Sensors*, page 86).

TIP: Garmin recommends that you measure your stress level at approximately the same time and under the same conditions every day.

1. If necessary, press **START**, and select **Add** > **HRV Stress** to add the stress app to the apps list.
2. Select **Yes** to add the app to your list of favorites.
3. From the watch face, press **START**, select **HRV Stress**, and press **START**.
4. Stand still, and rest for 3 minutes.

Performance Condition

As you complete your activity, such as running or cycling, the performance condition feature analyzes your pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run or ride. You can add performance condition as a data field to one of your training screens to monitor your ability throughout the activity. Performance condition can also be an indicator of fatigue level, especially at the end of a long training run or ride.

NOTE: The device requires a few runs or rides with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability (*About VO2 Max. Estimates*, page 57).

Viewing Your Performance Condition

This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

1. Add **Performance Condition** to a data screen (*Customizing the Data Screens*, page 33).
2. Go for a run or ride.

   After 6 to 20 minutes, your performance condition appears.
3. Scroll to the data screen to view your performance condition throughout the run or ride.

Getting Your FTP Estimate

Before you can get your functional threshold power (FTP) estimate, you must pair a chest heart rate monitor and power meter with your watch (*Pairing Your Wireless Sensors*, page 86), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling*, page 58).

The watch uses your user profile information from the initial setup and your VO2 max. estimate to estimate your FTP. The watch will automatically detect your FTP during rides at a steady, high intensity with heart rate and power.

1 Press **UP** or **DOWN** to view the performance glance.
2 Press **START** to view glance details.
3 Press **UP** or **DOWN** to view your FTP estimate.

   Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Untrained

   For more information, see the appendix (*FTP Ratings*, page 145).

   NOTE: When a performance notification alerts you to a new FTP, you can select Accept to save the new FTP, or Decline to keep your current FTP.

Conducting an FTP Test

Before you can conduct a test to determine your functional threshold power (FTP), you must pair a chest heart rate monitor and a power meter with your device (*Pairing Your Wireless Sensors*, page 86), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling*, page 58).

NOTE: The FTP test is a challenging workout that takes about 30 minutes to complete. Choose a practical and mostly flat route that allows you to ride at a steadily increasing effort, similar to a time trial.

1 From the watch face, select **START**.
2 Select a cycling activity.
3 Hold **MENU**.
4 Select **Training** > **Workout Library** > **FTP Guided Test**.
5 Follow the on-screen instructions.

   After you begin your ride, the device displays each step duration, the target, and current power data. A message appears when the test is complete.

6 After you complete the guided test, complete the cool down, stop the timer, and save the activity.

   Your FTP appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

7 Select an option:
   - Select **Accept** to save the new FTP.
   - Select **Decline** to keep your current FTP.

Lactate Threshold

Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, this intensity level is estimated in terms of pace, heart rate, or power. When a runner exceeds the threshold, fatigue starts to increase at an accelerating rate. For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10 km and half-marathon race pace. For average runners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.

If you already know your lactate threshold heart rate value, you can enter it in your user profile settings (*Setting Your Heart Rate Zones*, page 104). You can turn on the **Auto Detection** feature to automatically record your lactate threshold during an activity.

Performing a Guided Test to Determine Your Lactate Threshold

This feature requires a Garmin chest heart rate monitor. Before you can perform the guided test, you must put on a heart rate monitor and pair it with your watch (*Pairing Your Wireless Sensors*, page 86).

The watch uses your user profile information from the initial setup and your VO2 max. estimate to estimate your lactate threshold. The watch will automatically detect your lactate threshold during runs at a steady, high intensity with heart rate.

TIP: The watch requires a few runs with a chest heart rate monitor to get an accurate maximum heart rate value and VO2 max. estimate. If you are having trouble getting a lactate threshold estimate, try manually lowering your maximum heart rate value.

