

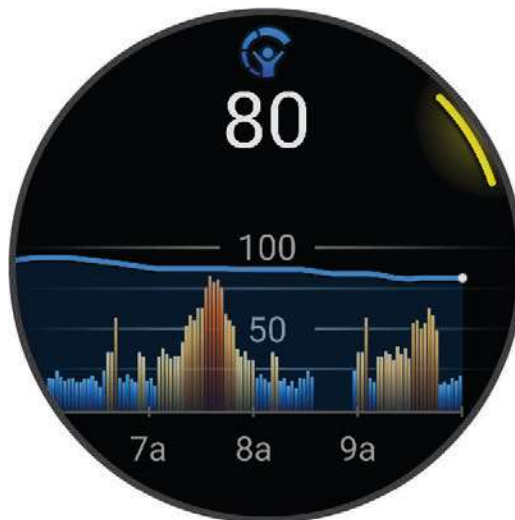
## Viewing the Body Battery Glance

The Body Battery glance displays your current Body Battery level.

- 1 Swipe up or down to view the Body Battery glance.

**NOTE:** You may need to add the glance to your glance loop (*Customizing the Glance Loop*, page 27).

- 2 Select the glance to view a graph of your Body Battery data since midnight.



- 3 Swipe up to view a combined graph of your Body Battery and stress level.

### 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.

## 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.

## Using the Stress Level Glance

The stress level glance displays your current stress level and a graph of your stress level since midnight. It can also guide you through a breathing activity to help you relax.

- 1 While you are sitting or inactive, swipe up or down to view the stress level glance.  
**TIP:** If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.
- 2 Tap the glance to view a graph of your stress level since midnight.  
Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.
- 3 To start a breathing activity, swipe up, and select .

## 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.

## Viewing Your Recovery Time

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 57](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 47](#)).

- 1 Start a running activity.
- 2 After your run, select .
- 3 Swipe up to view the activity summary and recovery time.  
The maximum recovery time is 4 days.

## 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.

**NOTE:** Your recovery heart rate is not calculated for low-impact activities, such as yoga.

## Women's Health

### Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more ([Logging Your Menstrual Cycle Information, page 30](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

**NOTE:** You can use the Garmin Connect app to add and remove glances.

### Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Venu 3 series watch, you must set up menstrual cycle tracking in the Garmin Connect app.

- 1 Swipe to view the women's health tracking glance.
- 2 Tap the touchscreen.
- 3 Select .
- 4 If today is a period day, select **Period Day** > .
- 5 Select an option:
  - To rate your flow from light to heavy, select **Flow**.
  - To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
  - To log your mood, select **Mood**.
  - To log your discharge, select **Discharge**.
  - To designate the current date as an ovulation day, select **Ovulation Day**.
  - To log your sexual activity, select **Sexual Activity**.
  - To rate your sex drive from low to high, select **Sex Drive**.
  - To designate the current date as a period day, select **Period Day**.

### Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement ([Logging Your Pregnancy Information, page 31](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

## Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

- 1 Swipe to view the women's health tracking glance.



- 2 Tap the touchscreen.

- 3 Select an option:

- Select **Symptoms** to log your physical symptoms, mood, and more.
- Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
- Select **Movement** to use a stopwatch or timer to log the baby's movements.

- 4 Follow the on-screen instructions.

## Hydration Tracking

You can track your daily fluid intake, turn on goals and alerts, and enter the container sizes you use most often. If you enable automatic goals, your goal increases on the days when you record an activity. When you exercise, you need more fluid to replace the sweat lost.

**NOTE:** You can use the Connect IQ app to add and remove glances.

## Using the Hydration Tracking Glance

The hydration tracking glance displays your fluid intake and your daily hydration goal.

- 1 Swipe up or down to view the hydration glance.
- 2 Select the glance to add your fluid intake.



