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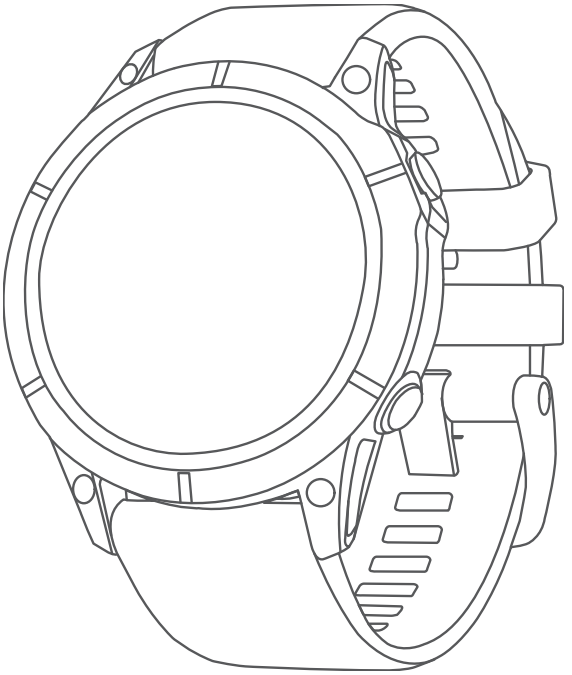

# A04862

## Owner's Manual

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# 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 98). If you are upgrading from a compatible watch, you can migrate your watch settings, saved courses, and more when you pair your new fēnix watch with your phone.
3. Charge the watch (*Charging the Watch*, page 122).
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.

### 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.

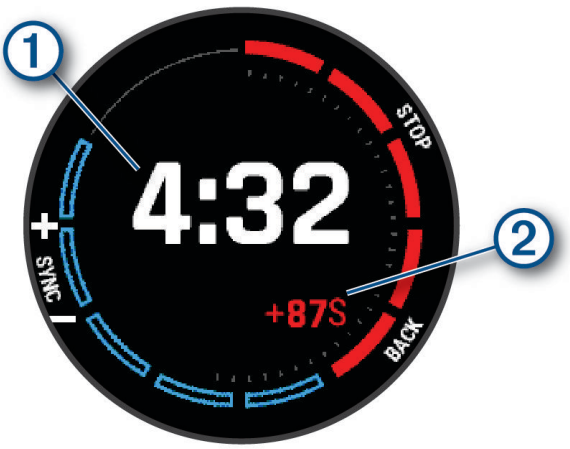
### Setting the Starting Line

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.

### 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

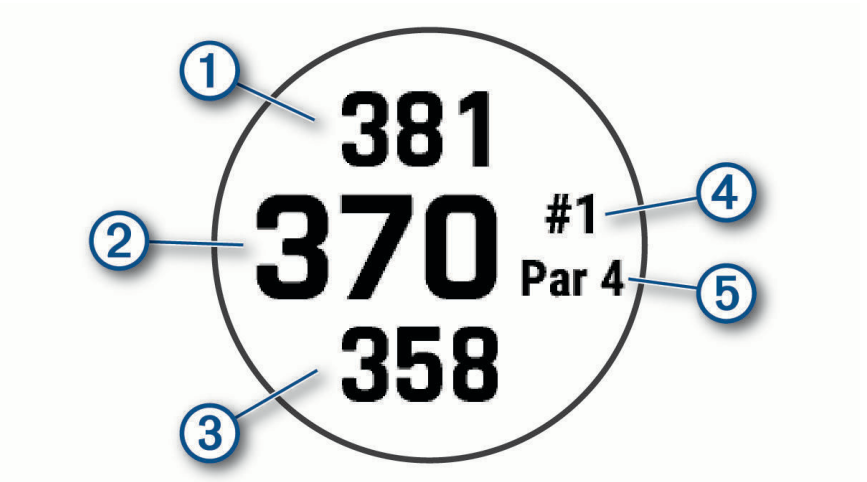
While playing a round, you can save up to five custom targets for each hole. Saving a target is useful for recording objects or obstacles that are not shown on the map. You can view the distances to these targets from the hazards and layups screen (*Playing Golf*, page 22).

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 |

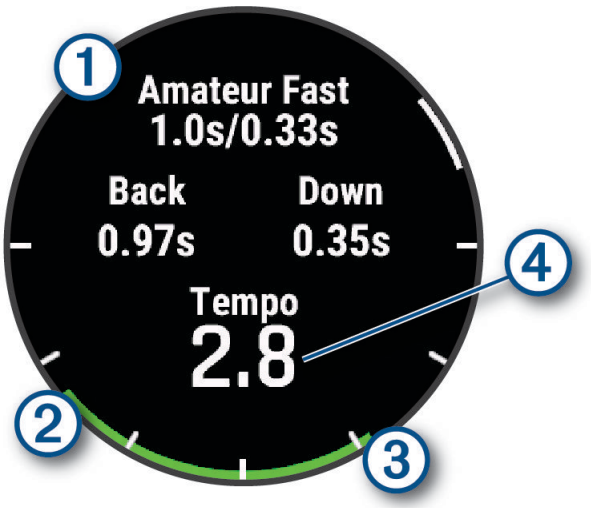
## Swing Tempo Training

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 131. Not all data fields are available for all activity types.
   - Select **Left Gauge** or **Right Gauge** to add graphical dive gauges.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.

   **NOTE:** Not all options are available for dive activities.
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 Sport Change**: Enables the watch to automatically detect a transition to the next sport in a multisport activity such as a triathlon.

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

**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 80).

**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.

**Jump Mode**: Sets the jump rope activity target to a set time, number of reps, or open ended.

**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 89).

**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. |
| 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 104 and *Heart Rate Zone Calculations*, page 106. |
| 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. |
| Running Power | Event, range | You can set minimum and maximum power zone values. |
| 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 95).

**Use Sys. Settings**: Enables the watch to use the preferences from the map system settings (*Map Settings*, page 93). 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 116).
8 Start following a saved course (*Navigating to a Destination*, page 112).

### 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 119).

**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.

**NOTE:** Not available for all watch models.

**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.

**NOTE:** Not available for all watch models.

**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 fēnix 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 fēnix 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 fēnix watch.

Sync your fēnix 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 fēnix 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 58).

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 52). 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 current 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 101).

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 58).

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 101), and you must pair the fēnix 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 fēnix 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 101).

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 115).

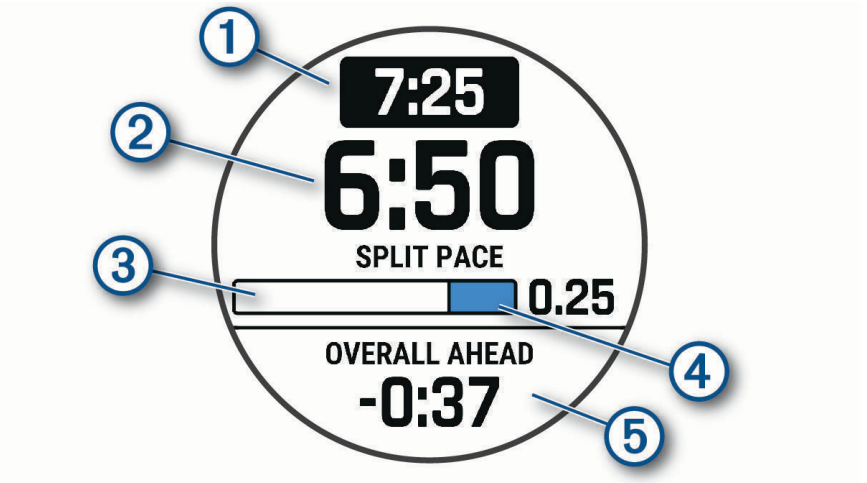
1 From the watch face, press **START**.
2 Select an outdoor running activity.
3 Hold **MENU**.
4 Select **Navigation** > **Courses**.
5 Select a course.
6 Select **PacePro** > **Create New**.
7 Select an option:
   - Select **Goal Pace**, and enter your target pace.
   - Select **Goal Time**, and enter 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 fēnix 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 87).

### 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 87). You must also have a course loaded to your watch (*Creating a Course on Garmin Connect*, page 115).

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 114).
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 52).

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 68).
   - 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.

## Default Watch Face

| | |
|---|---|
| 1 | Alternate time zone pointer. References the 24-hour time markings on the watch (*Adding Alternate Time Zones*, page 4). |
| 2 | No-fly time remaining. References the 24-hour time markings on the watch. |
| 3 | Surface interval (SI) time after a dive. |

## 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 102).

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 enable a low brightness mode for the watch face while in dark environments, select **Lume**.
   - To change the time zone used for the alternate time zone pointer on the default watch face, select **Alt. Time Zones** (*Editing an Alternate Time Zone*, page 5).

     **NOTE:** The alternate time zone pointer uses the first alternate time zone from the list.
   - To change the color of the data that appears on the watch face, select **Data Color**.
   - To remove the watch face, select **Delete**.