1. From the watch face, press **START**.
2. Select an outdoor running activity.

   GPS is required to complete the test.
3. Hold **MENU**.
4. Select **Training** > **Workout Library** > **Lactate Threshold Guided Test**.
5. Press **START** to start the activity timer, and follow the on-screen instructions.

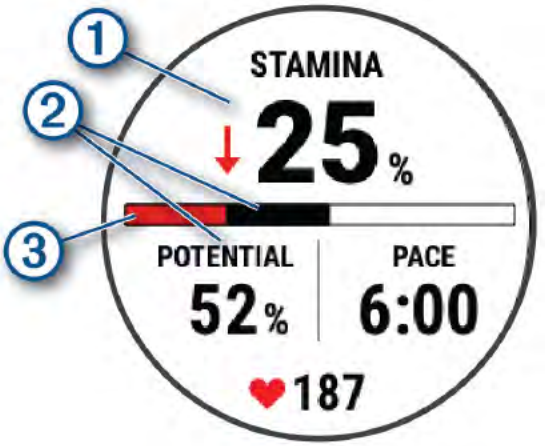
   After you begin your run, the watch displays each step duration, the target, and current heart rate data. A message appears when the test is complete.
6. After you complete the guided test, stop the activity timer and save the activity.

   If this is your first lactate threshold estimate, the watch prompts you to update your heart rate zones based on your lactate threshold heart rate. For each additional lactate threshold estimate, the watch prompts you to accept or decline the estimate.

Viewing Your Real-Time Stamina

Your watch can provide real-time stamina estimates based on your heart rate data and VO2 max. estimate (*About VO2 Max. Estimates*, page 57).

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select a run or bike activity.
4 Select the activity settings.
5 Select **Data Screens** > **Add New** > **Stamina**.
6 Press **UP** or **DOWN** to change the location of the data screen (optional).
7 Press **START** to edit the primary stamina data field (optional).
8 Start your activity (*Starting an Activity*, page 5).
9 Press **UP** or **DOWN** to scroll to the data screen.



1	Primary stamina data field. Shows your current stamina percentage, distance remaining, or time remaining.
2	Potential stamina.
3	Current stamina. Red: Stamina is depleting. Orange: Stamina is steady. Green: Stamina is recharging.

Viewing Your Power Curve

Before you can view your power curve, you must record a ride that's at least one hour long using a power meter in the last 90 days (*Pairing Your Wireless Sensors*, page 86).

You can create workouts in your Garmin Connect account. The power curve displays your sustained power output over time. You can view your power curve for the previous month, three months, or twelve months.

1 From the Garmin Connect app, select •••.
2 Select **Performance Stats** > **Power Curve**.

Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require you to complete activities for two weeks using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter. The measurements may seem inaccurate at first when the watch is still learning about your performance.

These estimates are provided and supported by Firstbeat Analytics. For more information, go to garmin.com /performance-data/running.

Training status: Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance (*About VO2 Max. Estimates*, page 57). Your watch displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environments or high altitude (*Heat and Altitude Performance Acclimation*, page 68).

HRV: HRV is your heart rate variability status over the last seven days (*Heart Rate Variability Status*, page 59).

Acute load: Acute load is a weighted sum of your recent exercise load scores including exercise duration and intensity. (*Acute Load*, page 65).

Training load focus: Your watch analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated per category, and the focus of the training. Your watch displays your load distribution over the last 4 weeks (*Training Load Focus*, page 66).

Recovery time: The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout (*Recovery Time*, page 67).

Training Status Levels

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

No Status: The watch needs you to record multiple activities over two weeks, with VO2 max. results from running or cycling, to determine your training status.

Detraining: You have a break in your training routine or you are training much less than usual for a week or more. Detraining means that you are unable to maintain your fitness level. You can try increasing your training load to see improvement.

Recovery: Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

Maintaining: Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

Productive: Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

Peaking: You are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

Overreaching: Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

Unproductive: Your training load is at a good level, but your fitness is decreasing. Try focusing on rest, nutrition, and stress management.