- 3 Select **+** for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).
- 4 Select a container to increase your fluid intake by the volume of the container.
- 5 Hold **(B)** to customize the glance.
- 6 Select an option:
  - To change the units of measure, select **Units**.
  - To enable dynamic daily goals that increase after recording an activity, select **Auto Increase Goal**.
  - To turn on hydration reminders, select **Alerts**.
  - To customize your container sizes, select **Containers**, select a container, select the units of measure, and enter the container size.

## Updating the Weather Location

- 1 Swipe up or down to view the weather glance.
- 2 Select the glance to view the current weather for your location.
- 3 Hold **(B)**.
- 4 Select **Weather Options > Update Current Location**.
- 5 Wait while the watch locates satellites ([Acquiring Satellite Signals](#), page 79).

## Adding Alternate Time Zones

You can display the current time of day in additional time zones on the alternate time zones glance.

**NOTE:** You may need to add the alternate time zones glance to the glance loop ([Customizing the Glance Loop](#), page 27).

- 1 Swipe up or down to view the alternate time zones glance.
- 2 Select the glance to add a time zone.
- 3 Select **Add Zone**.
- 4 Select a region.
- 5 Press **(A)**.
- 6 Select a time zone.

## Using the Jet Lag Adviser

Before you can use the Jet Lag glance, you must plan a trip in the Garmin Connect app (*Planning a Trip in the Garmin Connect App*, page 33).

You can use the Jet Lag 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, swipe up or down to view the **Jet Lag** glance.
- 2 Press  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 .
  - To see a timeline for recommended actions to help reduce symptoms of jet lag, swipe up.

## 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.

## 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 54).

- 1 Add the **Lights** glance to your watch (*Glances*, page 24).  
When the watch detects the Varia camera, the glance title changes to Camera Control.
- 2 From the **Lights** glance, select an option:
  - Select  to change the recording mode.
  - Select  to take a photo.
  - Select  to save a clip.

## 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 35](#)).

From any screen, hold .



| Icon | Name                 | Description                                                                                                                                                                                                                                                                                                                                                 |
|------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      | Assistance           | Select to send an assistance request ( <a href="#">Requesting Assistance, page 69</a> ).                                                                                                                                                                                                                                                                    |
|      | Battery Saver        | Select to enable or disable the battery saver feature ( <a href="#">Battery Manager Settings, page 72</a> ).                                                                                                                                                                                                                                                |
|      | Brightness           | Select to adjust the screen brightness ( <a href="#">Customizing the Display Settings, page 72</a> ).                                                                                                                                                                                                                                                       |
|      | Broadcast Heart Rate | Select to turn on heart rate broadcasting to a paired device ( <a href="#">Broadcasting Heart Rate to Garmin Devices, page 47</a> ).                                                                                                                                                                                                                        |
|      | 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 Venu 3 series watch screen, and it increases as you move closer to your phone.<br>Select to navigate to your lost phone during a GPS activity ( <a href="#">Locating a Phone Lost During a GPS Activity, page 63</a> ). |
|      | Lock Screen          | Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.                                                                                                                                                                                                                                                                   |
|      | Phone Connection     | Select to enable or disable Bluetooth technology and your connection to your paired phone.                                                                                                                                                                                                                                                                  |
|      | Power Off            | Select to turn off the watch.                                                                                                                                                                                                                                                                                                                               |
|      | Red Shift            | Select to turn the screen to shades of red to use the watch in low light conditions.                                                                                                                                                                                                                                                                        |
|      | Sleep Mode           | Select to enable or disable Sleep Mode, set a nap timer, and manually track your naps.                                                                                                                                                                                                                                                                      |
|      | 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.                                                                                                                                                                                                                                                                                  |
|      | Volume               | Select to open the watch volume controls.                                                                                                                                                                                                                                                                                                                   |

## Customizing the Controls Menu

You can add, remove, and change the order of the options in the controls menu ([Controls, page 34](#)).

1 Hold

The controls menu appears.

2 Select **Edit**.

3 Select the shortcut you want to customize.

4 Select an option:

- To change the location of the shortcut in the controls menu, select and hold , and drag the shortcut to the desired location on the screen.
- To remove the shortcut from the controls menu, select

5 If necessary, select

## Morning Report

Your watch displays a morning report based on your normal wake time. Press to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report*, page 36).