## Glances

Your watch comes preloaded with glances that provide quick information (*Viewing the Glance Loop*, page 55). 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 56).

| 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 56). |
| 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 71). |
| Dog tracking | Displays your dog's location information when you have a compatible dog tracking device paired with your fēnix watch. |
| Endurance score | Displays a score, graph, and a short message that describes your overall endurance based on all recorded activities (*Endurance Score*, page 70). |
| 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.<br>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 71). |
| 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 60). |

| 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 90). |
| 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 72). |
| Last activity | Displays a brief summary of your last recorded activity. |
| Last ride<br>Last run<br>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 121). |
| Notifications | Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 98). |
| Performance | Displays performance measurements that help you track and understand your training activities and race performances (*Performance Measurements*, page 57). |
| 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 82). 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 89). |
| Recovery | Displays your recovery time. The maximum time is four days. |
| Respiration | Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax. |
| Sleep score | Displays total sleep time, a sleep score, and sleep stage information for the previous night. |
| Sleep coach | Provides recommendations for your sleep need based on sleep and activity history, HRV status, and naps. |
| Steps | Tracks your daily step count, step goal, and data for previous days. |
| Stocks | Displays a customizable list of stocks (*Adding a Stock*, page 71). |
| 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. |

| Name | Description |
|---|---|
| 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. |
| 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 70). |
| 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 65). |
| VIRB® controls | Provides camera controls when you have a VIRB device paired with your fēnix watch (*VIRB Remote*, page 90). |
| 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 fēnix watch (*Xero Laser Location Settings*, page 91). |

## 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 56).

### 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 56).

## 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 56).

### 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 58).

**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 59).

**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 60).

**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 61).

**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 62).

**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 63).

**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 64).

**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 64).

### 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 fēnix 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 148), 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 87).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 103), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 105). 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 87). 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 103) and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 105). 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 103), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 105).

Your watch uses the VO2 max. estimate and your training history to provide a target race time (*About VO2 Max. Estimates*, page 58). 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<br>No status | Your HRV values are averaging well below the normal range for your age.<br>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 fēnix 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 87).

**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 58).

### 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 87), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling*, page 59).

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 149).

   **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 87), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling*, page 59).

**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 105). 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 87).

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.

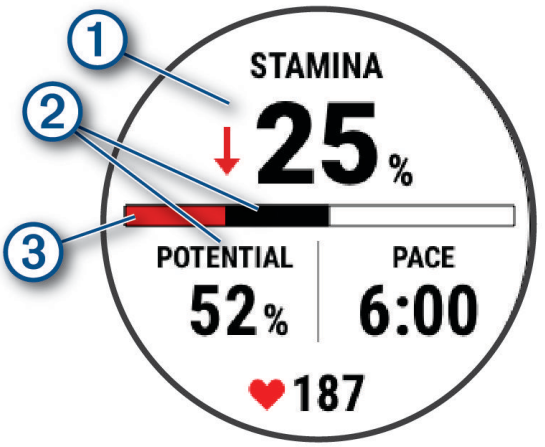
   After you begin your run, the watch displays each step duration, the target, and current heart rate data. A message appears when the test is complete.
6. After you complete the guided test, stop the activity timer and save the activity.

   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 58).

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.<br>Red: Stamina is depleting.<br>Orange: Stamina is steady.<br>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 87).

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 58). 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 69).

**HRV**: HRV is your heart rate variability status over the last seven days (*Heart Rate Variability Status*, page 60).

**Acute load**: Acute load is a weighted sum of your recent exercise load scores including exercise duration and intensity. (*Acute Load*, page 66).

**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 67).

**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 68).

## 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 58). 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 67). 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 fēnix 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 58).

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<br>Best possible |
| Blue | 75 to 94 | High<br>Ready for challenges |
| Green | 50 to 74 | Moderate<br>Good to go |
| Orange | 25 to 49 | Low<br>Time to slow down |
| Red | 1 to 24 | Poor<br>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 150).

## 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 58), and power curve data from a paired power meter (*Viewing Your Power Curve*, page 64).

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 103).

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 56).
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 56).

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 72).

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 76).

From any screen, hold **LIGHT**.

| Icon | Name | Description |
|---|---|---|
| | ABC | Select to open the altimeter, barometer, and compass app. |
| | Airplane Mode | Select to enable or disable airplane mode to turn off all wireless communications. |
| | Alarm Clock | Select to add or edit an alarm (*Setting an Alarm*, page 2). |
| | Altimeter | Select to open the altimeter screen. |
| | Alt. Time Zones | Select to view the current time of day in additional time zones (*Adding Alternate Time Zones*, page 4). |
| | Assistance | Select to send an assistance request (*Requesting Assistance*, page 108). |
| | Barometer | Select to open the barometer screen. |
| | Battery Saver | Select to enable or disable the battery saver feature (*Customizing the Battery Saver Feature*, page 118). |
| | Brightness | Select to adjust the screen brightness (*Changing the Screen Settings*, page 120). |
| | Broadcast Heart Rate | Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate Data*, page 80). |
| | Calendar | Select to view upcoming events from your phone calendar. |
| | Clocks | Select to open the Clocks app to set an alarm, timer, stopwatch, or view alternate time zones (*Clocks*, page 2). |
| | Compass | Select to open the compass screen. |
| | Contacts | Select to open your Garmin Connect contact list on your watch. |
| | Dial Pad | Select to open the phone dial pad. |
| | Display | Turns off the screen for alerts, gestures, and Always On Display mode (*Changing the Screen Settings*, page 120). |
| | Do Not Disturb | Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie. |
| | Find My Phone | Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the fēnix watch screen, and it increases as you move closer to your phone.<br>Select to navigate to your lost phone during a GPS activity . |
| | Flashlight | Select to turn on the LED flashlight. |
| | History | Select to view your activity history, records, and totals. |

| Icon | Name | Description |
|---|---|---|
| | Lock Device | Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes. |
| | Moon Phase | Select to view moonrise and moonset times, along with the moon phase, based on your GPS position. |
| | Music Controls | Select to control music playback on your watch or phone. |
| | Notifications | Select to view calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 98). |
| | Phone Calling | Select to open the phone controls, such as contacts and the dial pad. |
| | Phone | Select to enable or disable Bluetooth technology and your connection to your paired phone. |
| | Pool Mode | Select to enable or disable the pool mode for diving. When the watch is in pool dive mode, the tissue load and decompression lockout features function normally, but dives are not saved to the dive log. The pool dive mode turns off automatically at midnight. |
| | Power Off | Select to turn off the watch. |
| | Pulse Ox | Select to open the pulse oximeter app (*Pulse Oximeter*, page 81). |
| | Red Shift | Select to turn the screen to shades of red to use the watch in low light conditions. |
| | Reference Point | Select to set a reference point for navigation (*Setting a Reference Point*, page 112). |
| | Save Location | Select to save your current location to navigate back to it later. |
| | Settings | Select to open the settings menu. |
| | Sleep Mode | Select to enable or disable Sleep Mode (*Customizing Sleep Mode*, page 121). |
| | Stopwatch | Select to start the stopwatch (*Using the Stopwatch*, page 4). |
| | Strobe | Select to turn on the LED flashlight strobe. You can create a custom strobe mode (*Editing the Custom Flashlight Strobe*, page 77). |
| | Sunrise & Sunset | Select to view sunrise, sunset, and twilight times. |
| | Sync | Select to sync your watch with your paired phone. |
| | Time Sync | Select to sync your watch with the time on your phone or using satellites. |
| | Timers | Select to set a countdown timer (*Starting the Countdown Timer*, page 3). |
| | Touch | Select to enable or disable touchscreen controls. |

| Icon | Name | Description |
|---|---|---|
| | Voice Assistant | Select to connect to voice assistance. |
| | Wallet | Select to open your Garmin Pay™ wallet and pay for purchases with your watch (*Garmin Pay*, page 77). |
| | Weather | Select to view the current weather forecast and current conditions. |
| | Wi-Fi | Select to enable or disable Wi-Fi® communications. |

## Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Controls*, page 73).

1 Hold **MENU**.
2 Select **Appearance** > **Controls**.
3 Select a shortcut to customize.
4 Select an option:
   - Select **Reorder** to change the location of the shortcut in the controls menu.
   - Select **Remove** to remove the shortcut from the controls menu.
5 If necessary, select **Add New** to add an additional shortcut to the controls menu.

## Using the LED Flashlight

**⚠ WARNING**

This device may have a flashlight that can be programmed to flash at various intervals. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.

Using the flashlight can reduce battery life. You can reduce the brightness to extend the life of the battery.

1 Hold **LIGHT**.
2 Select .
3 If necessary, press **START** to turn on the flashlight.
4 Select an option:
   - To adjust the brightness or color of the flashlight, press **UP** or **DOWN**.

     **TIP:** You can quickly press **LIGHT** twice to turn on the flashlight at this setting in the future.
   - To program the flashlight to flash in a selected pattern, hold **MENU**, select **Strobe**, select a mode, and press **START**.
   - To display your emergency contact information and program the flashlight to flash in a distress pattern, hold **MENU**, select **Distress Pattern**, and press **START**.

**⚠ CAUTION**

Programming the flashlight to flash in a distress pattern will not contact your emergency contacts or emergency services on your behalf. Your emergency contact information will only appear if it has been configured in the Garmin Connect app.

### Editing the Custom Flashlight Strobe

1 Hold **LIGHT**.
2 Select ✖ > **CUSTOM**.
3 Press **START** to turn on the flashlight strobe (optional).
4 Select ✎.
5 Press **UP** or **DOWN** to scroll to a strobe setting.
6 Press **START** to scroll through the setting options.
7 Press **BACK** to save.