Strained: There is imbalance between your recovery and training load. It is a normal result after a hard training or major event. Your body may be struggling to recover, so you should pay attention to your overall health.

Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least one VO2 max. measurement per week (*About VO2 Max. Estimates*, page 57). Indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activities and App Settings*, page 34).

To get the most out of the training status feature, you can try these tips.

- At least one time per week, run or ride outdoors with a power meter, and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

  After using the watch for one or two weeks, your training status should be available.
- Record all of your fitness activities on your primary training device, allowing your watch to learn about your performance (*Syncing Activities and Performance Measurements*, page 40).
- Wear the watch consistently while you sleep, to continue generating an up-to-date HRV status. Having a valid HRV status can help maintain a valid training status when you do not have as many activities with VO2 max. measurements.

Acute Load

Acute load is a weighted sum of your excess post-exercise oxygen consumption (EPOC) for the last several days. The gauge indicates whether your current load is low, optimal, high, or very high. The optimal range is based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

Below targets: Your training load is lower than optimal in all intensity categories. Try increasing the duration or frequency of your workouts.

Low aerobic shortage: Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

High aerobic shortage: Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

Anaerobic shortage: Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

Balanced: Your training load is balanced and provides all-around fitness benefits as you continue training.

Low aerobic focus: Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

High aerobic focus: Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

Anaerobic focus: Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

Above targets: Your training load is higher than optimal, and you should consider scaling back the duration and frequency of your workouts.

Load Ratio

Load ratio is the ratio of your acute (short-term) training load to your chronic (long-term) training load. It's helpful for tracking your training load changes.

Status	Value	Description
No Status	None	Load ratio will be visible after 2 weeks of training.
Low	Lower than 0.8	Your short-term training load is lower than your long-term training load.
Optimal	0.8 to 1.4	The short-term and long-term training loads are balanced. The optimal range is based on your individual fitness level and training history.
High	1.5 to 1.9	Your short-term training load is higher than your long-term training load.
Very High	2.0 or higher	Your short-term training load is significantly higher than your long-term training load.

About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus*, page 66). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 seconds) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Firstbeat Analytics. For more information, go to firstbeat.com.

Recovery Time

You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

NOTE: The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

TIP: For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value.

Heat and Altitude Performance Acclimation

Environmental factors such as high temperature and altitude impact your training and performance. For example, high altitude training can have a positive impact on your fitness, but you may notice a temporary VO2 max. decline while exposed to high altitudes. Your Enduro watch provides acclimation notifications and corrections to your VO2 max. estimate and training status when the temperature is above 22°C (72°F) and when the altitude is above 800 m (2625 ft.). You can keep track of your heat and altitude acclimation in the training status glance.

NOTE: The heat acclimation feature is available only for GPS activities and requires weather data from your connected phone.

Pausing and Resuming Your Training Status

If you are injured or sick, you can pause your training status. You can continue to record fitness activities, but your training status, training load focus, recovery feedback, and workout recommendations are temporarily disabled.

You can resume your training status when you are ready to start training again. For best results, you need at least one VO2 max. measurement each week (*About VO2 Max. Estimates*, page 57).

1. When you want to pause your training status, select an option:
   - From the training status glance, hold **MENU**, and select **Options** > **Pause Training Status**.
   - From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Pause Training Status**.
2. Sync your watch with your Garmin Connect account.
3. When you want to resume your training status, select an option:
   - From the training status glance, hold **MENU**, and select **Options** > **Resume Training Status**.
   - From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Resume Training Status**.
4. Sync your watch with your Garmin Connect account.