### Customizing Your Morning Report

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

- 1 Hold **B**.
- 2 Select **Settings > Notifications & Alerts > 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.
  - Select **Your Name** to customize your display name.

## Setting Up a Shortcut

You can set up a shortcut to your favorite app, glance, or control, such as your Garmin Pay wallet or the music controls.

- 1 Hold **B**.
- 2 Select **Settings > Shortcut**.
- 3 Select a button or swipe gesture to customize.
- 4 Select an option:
  - Select a shortcut.
  - Select **Disable** to turn off the button or swipe function.

## 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](https://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 Press **A**.
- 2 Select **Apps > Wallet**.
- 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 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.
- 6 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 Venu 3 series 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 Venu 3 series 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 Venu 3 series watch, you must enter the new passcode.

# 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.

**NOTE:** Garmin devices that do not have the training status feature cannot be set as the Primary Training Device, but can still be used to record your training data.

**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 Venu 3 series 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 Venu 3 series watch.

Sync your Venu 3 series 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 38).

Recent activities and performance measurements from your other Garmin devices appear on your Venu 3 series watch.

## Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears on the steps glance. The step count is updated periodically.

When wheelchair mode is enabled, the watch records different metrics, such as pushes instead of steps ([Wheelchair Mode](#), page 57).

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

## Auto Goal

Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch shows your progress toward your daily goal ①. Your watch also creates a daily floors climbed goal.



When wheelchair mode is enabled, the watch tracks pushes instead of steps and creates a daily push goal ([Wheelchair Mode](#), page 57).

If you choose not to use the auto goal feature, you can set personalized goals on your Garmin Connect account.

## Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. The watch also vibrates, if vibration is turned on ([System Settings](#), page 71).

Go for a short walk (at least a couple of minutes) to reset the move alert.

### Turning on the Move Alert

- 1 Hold **(B)**.
- 2 Select **Settings > Notifications & Alerts > Health & Wellness > Move Alert > On**.

## Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the watch settings. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, HRV status, and naps ([Glances](#), page 24). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

**NOTE:** You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Using Do Not Disturb Mode](#), page 64).

### Using Automated Sleep Tracking

- 1 Wear your watch while sleeping.
- 2 Upload your sleep tracking data to the Garmin Connect site ([Garmin Connect](#), page 65).  
You can view your sleep statistics on your Garmin Connect account.  
You can view sleep information from the previous night on your Venu 3 series watch ([Glances](#), page 24).



## Workouts

Your watch can guide you through multiple-step workouts that include goals for each workout step, such as distance, time, reps, or other metrics. Your watch includes several preloaded workouts for multiple activities, including strength, cardio, running, and biking. You can create and find more workouts and training plans using the Garmin Connect app and transfer them to your watch.

If your watch is in wheelchair mode, your watch includes workouts for push activities, handcycling, and more ([User Profile, page 57](#)).

**On your watch:** You can open the workouts app from the activity list to show all workouts currently loaded on your watch ([Customizing the Activities and Apps List, page 19](#)).

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.

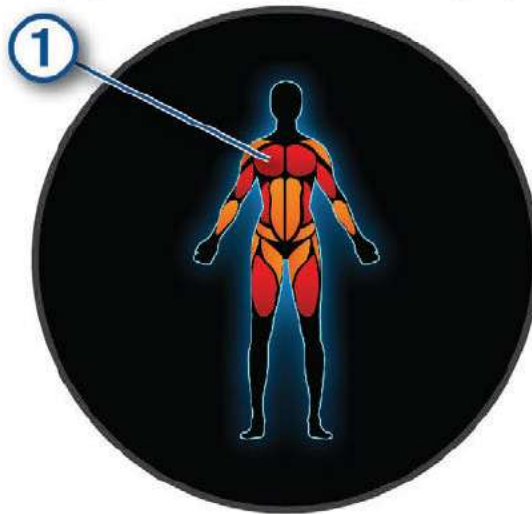
## Starting a Workout

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

- 1 Press **A**.
- 2 Select an activity.
- 3 Select **⬆** > **Workouts**.
- 4 Select a workout.