## Garmin Pay

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

### Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com/garminpay/banks to find participating financial institutions.

1 From the Garmin Connect app, select •••.
2 Select **Garmin Pay** > **Get Started**.
3 Follow the on-screen instructions.

### Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

1 Hold **LIGHT**.
2 Select ▬.
3 Enter your four-digit passcode.

   **NOTE:** If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

   Your most recently used payment card appears.
4 If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).
5 If you have added multiple cards to your Garmin Pay wallet, select **DOWN** to change to another card (optional).
6 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

   The watch vibrates and displays a check mark when it is finished communicating with the reader.
7 If necessary, follow the instructions on the card reader to complete the transaction.

**TIP:** After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

### Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1 From the Garmin Connect app, select •••.
2 Select **Garmin Pay** > ⋮ > **Add Card**.
3 Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

### Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

**NOTE:** In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect app, select •••.
2 Select **Garmin Pay**.
3 Select a card.
4 Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.
     The card must be active to make purchases using your fēnix watch.
   - To delete the card, select 🗑.

### Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your fēnix watch, create a new passcode, and reenter your card information.

1 From the Garmin Connect app, select •••.
2 Select **Garmin Pay** > **Change Passcode**.
3 Follow the on-screen instructions.

The next time you pay using your fēnix watch, you must enter the new passcode.

## Morning Report

Your watch displays a morning report based on your normal wake time. Press **DOWN** to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report*, page 78).

### Customizing Your Morning Report

**NOTE:** You can customize these settings on you watch or in your Garmin Connect account.

1 Hold **MENU**.
2 Select **Appearance** > **Morning Report**.
3 Select an option:
   - Select **Show Report** to enable or disable the morning report.
   - Select **Edit Report** to customize the order and type of data that appears in your morning report.

# Sensors and Accessories

The fēnix watch has several internal sensors, and you can pair additional wireless sensors for your activities.

## Wrist Heart Rate

Your watch has a wrist-based heart rate monitor, and you can view your heart rate data on the heart rate glance (*Viewing the Glance Loop*, page 55).

The watch is also compatible with chest heart rate monitors. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

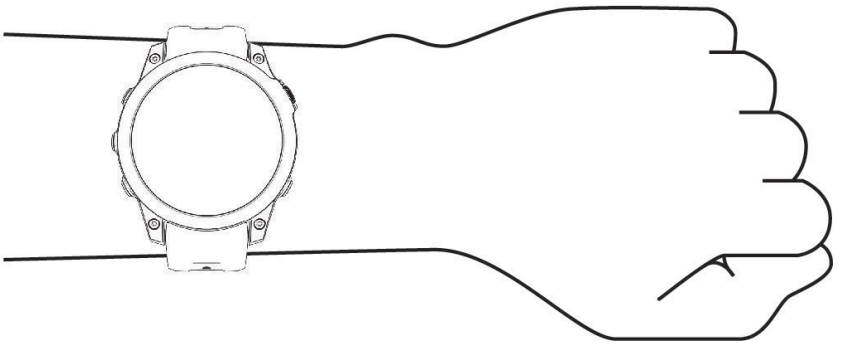
## Wearing the Watch

**⚠ CAUTION**

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to garmin.com/fitandcare.

- Wear the watch above your wrist bone.

  **NOTE:** The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



  **NOTE:** While diving, the watch should stay in contact with your skin, and it should not bump into other wrist-worn devices.

  **NOTE:** The optical sensor is located on the back of the watch.
- See *Tips for Erratic Heart Rate Data*, page 79 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 82 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to garmin.com/fitandcare.

## Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  **NOTE:** In cold environments, warm up indoors.
- Rinse the watch with fresh water after each workout.
- While exercising, use a silicone band.

## Wrist Heart Rate Monitor Settings

Hold **MENU**, and select **Sensors & Accessories** > **Wrist Heart Rate**.

**Status**: Enables or disables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

**NOTE:** Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter glance.

**While Swimming**: Enables or disables the wrist heart rate monitor during swimming activities.

**Abnormal Heart Rate Alerts**: Allows you to set the watch to alert you when your heart rate exceeds or drops below a target value (*Setting an Abnormal Heart Rate Alert*, page 80).

**Broadcast Heart Rate**: Allows you to begin broadcasting your heart rate data to a paired device (*Broadcasting Heart Rate Data*, page 80).

### Setting an Abnormal Heart Rate Alert

**⚠ CAUTION**

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect app. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

1. Hold **MENU**.
2. Select **Sensors & Accessories** > **Wrist Heart Rate** > **Abnormal Heart Rate Alerts**.
3. Select **High Alert** or **Low Alert**.
4. Set the heart rate threshold value.

Each time your heart rate exceeds or drops below the threshold value, a message appears and the watch vibrates.

### Broadcasting Heart Rate Data

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

**TIP:** You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity (*Activities and App Settings*, page 34). For example, you can broadcast your heart rate data to an Edge device while cycling.

**NOTE:** Broadcasting heart rate data is not available for dive activities.

1. Select an option:
   - Hold **MENU**, and select **Sensors & Accessories** > **Wrist Heart Rate** > **Broadcast Heart Rate**.
   - Hold **LIGHT** to open the controls menu, and select ♥.

     **NOTE:** You can add options to the controls menu (*Customizing the Controls Menu*, page 76).
2. Press **START**.

   The watch starts broadcasting your heart rate data.
3. Pair your watch with your compatible device.

   **NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.
4. Press **STOP** to stop broadcasting your heart rate data.

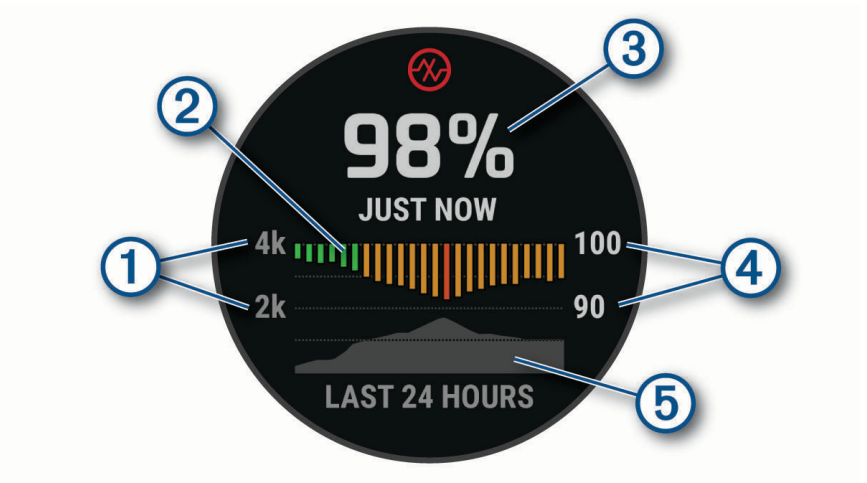
## Pulse Oximeter

Your watch has a wrist-based pulse oximeter to gauge the peripheral saturation of oxygen in your blood (SpO2). As your altitude increases, the level of oxygen in your blood can decrease. Knowing your oxygen saturation can help you determine how your body is acclimating to high altitudes for alpine sport and expedition.

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance (*Getting Pulse Oximeter Readings*, page 82). You can also turn on all-day readings (*Setting the Pulse Oximeter Mode*, page 82). When you view the pulse oximeter glance while you are not moving, your watch analyzes your oxygen saturation and your elevation. The elevation profile helps indicate how your pulse oximeter readings are changing, relative to your to elevation.

On the watch, your pulse oximeter reading appears as an oxygen saturation percentage and color on the graph. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days.

For more information about pulse oximeter accuracy, go to garmin.com/ataccuracy.




| | |
|---|---|
| 1 | The elevation scale. |
| 2 | A graph of your average oxygen saturation readings for the last 24 hours. |
| 3 | Your most recent oxygen saturation reading. |
| 4 | The oxygen saturation percentage scale. |
| 5 | A graph of your elevation readings for the last 24 hours. |

### Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance. The glance displays your most recent blood oxygen saturation percentage, a graph of your hourly average readings for the last 24 hours, and a graph of your elevation for the last 24 hours.

**NOTE:** The first time you view the pulse oximeter glance, the watch must acquire satellite signals to determine your elevation. You should go outside, and wait while the watch locates satellites.

1. While you are sitting or inactive, press **UP** or **DOWN** to view the pulse oximeter glance.
2. Press **START** to view glance details and begin a pulse oximeter reading.
3. Remain motionless for up to 30 seconds.

   **NOTE:** If you are too active for the watch to get a pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
4. Press **DOWN** to view a graph of your pulse oximeter readings for the last seven days.

### Setting the Pulse Oximeter Mode

1. Hold **MENU**.
2. Select **Sensors & Accessories** > **Pulse Oximeter** > **Pulse Ox Mode**.
3. Select an option:
   - To turn off automatic measurements, select **Manual Check**.
   - To turn on continuous measurements while you sleep, select **During Sleep**.

     **NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
   - To turn on measurements while you are inactive during the day, select **All Day**.

     **NOTE:** Turning on **All Day** mode decreases battery life.

### Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

## Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination. You can change the compass settings manually (*Compass Settings*, page 83).

### Setting the Compass Heading

1. From the compass glance, press **START**.
2. Select **Lock Heading**.
3. Point the top of the watch toward your heading, and press **START**.