Training Readiness

Your training readiness is a score and a short message that helps you determine how ready you are for training each day. The score is continuously calculated and updated throughout the day using these factors:

- Sleep score (last night)
- Recovery time
- HRV status
- Acute load
- Sleep history (last 3 nights)
- Stress history (last 3 days)

Color Zone	Score	Description
Purple	95 to 100	Prime Best possible
Blue	75 to 94	High Ready for challenges
Green	50 to 74	Moderate Good to go
Orange	25 to 49	Low Time to slow down
Red	1 to 24	Poor Let your body recover

To see your training readiness trends over time, go to your Garmin Connect account.

Endurance Score

Your endurance score helps you understand your overall endurance based on all recorded activities with heart rate data. You can view recommendations for improving your endurance score, and the top sports contributing to your score over time.

Color Zone	Description
Pink	Elite
Purple	Superior
Blue	Expert
Green	Well Trained
Yellow	Trained
Orange	Intermediate
Red	Recreational

For more information, see the appendix (*Endurance Score Ratings*, page 146).

Hill Score

Your hill score helps you understand your current capacity for uphill running based on your training history and VO2 max. estimate. Your watch detects uphill segments with 2% grade or more during an outdoor running activity. You can view your hill endurance, hill strength, and changes to your hill score over time.

Color Zone	Score	Description
Pink	95 to 100	Elite
Purple	85 to 94	Expert
Blue	70 to 84	Skilled
Green	50 to 69	Trained
Orange	25 to 49	Challenger
Red	1 to 24	Recreational

Viewing Cycling Ability

Before you can view your cycling ability, you must have a 7-day training history, VO2 max. data recorded in your user profile (*About VO2 Max. Estimates*, page 57), and power curve data from a paired power meter (*Viewing Your Power Curve*, page 63).

Cycling ability is a measurement of your performance across three categories: aerobic endurance, aerobic capacity, and anaerobic capacity. Cycling ability includes your current rider type, such as climber. Information you enter in your user profile, such as body weight, also helps determine your rider type (*Setting Up Your User Profile*, page 102).

1. Press **UP** or **DOWN** to view the cycling ability glance.

   NOTE: You may need to add the glance to your glance loop (*Customizing the Glance Loop*, page 55).
2. Press **START** to view your current rider type.
3. Press **START** to view a detailed analysis of your cycling ability (optional).

Adding a Stock

Before you can customize the stocks list, you must add the stocks glance to the glance loop (*Customizing the Glance Loop*, page 55).

1. From the watch face, press **UP** or **DOWN** to view the stocks glance.
2. Press **START**.
3. Select **Add Stock**.
4. Enter the company name or stock symbol for the stock you want to add, and select ✔.

   The watch displays search results.
5. Select the stock you want to add.
6. Select the stock to view more information.

   TIP: To display the stock on the glance loop, you can press START, and select Set as Favorite.

Adding Weather Locations

1 From the watch face, press **UP** or **DOWN** to view the weather glance.
2 Press **START**.
3 On the first glance screen, press **START**.
4 Select **Add Location**, and search for a location.
5 If necessary, repeat steps 3 and 4 to add more locations.
6 Press **START**, and select a location to show the weather for that location.

Using the Jet Lag Adviser

Before you can use the Jet Lag Adviser glance, you must plan a trip in the Garmin Connect app (*Planning a Trip in the Garmin Connect App*, page 71).

You can use the Jet Lag Adviser glance while traveling to see how your internal clock compares to the local time, and to receive guidance on how to reduce the effects of jet lag.

1 From the watch face, press **UP** or **DOWN** to view the **Jet Lag Adviser** glance.
2 Press **START** to see how your internal clock compares to the local time, and the overall level of your jet lag.
3 Select an option:
   - To see an informational message about your current jet lag level, press **START**.
   - To see a timeline for recommended actions to help reduce symptoms of jet lag, press **DOWN**.

Planning a Trip in the Garmin Connect App

1 From the Garmin Connect app, select •••.
2 Select **Training & Planning** > **Jet Lag Adviser** > **Add Trip Details**.
3 Follow the on-screen instructions.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 75).

From any screen, hold **LIGHT**.