**NOTE:** Only workouts that are compatible with the selected activity appear in the list.

**TIP:** If available, tap the muscle map **1** to view the targeted muscle groups.



- 5 Swipe up to view the workout steps (optional).
- 6 Press **A** to start the activity timer.

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

## 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 65).

- 1 Select an option:
  - Open the Garmin Connect app, and select **•••**.
  - Go to [connect.garmin.com](https://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.

## Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account ([Garmin Connect](#), page 65), and you must pair the Venu 3 series 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 Venu 3 series watch.

## Starting Today's Workout

After you send a training plan to your watch, the Garmin coach glance appears in your glance loop.

- 1 From the watch face, swipe to view the Garmin coach glance.
- 2 Select the glance.

If a workout for this activity is scheduled for today, the watch shows the workout name and prompts you to start it.
- 3 Select a workout.
- 4 Select **View** to view the workout steps, and swipe right when you are finished viewing the steps (optional).
- 5 Select **Do Workout**.
- 6 Follow the on-screen instructions.

## Viewing Scheduled Workouts

You can view workouts scheduled in your training calendar and start a workout.

- 1 Press **(A)**.
- 2 Select an activity.
- 3 Swipe up.
- 4 Select **Training Calendar**.

Your scheduled workouts appear, sorted by date.
- 5 Select a workout.
- 6 Scroll to view the steps for the workout.
- 7 Press **(A)** to start the workout.

## Health and Wellness Settings and Alerts

Hold **(B)**, and select **Settings > Notifications & Alerts > Health & Wellness**.

**Heart Rate:** See *Setting an Abnormal Heart Rate Alert*, page 46.

**Move Alert:** Enables the Move Alert feature (*Using the Move Alert*, page 39).

**Stress Alerts:** Notifies you when periods of stress have drained your Body Battery (*Using the Stress Level Glance*, page 29).

**Rest Alerts:** Notifies you after you have a restful period and its impact on your Body Battery (*Body Battery*, page 27).

**Daily Summary:** Enables the Body Battery daily summary that appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery (*Viewing the Body Battery Glance*, page 28).

**Goals:** Allows you to turn on and off goal alerts, or turn them on during general use while not in an activity. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

**Jet Lag:** Allows you to turn on and off specific jet lag notifications, for example, tips for when to take a nap or seek light (*Using the Jet Lag Adviser*, page 33).

**Weight Shift Alert:** While in wheelchair mode, allows you to set a timer to remind you to shift your weight in the chair (*Wheelchair Mode*, page 57).

## History

Your watch stores up to 200 hours of activity data. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Using the Garmin Connect App*, page 65) (*Using Garmin Connect on Your Computer*, page 66).

When the watch memory is full, your oldest data is overwritten.

### Using History

1 Press **(A)**.

2 Select **Apps > History**.

**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 19). The watch displays your total activity time in hours.

3 Select **•••**, and select an option.

- Swipe up to view a previous activity.
- Select the activity and swipe up to view additional information about each activity.

4 Hold **(B)**, and select an option:

- Select **Graph View** to set the range of data displayed in the history graph.
- Select **Records** to view your personal record for a specific sport.
- Select **Totals** to view your weekly and monthly totals for a specific sport.
- Select **Options** to delete activities or reset totals.

### Viewing Your Time in Each Heart Rate Zone

Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity.

Viewing your time in each heart rate zone can help you adjust your training intensity.

1 Press **(A)**.

2 Select **Apps > History**.

**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 19).

3 Select **•••**.

4 Swipe up, and select an activity.

5 Swipe up to view the heart rate zone information.

## 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. For wheelchair activities, personal records include pushes, handcycling, and goal streaks.