   When you deviate from the heading, the compass displays the direction from the heading and degree of deviation.

### Compass Settings

Hold **MENU**, and select **Sensors & Accessories** > **Compass**.

**Calibrate**: Allows you to manually calibrate the compass sensor (*Calibrating the Compass Manually*, page 83).

**Display**: Sets the directional heading on the compass to letters, degrees, or milliradians.

**North Ref.**: Sets the north reference of the compass (*Setting the North Reference*, page 83).

**Mode**: Sets the compass to use electronic-sensor data only (On), a combination of GPS and electronic-sensor data when moving (Auto), or GPS data only (Off).

### Calibrating the Compass Manually

***NOTICE***

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

Your watch was already calibrated at the factory, and the watch uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

1. Hold **MENU**.
2. Select **Sensors & Accessories** > **Compass** > **Calibrate**.
3. Select an option:
   - To perform a calibration that rotates the watch through all orientations, select **Full Calibration**.
   - To perform a short calibration that rotates the watch in a figure eight motion, select **Quick Calibration** > **Start**.

     **NOTE:** The **Full Calibration** option provides better accuracy for diving. The **Quick Calibration** option is suitable for other activities.
4. Follow the on-screen instructions.

### Setting the North Reference

You can set the directional reference used in calculating heading information.

1. Hold **MENU**.
2. Select **Sensors & Accessories** > **Compass** > **North Ref.**.
3. Select an option:
   - To set geographic north as the heading reference, select **True**.
   - To set the magnetic declination for your location automatically, select **Magnetic**.
   - To set grid north (000º) as the heading reference, select **Grid**.
   - To set the magnetic variation value manually, select **User** > **Mag. Variation**, enter the magnetic variation, and select **Done**.

## Altimeter and Barometer

The watch contains an internal altimeter and barometer. The watch collects elevation and pressure data continuously, even in low-power mode. The altimeter displays your approximate elevation based on pressure changes. The barometer displays environmental pressure data based on the fixed elevation where the altimeter was most recently calibrated (*Altimeter Settings*, page 84).

## Altimeter Settings

Hold **MENU**, and select **Sensors & Accessories** > **Altimeter**.

**Calibrate**: Allows you to manually calibrate the altimeter sensor.

**Auto Cal.**: Allows the altimeter to self-calibrate each time you use satellite systems.

**Sensor Mode**: Sets the mode for the sensor. The Auto option uses both the altimeter and barometer according to your movement. You can use the Altimeter Only option when your activity involves changes in altitude, or the Barometer Only option when your activity does not involve changes in altitude.

**Elevation**: Sets the units of measure for elevation.

### Calibrating the Barometric Altimeter

Your watch was already calibrated at the factory, and the watch uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

1. Hold **MENU**.
2. Select **Sensors & Accessories** > **Altimeter**.
3. Select an option:
   - To calibrate automatically from your GPS starting point, select **Auto Cal.**.
   - To enter the current elevation manually, select **Calibrate** > **Enter Manually**.
   - To enter the current elevation from the digital elevation model, select **Calibrate** > **Use DEM**.
   - To enter the current elevation from your GPS location, select **Calibrate** > **Use GPS**.

## Barometer Settings

Hold **MENU**, and select **Sensors & Accessories** > **Barometer**.

**Calibrate**: Allows you to manually calibrate the barometer sensor.

**Plot**: Sets the time scale for the chart in the barometer glance.

**Storm Alert**: Sets the rate of barometric pressure change that triggers a storm alert.

**Sensor Mode**: Sets the mode for the sensor. The Auto option uses both the altimeter and barometer according to your movement. You can use the Altimeter Only option when your activity involves changes in altitude, or the Barometer Only option when your activity does not involve changes in altitude.

**Pressure**: Sets how the watch displays pressure data.

### Calibrating the Barometer

Your watch was already calibrated at the factory, and the watch uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometer if you know the correct elevation or the correct sea level pressure.

1. Hold **MENU**.
2. Select **Sensors & Accessories** > **Barometer** > **Calibrate**.
3. Select an option:
   - To enter the current elevation and sea level pressure (optional), select **Enter Manually**.
   - To calibrate automatically from the digital elevation model, select **Use DEM**.
   - To calibrate automatically from your GPS starting point, select **Use GPS**.

### Setting a Storm Alert

**⚠ WARNING**

This alert is an informational feature and is not intended to be the primary source for tracking changes in the weather. It is your responsibility to review weather reports and conditions, to remain aware of your surroundings, and to use safe judgment, especially during times of severe weather. Failure to heed this warning could result in serious personal injury or death.

1. Hold **MENU**.
2. Select **Notifications & Alerts** > **System Alerts** > **Barometer** > **Storm Alert** > **On**.
3. Select an option:
   - Select **Status** to turn the alert on or off.
   - Select **Rate** to update the rate of barometric pressure change that triggers a storm alert.

## Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+ or Bluetooth technology (*Pairing Your Wireless Sensors*, page 87). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens*, page 33). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to buy.garmin.com for that sensor.

| Sensor Type | Description |
|---|---|
| Club Sensors | You can use Approach CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type. |
| DogTrack | Allows you to receive data from a compatible handheld dog tracking device. |
| eBike | You can use your watch with your eBike and view bike data, such as battery and shifting information, during your rides. |
| Extended Display | You can use the Extended Display mode to display data screens from your fēnix watch on a compatible Edge bike computer during a ride or triathlon. |
| External Heart Rate | You can use an external sensor, such as the HRM-Pro series or HRM-Fit™ heart rate monitor, to view heart rate data during your activities. Some heart rate monitors can also store data or provide advanced running data (*Running Dynamics*, page 88) (*Running Power*, page 89). |
| Foot Pod | You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. |
| Headphones | You can use Bluetooth headphones to listen to music loaded onto your fēnix watch (*Connecting Bluetooth Headphones*, page 97). |
| inReach | The inReach remote function allows you to control your inReach satellite communicator using your fēnix watch (*Using the inReach Remote*, page 90). |
| Lights | You can use Varia™ smart bike lights to improve situational awareness. |
| Muscle O2 | You can use a muscle oxygen sensor to view hemoglobin and muscle oxygen saturation data while you train. |
| PC | You can play video games on your computer and see real-time statistics on your device (*Using the Garmin GameOn™ App*, page 12). |
| Power | You can use the Rally™ or Vector™ power meter bike pedals to view your power data on your watch. You can adjust your power zones to match your goals and abilities (*Setting Your Power Zones*, page 106), or use range alerts to be notified when you reach a specified power zone (*Setting an Alert*, page 37). |
| Radar | You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride (*Using the Varia Camera Controls*, page 89). |
| RD Pod | You can use a Running Dynamics Pod to record running dynamics data and view it on your watch (*Running Dynamics*, page 88). |
| Shifting | You can use electronic shifters to display shifting information during a ride. The fēnix watch displays current adjustment values when the sensor is in adjustment mode. |
| Shimano Di2 | You can use Shimano® Di2™ electronic shifters to display shifting information during a ride. The fēnix watch displays current adjustment values when the sensor is in adjustment mode. |
| Smart Trainer | You can use your watch with an indoor bike smart trainer to simulate resistance while following a course, ride, or workout (*Using an Indoor Trainer*, page 12). |
| Speed/ Cadence | You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference (*Wheel Size and Circumference*, page 151). |
| Tempe | You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. |

| Sensor Type | Description |
|---|---|
| Trolling Motor | You can use your device as a remote control for your Garmin trolling motor (*Pairing Your Watch and Trolling Motor*, page 20). |
| VIRB | The VIRB remote function allows you to control your VIRB action camera using your watch (*VIRB Remote*, page 90). |
| XERO Laser Locations | You can view and share laser location information from a Xero device (*Xero Laser Location Settings*, page 91). |

## Pairing Your Wireless Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

The first time you connect a wireless sensor to your watch using ANT+ or Bluetooth technology, you must pair the watch and sensor. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. Bring the watch within 3 m (10 ft.) of the sensor.

   **NOTE:** Stay 10 m (33 ft.) away from other wireless sensors while pairing.
2. Hold **MENU**.
3. Select **Sensors & Accessories** > **Add New**.

   **TIP:** When you start an activity with the Auto Discover option enabled, the watch automatically searches for nearby sensors and asks if you want to pair them.
4. Select an option:
   - Select **Search All Sensors**.
   - Select your sensor type.

   After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields (*Customizing the Data Screens*, page 33).

## Heart Rate Accessory Running Pace and Distance

The HRM-Fit and HRM-Pro series accessories calculate your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible fēnix watch when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

The pace and distance accuracy improves with calibration.

**Automatic calibration**: The default setting for your watch is **Auto Calibrate**. The heart rate accessory calibrates each time you run outside with it connected to your compatible fēnix watch.

**NOTE:** Automatic calibration does not work for indoor, trail, or ultra run activity profiles (*Tips for Recording Running Pace and Distance*, page 88).

**Manual calibration**: You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory (*Calibrating the Treadmill Distance*, page 7).

### Tips for Recording Running Pace and Distance

- Update your fēnix watch software (*Product Updates*, page 126).
- Complete several outdoor runs with GPS and your connected HRM-Fit or HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance*, page 7).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance** > **Reset Calibration Data**.

  **NOTE:** You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance*, page 7).

## Running Dynamics

Running dynamics is real-time feedback about your running form. Your fēnix watch has an accelerometer to calculate five running form metrics. For all six running form metrics, you must pair your fēnix watch with the HRM-Fit, HRM-Pro series accessory, or other running dynamics accessory that measures torso movement. For more information, go to garmin.com/performance-data/running.

| Metric | Sensor Type | Description |
|---|---|---|
| **Cadence** | Watch or compatible accessory | Cadence is the number of steps per minute. It displays the total steps (right and left combined). |
| **Vertical oscillation** | Watch or compatible accessory | Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters. |
| **Ground contact time** | Watch or compatible accessory | Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.<br>**NOTE:** Ground contact time and balance are not available while walking. |
| **Ground contact time balance** | Compatible accessory only | Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right. |
| **Stride length** | Watch or compatible accessory | Stride length is the length of your stride from one footfall to the next. It is measured in meters. |
| **Vertical ratio** | Watch or compatible accessory | Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form. |

### Tips for Missing Running Dynamics Data

This topic provides tips for using a compatible running dynamics accessory. If the accessory is not connected to your watch, the watch automatically switches to wrist-based running dynamics.

- Make sure you have a running dynamics accessory, such as the HRM-Fit or HRM-Pro series accessory.
- Pair the running dynamics accessory with your watch again, according to the instructions.
- If you are using an HRM-Fit or HRM-Pro series accessory, pair it with your watch using ANT+ technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

  **NOTE:** Ground contact time and balance appears only while running. It is not calculated while walking.

  **REMEMBER:** Ground contact time balance is not calculated with wrist-based running dynamics.

### Running Power

Garmin running power is calculated using measured running dynamics information, user mass, environmental data, and other sensor data. The power measurement estimates the amount of power a runner applies to the road surface, and it is displayed in watts. Using running power as a gauge of effort may suit some runners better than using either pace or heart rate. Running power can be more responsive than heart rate for indicating the level of effort, and it can account for the uphills, downhills, and wind, which a pace measurement does not do. For more information, go to garmin.com/performance-data/running.

Running power can be measured using a compatible running dynamics accessory or the watch sensors. You can customize the running power data fields to view your power output and make adjustments to your training (*Data Fields*, page 131). You can set up power alerts to be notified when you reach a specified power zone (*Activity Alerts*, page 36).

Running power zones are similar to cycling power zones. The values for the zones are default values based on gender, weight, and average ability, and may not match your personal abilities. You can manually adjust your zones on the watch or using your Garmin Connect account (*Setting Your Power Zones*, page 106).

### Running Power Settings

Hold **MENU**, select **Activities & Apps**, select a running activity, select the activity settings, and select **Running Power**.

**Status**: Enables or disables recording Garmin running power data. You can use this setting if you prefer to use third-party running power data.

**Source**: Allows you to select which device to use to record running power data. The Smart Mode option automatically detects and uses the running dynamics accessory, when available. The watch uses wrist-based running power data when an accessory is not connected.

**Account for Wind**: Enables or disables using wind data when calculating your running power. Wind data is a combination of the speed, heading, and barometer data from your watch and the available wind data from your phone.

## Using the Varia Camera Controls

***NOTICE***

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.

Before you can use the Varia camera controls, you must pair the accessory with your watch (*Pairing Your Wireless Sensors*, page 87).

1. Add the **RCT Camera** glance to your watch (*Glances*, page 52).
2. From the **RCT Camera** glance, select an option:
   - Select ⋮ to view the camera settings.
   - Select 📷 to take a photo.
   - Select ▶ to save a clip.

## inReach Remote

The inReach remote function allows you to control your inReach satellite communicator using your fēnix watch. Go to buy.garmin.com for more information about compatible devices.

### Using the inReach Remote

Before you can use the inReach remote function, you must add the inReach glance to the glance loop (*Customizing the Glance Loop*, page 56).

1 Turn on the inReach satellite communicator.
2 On your fēnix watch, press **UP** or **DOWN** from the watch face to view the inReach glance.
3 Press **START** to search for your inReach satellite communicator.
4 Press **START** to pair your inReach satellite communicator.
5 Press **START**, and select an option:
   - To send an SOS message, select **Initiate SOS**.

     **NOTE:** You should only use the SOS function in a real emergency situation.
   - To send a text message, select **Messages** > **New Message**, select the message contacts, and enter the message text or select a quick text option.
   - To send a preset message, select **Send Preset**, and select a message from the list.
   - To view the timer and distance traveled during an activity, select **Tracking**.

## VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device.

### Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information.

1 Turn on your VIRB camera.
2 Pair your VIRB camera with your fēnix watch (*Pairing Your Wireless Sensors*, page 87).

   The VIRB glance is automatically added to the glance loop.
3 Press **UP** or **DOWN** from the watch face to view the VIRB glance.
4 If necessary, wait while your watch connects to your camera.
5 Select an option:
   - To record video, select **Start Recording**.

     The video counter appears on the fēnix screen.
   - To take a photo while recording video, press **DOWN**.
   - To stop recording video, press **STOP**.
   - To take a photo, select **Take Photo**.
   - To take multiple photos in burst mode, select **Take Burst**.
   - To send the camera to sleep mode, select **Sleep Camera**.
   - To wake the camera from sleep mode, select **Wake Camera**.
   - To change video and photo settings, select **Settings**.

### Controlling a VIRB Action Camera During an Activity

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information.

1. Turn on your VIRB camera.
2. Pair your VIRB camera with your fēnix watch (*Pairing Your Wireless Sensors*, page 87).
   When the camera is paired, a VIRB data screen is automatically added to activities.
   **NOTE:** The VIRB data screen is not available for dive activities.
3. During an activity, press **UP** or **DOWN** to view the VIRB data screen.
4. If necessary, wait while your watch connects to your camera.
5. Hold **MENU**.
6. Select **VIRB**.
7. Select an option:
   - To control the camera using the activity timer, select **Settings** > **Recording Mode** > **Timer Start/Stop**.
     **NOTE:** Video recording automatically starts and stops when you start and stop an activity.
   - To control the camera using the menu options, select **Settings** > **Recording Mode** > **Manual**.
   - To manually record video, select **Start Recording**.
     The video counter appears on the fēnix screen.
   - To take a photo while recording video, press **DOWN**.
   - To manually stop recording video, press **STOP**.
   - To take multiple photos in burst mode, select **Take Burst**.
   - To send the camera to sleep mode, select **Sleep Camera**.
   - To wake the camera from sleep mode, select **Wake Camera**.

### Xero Laser Location Settings

Before you can customize laser location settings, you must pair a compatible Xero device (*Pairing Your Wireless Sensors*, page 87).

Hold **MENU**, and select **Sensors & Accessories** > **XERO Laser Locations** > **Laser Locations**.

**During Activity**: Enables the display of laser location information from a compatible, paired Xero device during an activity.

**Share Mode**: Allows you to share laser location information publicly or broadcast it privately.

## Map

Your watch can display several types of Garmin map data, including topographical contours, nearby points of interest, ski resort maps, and golf courses. You can use the Map Manager to download additional maps or manage map storage.

To purchase additional map data and view compatibility information, go to garmin.com/maps.

▲ represents your location on the map. When you are navigating to a destination, your route is marked with a line on the map.

## Viewing the Map

1 Select an option to open the map:
   - Press **START**, and select **Map** to view the map without starting an activity.
   - Go outside, start a GPS activity (*Starting an Activity*, page 5), and press **UP** or **DOWN** to scroll to the map screen.
2 If necessary, wait while the watch locates satellites.
3 Select an option to pan and zoom the map:
   - To use the touchscreen, tap the map, tap and drag to position the crosshairs, and press **UP** or **DOWN** to zoom in or out.
   - To use the buttons, hold **MENU**, select **Pan/Zoom**, and press **UP** or **DOWN** to zoom in or out.

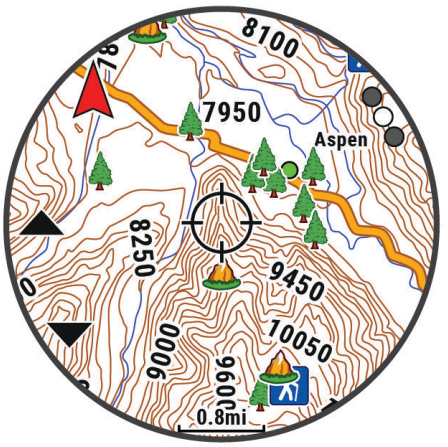
     **NOTE:** You can press **START** to toggle between panning up and down, panning left and right, or zooming.
4 Hold **START** to select the point indicated by the crosshairs.

## Saving or Navigating to a Location on the Map

You can select any location on the map. You can save the location or start navigating to it.

1 From the map, select an option:
   - To use the touchscreen, tap the map, tap and drag to position the crosshairs, and press **UP** or **DOWN** to zoom in or out.
   - To use the buttons, hold **MENU**, select **Pan/Zoom**, and press **UP** or **DOWN** to zoom in or out.

     **NOTE:** You can press **START** to toggle between panning up and down, panning left and right, or zooming.




2 Pan and zoom the map to center the location in the crosshairs.
3 Hold **START** to select the point indicated by the crosshairs.
4 If necessary, select a nearby point of interest.
5 Select an option:
   - To start navigating to the location, select **Go**.
   - To save the location, select **Save Location**.
   - To view information about the location, select **Review**.

## Navigating with the Around Me Feature

You can use the around me feature to navigate to nearby points of interest and waypoints.

**NOTE:** The map data installed on your watch must include points of interest to navigate to them.

1. From the map, hold **MENU**.
2. Select **Around Me**.
   Icons indicating points of interest and waypoints appear on the map.
3. Press **UP** or **DOWN** to highlight a section of the map.
4. Press **START**.
   A list of points of interest and waypoints in the highlighted map section appear.
5. Select a location.
6. Select an option:
   - To start navigating to the location, select **Go**.
   - To view the location on the map, select **Map**.
   - To save the location, select **Save Location**.
   - To view information about the location, select **Review**.

## Map Settings

You can customize how the map appears in the map app and data screens.

**NOTE:** If necessary, you can customize the map settings for specific activities instead of using the system settings (*Activity Map Settings*, page 37).

Hold **MENU**, and select **Map**.

**Map Manager**: Shows the downloaded map versions and allows you to download additional maps (*Managing Maps*, page 94).

**Map Theme**: Sets the map to display data optimized for your activity type (*Map Themes*, page 95).

**Color Mode**: Sets the map colors to either a white or black background for daytime or nighttime visibility. The Auto option adjusts the map colors based on the time of day.

**Orientation**: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

**User Locations**: Shows or hides saved locations on the map.

**Segments**: Shows or hides segments, as a colored line on the map.

**Contours**: Shows or hides contour lines on the map.

**Track Log**: Shows or hides the track log, or the path you have traveled, as a colored line on the map.

**Track Color**: Changes the track log color.

**Auto Zoom**: Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

**Lock on Road**: Locks the position icon, which represents your position on the map, onto the nearest road.

**Detail**: Sets the amount of detail shown on the map. Showing more detail may cause the map to redraw more slowly.

**Shaded Relief**: Shows or hides relief shading for a three dimensional view of the map topography.

**Marine**: Sets the map to display data in marine mode (*Marine Map Settings*, page 95).

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

## Managing Maps

1 Hold **MENU**.
2 Select **Map** > **Map Manager**.
3 Select an option:
   - To download premium maps and activate your Outdoor Maps+ subscription for this device, select **Outdoor Maps+** (*Downloading Maps with Outdoor Maps+*, page 94).
   - To download TopoActive maps, select **TopoActive Maps** (*Downloading TopoActive Maps*, page 94).

### Downloading Maps with Outdoor Maps+

Before you can download maps to your device, you must connect to a wireless network (*Connecting to a Wi-Fi Network*, page 101).

1 Hold **MENU**.
2 Select **Map** > **Map Manager** > **Outdoor Maps+**.
3 If necessary, press **START**, and select **Check Subscription** to activate your Outdoor Maps+ subscription for this watch.

   **NOTE:** Go to garmin.com/outdoormaps for information about purchasing a subscription.
4 Select **Add Map**, and select a location.

   A preview of the map region appears.
5 From the map, complete one or more actions:
   - Drag the map to view different areas.
   - Pinch or spread two fingers on the touchscreen to zoom in and out of the map.
   - Select ✚ and ▬ to zoom in and out of the map.
6 Press **BACK**, and select ✔.
7 Select ✎.
8 Select an option:
   - To edit the map name, select **Name**.
   - To change the map layers to download, select **Layers**.

     **TIP:** You can select ⓘ to view details about the map layers.
   - To modify the map region, select **Selected Area**.
9 Select ✔ to download the map.

   **NOTE:** To prevent battery drain, the watch queues the map download for later, and the download starts when you connect the watch to an external power source.

### Downloading TopoActive Maps

Before you can download maps to your device, you must connect to a wireless network (*Connecting to a Wi-Fi Network*, page 101).

1 Hold **MENU**.
2 Select **Map** > **Map Manager** > **TopoActive Maps** > **Add Map**.
3 Select a map.
4 Press **START**, and select **Download**.

   **NOTE:** To prevent battery drain, the watch queues the map download for later, and the download starts when you connect the watch to an external power source.

### Deleting Maps

You can remove maps to increase the available device storage.

1 Hold **MENU**.
2 Select **Map** > **Map Manager**.
3 Select an option:
   - Select **TopoActive Maps**, select a map, press **START**, and select **Remove**.
   - Select **Outdoor Maps+**, select a map, press **START**, and select **Delete**.

### Map Themes

You can change the map theme to display data optimized for your activity type.

Hold **MENU**, and select **Map** > **Map Theme**.

**None**: Uses the preferences from the system map settings, with no additional theme applied.

**Marine**: Sets the map to display data in marine mode.

**High Contrast**: Sets the map to display data with higher contrast, for better visibility in challenging environments.

**Dark**: Sets the map to display data with a dark background, for better visibility at night.

**Popularity**: Highlights the most popular roads or trails on the map.

**Resort Ski**: Sets the map to display the most relevant ski data at a glance.

**Aviation**: Sets the map to display data in aviation mode.

### Marine Map Settings

You can customize how the map appears in marine mode.

Hold **MENU**, and select **Map** > **Marine**.

**Spot Soundings**: Enables depth measurements on the chart.

**Light Sectors**: Shows and configures the appearance of light sectors on the chart.

**Symbol Set**: Sets the chart symbols in marine mode. The NOAA option displays the National Oceanic and Atmospheric Administration chart symbols. The International option displays the International Association of Lighthouse Authorities chart symbols.

## Showing and Hiding Map Data

If you have multiple maps installed on your device, you can choose the map data to show on the map.

1 From the watch face, press **START**.
2 Select **Map**.
3 Hold **MENU**.
4 Select the map settings.
5 Select **Map** > **Configure Maps**.
6 Select a map to activate the toggle switch, which shows or hides the map data.

# Music

**NOTE:** There are three different music playback options for your fēnix watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a fēnix watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones. You can also listen to audio content directly through the speaker in your watch.

## Connecting to a Third-Party Provider

Before you can download music or other audio files to your watch from a supported third-party provider, you must connect the provider to your watch.

Some third-party music provider options are already installed on your watch.

For more options, you can download the Connect IQ app on your phone (*Downloading Connect IQ Features*, page 103).

1 From the watch face, press **START**.
2 Select **Connect IQ Store**.
3 Follow the on-screen instructions to install a third-party music provider.
4 Hold **DOWN** from any screen to open the music controls.
5 Select the music provider.

   **NOTE:** If you want to select another provider, hold MENU, select Music Providers, and follow the on-screen instructions.

### Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 101).

1 Hold **DOWN** from any screen to open the music controls.
2 Hold **MENU**.
3 Select **Music Providers**.
4 Select a connected provider, or select **Add Provider** to add a music provider from the Connect IQ store.
5 Select a playlist or other item to download to the watch.
6 If necessary, press **BACK** until you are prompted to sync with the service.

**NOTE:** Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.

## Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express™ application on your computer (garmin.com/express).

You can load your personal audio files, such as .mp3 and .m4a files, to a fēnix watch from your computer. For more information, go to garmin.com/musicfiles.

1 Connect the watch to your computer using the included USB cable.
2 On your computer, open the Garmin Express application, select your watch, and select **Music**.

   **TIP:** For Windows® computers, you can select and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
3 In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4 Select the checkboxes for the audio files, and select **Send to Device**.
5 If necessary, in the fēnix list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

## Listening to Music

1 Hold **DOWN** from any screen to open the music controls.
2 If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones*, page 97).
3 Hold **MENU**.
4 Select **Music Providers**, and select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music** (*Downloading Personal Audio Content*, page 96).
   - To control music playback on your phone, select **Control Phone**.
   - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
5 Select ▶.

## Music Playback Controls

**NOTE:** Music playback controls may look different, depending on the selected music source.

| | |
|---|---|
| ⋮ | Select to view more music playback controls. |
| ♫ | Select to browse the audio files and playlists for the selected source. |
| 🔊 | Select to adjust the volume. |
| ▶ | Select to play and pause the current audio file. |
| ▶\| | Select to skip to the next audio file in the playlist.<br>Hold to fast forward through the current audio file. |
| \|◀ | Select to restart the current audio file.<br>Select twice to skip to the previous audio file in the playlist.<br>Hold to rewind through the current audio file. |
| 🔁 | Select to change the repeat mode. |
| 🔀 | Select to change the shuffle mode. |

## Connecting Bluetooth Headphones

1 Bring the headphones within 2 m (6.6 ft.) of your watch.
2 Enable pairing mode on the headphones.
3 Hold **MENU**.
4 Select **Music** > **Headphones** > **Add New**.
5 Select your headphones to complete the pairing process.

## Changing the Audio Mode

You can change the music playback mode from stereo to mono.

1 Hold **MENU**.
2 Select **Music** > **Audio**.
3 Select an option.

# Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone*, page 98). Additional features are available when you connect your watch to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 101).

## Phone Connectivity Features

Phone connectivity features are available for your fēnix watch when you pair it using the Garmin Connect app (*Pairing Your Phone*, page 98).

- App features from the Garmin Connect app, the Connect IQ app, and more (*Phone Apps and Computer Applications*, page 101)
- Glances (*Glances*, page 52)
- Controls menu features (*Controls*, page 73)
- Safety and tracking features (*Safety and Tracking Features*, page 107)
- Phone interactions, such as notifications (*Enabling Bluetooth Notifications*, page 98)

### Pairing Your Phone

To use the connected features on your watch, you must pair it directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

1. During the initial setup on your watch, select ✔ when you are prompted to pair with your phone.

   **NOTE:** If you previously skipped the pairing process, you can hold **MENU**, and select **Connectivity** > **Phone** > **Pair Phone**.
2. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

### Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the watch with a compatible phone (*Pairing Your Phone*, page 98).

1. Hold **MENU**.
2. Select **Connectivity** > **Phone** > **Smart Notifications** > **Status** > **On**.
3. Select **During Activity** or **General Use**.
4. Select a notification type.
5. Select status, tone, and vibration preferences.
6. Press **BACK**.
7. Select privacy and timeout preferences.
8. Press **BACK**.
9. Select **Signature** to add a signature to your text message replies.

#### Viewing Notifications

1. From the watch face, press **UP** or **DOWN** to view the notifications glance.
2. Press **START**.
3. Select a notification.
4. Press **START** for more options.
5. Press **BACK** to return to the previous screen.

### Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the fēnix watch displays the name or phone number of the caller.

- To accept the call, select .
- To decline the call, select .
- To decline the call and immediately send a text message reply, select **Reply**, and select a message from the list.

  **NOTE:** To send a text message reply, you must be connected to a compatible Android™ phone using Bluetooth technology.

### Replying to a Text Message

**NOTE:** This feature is available only for compatible Android phones.

When you receive a text message notification on your watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

**NOTE:** This feature sends text messages using your phone. Regular text message limits and charges from your carrier and phone plan may apply. Contact your mobile carrier for more information about text message charges or limits.

1. From the watch face, press **UP** or **DOWN** to view the notifications glance.
2. Press **START**, and select a text message notification.
3. Press **START**.
4. Select **Reply**.
5. Select a message from the list.

   Your phone sends the selected message as an SMS text message.

### Managing Notifications

You can use your compatible phone to manage notifications that appear on your fēnix watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android phone, from the Garmin Connect app, select ••• > **Settings** > **Notifications**.

## Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

**NOTE:** You can add options to the controls menu (*Customizing the Controls Menu*, page 76).

1. Hold **LIGHT** to view the controls menu.
2. Select  to turn off the Bluetooth phone connection on your fēnix watch.

   Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

## Turning On and Off Phone Connection Alerts

You can set the fēnix watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

**NOTE:** Phone connection alerts are turned off by default.

1. Hold **MENU**.
2. Select **Connectivity** > **Phone** > **Alerts**.

## Turning On and Off Find My Phone Alerts

1. Hold **MENU**.
2. Select **Notifications & Alerts** > **System Alerts** > **Find My Phone Alerts**.

### Locating a Phone Lost During a GPS Activity

Your fēnix watch automatically stores a GPS location when your paired phone is disconnected during a GPS activity. You can use this feature to help locate a phone that is lost during an activity.

1 Start a GPS activity.
2 When prompted to navigate to the last known location of your device, select ✔.
3 Navigate to the location on the map (*Saving or Navigating to a Location on the Map*, page 92).
4 Press **DOWN** to view a compass pointing to the location (optional).
5 When your watch is within Bluetooth range of your phone, the Bluetooth signal strength appears on the screen.

   The signal strength increases as you move closer to your phone.

### Playing Audio Prompts During an Activity

You can enable your fēnix watch to play motivational status announcements during a run or other activity. Audio prompts play on your connected Bluetooth headphones, if available. Otherwise, audio prompts play on your phone paired through the Garmin Connect app. During an audio prompt, the watch or phone lowers the volume of the primary audio to play the announcement.

**NOTE:** This feature is not available for all activities.

1 Hold **MENU**.
2 Select **Audio Prompts**.
3 Select an option:
   - To hear a prompt for each lap, select **Lap Alert**.
   - To customize prompts with your pace and speed information, select **Pace/Speed Alert**.
   - To customize prompts with your heart rate information, select **Heart Rate Alert**.
   - To customize prompts with power data, select **Power Alert**.
   - To hear prompts when you start and stop the activity timer, including the Auto Pause feature, select **Timer Events**.
   - To hear workout alerts play as an audio prompt, select **Workout Alerts**.
   - To hear activity alerts play as an audio prompt, select **Activity Alerts** (*Activity Alerts*, page 36).
   - To hear a sound play right before an audio alert or prompt, select **Audio Tones**.
   - To change the language or the dialect of the voice prompts, select **Dialect**.
   - To change the voice of the prompts to male or female, select **Voice**.

## Wi-Fi Connectivity Features

**Activity uploads to your Garmin Connect account**: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

**Audio content**: Allows you to sync audio content from third-party providers.

**Course updates**: Allows you to download and install golf course updates.

**Map downloads**: Allows you to download and install maps.

**Software updates**: You can download and install the latest software.

**Workouts and training plans**: You can browse for and select workouts and training plans on the Garmin Connect site. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

### Connecting to a Wi-Fi Network

You must connect your watch to the Garmin Connect app on your phone or to the Garmin Express application on your computer before you can connect to a Wi-Fi network.

1 Hold **MENU**.
2 Select **Connectivity** > **Wi-Fi** > **My Networks** > **Add Network**.
   The watch displays a list of nearby Wi-Fi networks.
3 Select a network.
4 If necessary, enter the password for the network.

The watch connects to the network, and the network is added to the list of saved networks. The watch reconnects to this network automatically when it is within range.

## Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

### Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, you can download the app from the app store on your phone (garmin.com/connectapp), or go to connect.garmin.com.

**Store your activities**: After you complete and save an activity with your watch, you can upload that activity to your Garmin Connect account and keep it as long as you want.

**Analyze your data**: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, running dynamics, an overhead map view, pace and speed charts, and customizable reports.

**NOTE:** Some data requires an optional accessory such as a heart rate monitor.

**Plan your training**: You can choose a fitness goal and load one of the day-by-day training plans.

**Track your progress**: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

**Share your activities**: You can connect with friends to follow each other's activities or share links to your activities.

**Manage your settings**: You can customize your watch and user settings on your Garmin Connect account.

# System Settings

Hold **MENU**, and select **System**.

**Language**: Sets the language displayed on the watch.

**Time**: Adjusts the time settings (*Time Settings*, page 119).

**Display**: Adjusts the screen settings (*Changing the Screen Settings*, page 120).

**Touch**: Allows you to enable or disable the touchscreen during general use, activities, or sleep.

**Satellites**: Sets the default satellite system to use for activities. If necessary, you can customize the satellite setting for each activity (*Satellite Settings*, page 39).

**Sound and Vibe**: Sets the watch sounds, such as button tones, alerts, and vibrations.

**Sleep Mode**: Allows you to set your sleep hours and sleep mode preferences (*Customizing Sleep Mode*, page 121).

**Do Not Disturb**: Allows you to enable the Do Not Disturb mode. You can edit your preferences for the screen, notifications, alerts, and wrist gestures.

**Hot Keys**: Allows you to assign shortcuts to buttons (*Customizing the Hot Keys*, page 121).

**Auto Lock**: Allows you to lock the buttons and touchscreen automatically to prevent accidental button presses and touchscreen swipes. Use the During Activity option to lock the buttons and touchscreen during a timed activity. Use the Not During Activity option to lock the buttons and touchscreen when you are not recording a timed activity.

**Format**: Sets general format preferences, such as the units of measure, pace and speed shown during activities, the start of the week, and geographical position format and datum options (*Changing the Units of Measure*, page 121).

**Perf. Condition**: Enables the performance condition feature during an activity (*Performance Condition*, page 61).

**Data Recording**: Sets how the watch records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

**USB Mode**: Sets the watch to use MTP (media transfer protocol) or Garmin mode when connected to a computer.

**Back Up & Restore**: Allows you to enable automatic backups of watch data and settings and back up your data now. You can restore data from a previous backup using the Garmin Connect app.

**Reset**: Allows you to reset user data and settings (*Resetting All Default Settings*, page 128).

**Software Update**: Allows you to install downloaded software updates, enable automatic updates, or manually check for updates (*Product Updates*, page 126). You can select What's New to view a list of new features from the last software update you installed.

**About**: Displays device, software, license, and regulatory information.

## Time Settings

Hold **MENU**, and select **System** > **Time**.

**Time Format**: Sets the watch to show time in a 12-hour, 24-hour, or military format.

**Date Format**: Sets the display order for the day, month, and year for dates.

**Set Time**: Sets the time zone for the watch. The Auto option sets the time zone automatically based on your GPS position.

**Time**: Allows you to adjust the time if the Set Time option is set to Manual.

**Alerts**: Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs (*Setting Time Alerts*, page 120).

**Time Sync**: Allows you to manually sync the time when you change time zones, and to update for daylight saving time (*Syncing the Time*, page 120).

### Setting Time Alerts

1 Hold **MENU**.
2 Select **System** > **Time** > **Alerts**.
3 Select an option:
   - To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset** > **Status** > **On**, select **Time**, and enter the time.
   - To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise** > **Status** > **On**, select **Time**, and enter the time.
   - To set an alert to sound every hour, select **Hourly** > **On**.

### Syncing the Time

Each time you turn on the device and acquire satellites or open the Garmin Connect app on your paired phone, the device automatically detects your time zones and the current time of day. You can also manually sync the time when you change time zones, and to update for daylight saving time.

1 Hold **MENU**.
2 Select **System** > **Time** > **Time Sync**.
3 Wait while the device connects to your paired phone or locates satellites (*Acquiring Satellite Signals*, page 129).

   **TIP:** You can press DOWN to switch the source.

## Changing the Screen Settings

1 Hold **MENU**.
2 Select **System** > **Display**.
3 Select **Large Fonts** to increase the size of the text on the screen.
4 Select an option:
   - Select **In-Dive**.
   - Select **During Activity**.
   - Select **General Use**.
   - Select **During Sleep**.
5 Select an option:
   - Select **Always On Display** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life.
   - Select **Mode** to turn on the screen at depth or throughout your dive.
   - Select **Brightness** to set the brightness level of the screen.
   - Select **Red Shift** to turn the screen to shades of red, green, or orange so that you can use the watch in low light conditions and help preserve your night vision.
   - Select **Wrist Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
   - Select **Timeout** to set the length of time before the screen turns off.

## Customizing Sleep Mode

1 Hold **MENU**.
2 Select **System** > **Sleep Mode**.
3 Select an option:
   - Select **Schedule**, select a day, and enter your normal sleep hours.
   - Select **Watch Face** to use the sleep watch face.
   - Select **Display** to configure the screen settings.
   - Select **Nap Alarm** to set nap alarms to play as a tone, vibration, or both.
   - Select **Touch** to turn the touchscreen on or off.
   - Select **Do Not Disturb** to enable or disable do not disturb mode.
   - Select **Battery Saver** to enable or disable battery saver mode (*Customizing the Battery Saver Feature*, page 118).

## Customizing the Hot Keys

You can customize the hold function of individual buttons and combinations of buttons.

1 Hold **MENU**.
2 Select **System** > **Hot Keys**.
3 Select a button or combination of buttons to customize.
4 Select a function.

## Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

1 Hold **MENU**.
2 Select **System** > **Format** > **Units**.
3 Select a measurement type.
4 Select a unit of measure.

## Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1 Hold **MENU**.
2 Select **System** > **About**.

### Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1 Hold **MENU**.
2 From the system menu, select **About**.

# Device Information

## About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Tips for Maximizing the Battery Life*, page 129).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the fēnix display turns off after the selected timeout (*Changing the Screen Settings*, page 120). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

## Charging the Watch

**⚠ WARNING**

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

***NOTICE***

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 124).

**1** Plug the cable (▲ end) into the charging port on your watch.

**2** Plug the other end of the cable into a USB charging port.
The watch displays the current battery charge level.

## Specifications

| | |
|---|---|
| Battery type | Rechargeable, built-in lithium-ion battery |
| Water rating | 10 ATM[1]<br>4 ATM Dive (EN 13319)[2] |
| Decompression model | Bühlmann ZHL-16C |
| Operating and storage temperature range | From -20º to 45ºC (from -4º to 113ºF) |
| Underwater operating temperature range | From 0° to 40°C (from 32° to 104°F) |
| USB charging temperature range | From 0º to 45ºC (from 32º to 113ºF) |
| European Union (EU) wireless frequencies (power) | fēnix 8 - 43 mm: 2.4 GHz @ 17.3 dBm maximum<br>fēnix 8 - 47 mm: 2.4 GHz @ 17.8 dBm maximum<br>fēnix 8 - 51 mm: 2.4 GHz @ 19.3 dBm maximum |
| EU SAR values | fēnix 8 - 43 mm: 0.32 W/kg torso, 0.32 W/kg limb<br>fēnix 8 - 47 mm: 0.30 W/kg torso, 0.30 W/kg limb<br>fēnix 8 - 51 mm: 0.75 W/kg torso, 0.27 W/kg limb |
| Depth sensor | Accurate from 0 m to 40 m (0 ft. to 131 ft.) complying with EN 13319<br>Resolution (m): 0.1 m until 39.9 m, 1 m at 40 m<br>Resolution (ft.): 1 ft. |
| Inspection interval | Inspect parts before each use for damage. Replace parts as needed.[3] |

[1] The device withstands pressure equivalent to a depth of 100 m. For more information, go to www.garmin.com/waterrating.
[2] Designed to comply with CSN EN 13319.
[3] Aside from normal wear and tear, performance is not affected by aging.

### Battery Information

The actual battery life depends on the features enabled on your watch, such as wrist-based heart rate, phone notifications, GPS, internal sensors, and connected sensors.

| Mode | fēnix 8 - 43 mm Battery Life | fēnix 8 - 51 mm Battery Life |
|---|---|---|
| Smartwatch mode | Up to 10 days with Wrist Gesture<br>Up to 4 days with Always On Display | Up to 25 days with Wrist Gesture<br>Up to 10 days with Always On Display |
| Battery saver watch mode | Up to 12 days with Wrist Gesture<br>Not applicable for Always On Display | Up to 31 days with Wrist Gesture<br>Not applicable for Always On Display |
| GPS only mode | Up to 28 hours with Wrist Gesture<br>Up to 22 hours with Always On Display | Up to 76 hours with Wrist Gesture<br>Up to 56 hours with Always On Display |
| All satellite systems mode | Up to 20 hours with Wrist Gesture<br>Up to 16 hours with Always On Display | Up to 55 hours with Wrist Gesture<br>Up to 43 hours with Always On Display |
| All satellite systems plus multi-band mode | Up to 17 hours with Wrist Gesture<br>Up to 14 hours with Always On Display | Up to 48 hours with Wrist Gesture<br>Up to 38 hours with Always On Display |
| All satellite systems with music mode | Up to 6 hours with Wrist Gesture<br>Up to 6 hours with Always On Display | Up to 17 hours with Wrist Gesture<br>Up to 17 hours with Always On Display |
| Max. battery GPS mode | Up to 44 hours with Wrist Gesture<br>Not applicable for Always On Display | Up to 118 hours with Wrist Gesture<br>Not applicable for Always On Display |
| Expedition GPS mode | Up to 10 days with Wrist Gesture<br>Not applicable for Always On Display | Up to 24 days with Wrist Gesture<br>Not applicable for Always On Display |
| Dive mode | Not applicable for Wrist Gesture<br>Up to 30 hours with Always On Display | Not applicable for Wrist Gesture<br>Up to 66 hours with Always On Display |
| Dive mode with air integration<br>**NOTE:** This mode is only available for the models. | Not applicable for Wrist Gesture<br>Up to 15 hours with Always On Display | Not applicable for Wrist Gesture<br>Up to 40 hours with Always On Display |

## Device Care

| ***NOTICE*** |
|---|
| Do not use a sharp object to clean the device. |
| Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes. |
| Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case. |
| Do not wash the device under high pressure, because jets of water or air may cause damage to the depth sensor or barometer. |
| Keep the leather band clean and dry. Avoid swimming or showering with the leather band. Exposure to water or sweat can damage or discolor the leather band. Use silicone bands as an alternative. |
| Avoid extreme shock and harsh treatment, because it can degrade the life of the product. |
| Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage. |
| Discontinue use if the device is damaged or if it is stored at a temperature outside the specified storage temperature range. |

### Cleaning the Watch

**⚠ CAUTION**

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

***NOTICE***

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

**TIP:** For more information, go to garmin.com/fitandcare.

1 Rinse with water, or use a damp lint-free cloth.
2 Allow the watch to dry completely.

### Cleaning the Leather Bands

1 Wipe the leather bands with a dry cloth.
2 Use a leather conditioner to clean the leather bands.

## Changing the QuickFit® Bands

1 Slide the latch on the QuickFit band, and remove the band from the watch.

2 Align the new band with the watch.
3 Press the band into place.
   **NOTE:** Make sure the band is secure. The latch should close over the watch pin.
4 Repeat steps 1 through 3 to change the other band.

## Extra Long Diving Band

Your device comes with an extra long band you can wear over a thick exposure suit.

## Metal Watch Band Adjustment

If your watch includes a metal watch band, you should take your watch to a jeweler or other professional to adjust the length of the metal band.

## Data Management

**NOTE:** The device is not compatible with Windows 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

## Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

1 Hold **MENU**.
2 Select **System** > **Reset**.
3 Select an option:
   - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To delete all activities from the history, select **Delete All Activities**.
   - To reset all distance and time totals, select **Reset Totals**.
   - To delete all downloaded golf course files and reset the last played golf course list, select **Reset Golf Courses**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

     **NOTE:** If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.

# Diving

## Resetting Your Tissue Load

You can reset your current tissue load saved on the device. You should reset your tissue load only if you do not plan to use the device again in the future. This can be useful for dive shops that provide devices for rent.

1 Hold **MENU**.
2 Select **System** > **Reset** > **Reset Tissues**.

## Resetting the Surface Pressure

The device automatically determines the surface pressure using the barometric altimeter. Large pressure changes, such as during a flight, can cause the watch to automatically start a dive activity. If the watch starts a dive activity incorrectly, you can reset the surface pressure by connecting the watch to a computer. If you do not have access to a computer, you can reset the surface pressure manually.

1 Hold **LIGHT** until the watch turns off.
2 Hold **LIGHT** to turn on the watch.
3 When the product logo appears, hold **MENU** until you are prompted to reset the surface pressure.

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