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

### Viewing Your Personal Records

1 Press **(A)**.

2 Select **Apps > History**.

**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 19).

3 Hold **(B)**.

4 Select **Records**.

5 Select a sport.

### Clearing Personal Records

1 Press **(A)**.

2 Select **Apps > History**.

**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 19).

3 Hold **(B)**.

4 Select **Records**.

5 Select a sport.

6 Select an option:

- Select a record, and select **Clear Record**.
- Select **Clear All Records**.

7 Select **✓**.

### Viewing Data Totals

1 Press **(A)**.

2 Select **Apps > History**.

**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 19).

3 Hold **(B)**.

4 Select **Totals**.

5 Select a sport.

6 Select **Weekly** or **Monthly**.

### Deleting History

1 Press **(A)**.

2 Select **Apps > History**.

**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 19).

3 Hold **(B)**.

4 Select **Options**.

5 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.

6 Select **✓**.

## Heart Rate Features

The Venu 3 series watch has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate glance. 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.

### Wrist-based Heart Rate

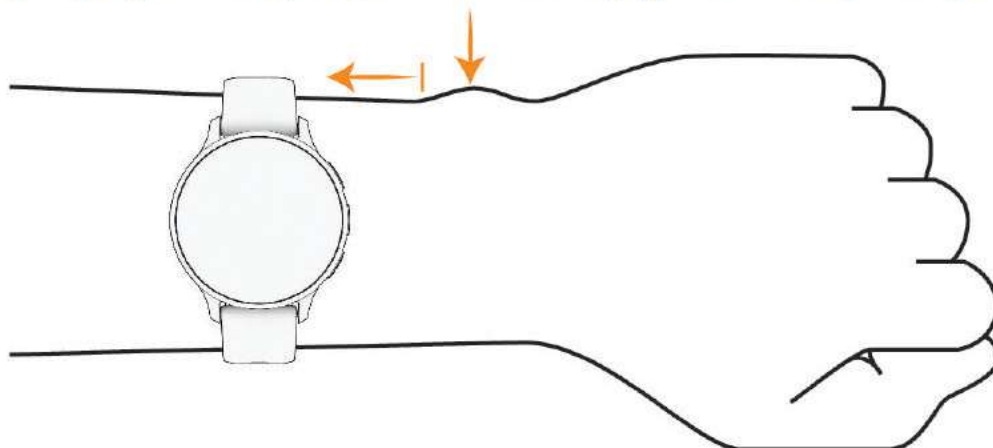
#### Wearing the Watch

##### ⚠ 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](https://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:** The optical sensor is located on the back of the watch.

- See [Tips for Erratic Heart Rate Data](#), page 45 for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data](#), page 51 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).
- For more information about watch wear and care, go to [garmin.com/fitandcare](https://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.

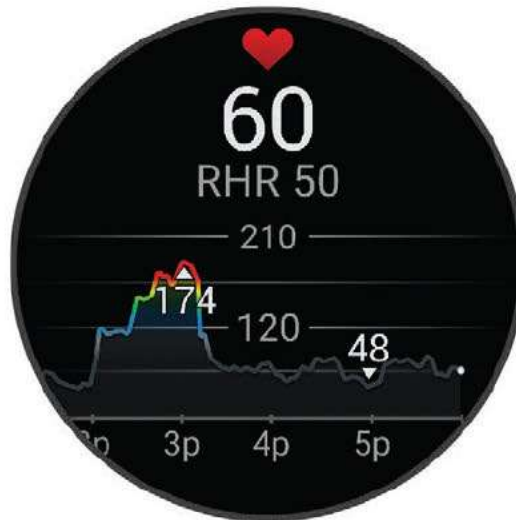
## Viewing the Heart Rate Glance

The heart rate glance displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

- 1 From the watch face, swipe up or down to view the heart rate glance.

**NOTE:** You may need to add the glance to your glance loop (*Customizing the Glance Loop*, page 27).

- 2 Select the glance to view your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.



- 3 Tap the graph, and swipe left or right to pan the graph.
- 4 Swipe up to view your average resting heart rate values for the last 7 days.

## Wrist Heart Rate Monitor Settings

Hold **(B)**, and select **Settings > Watch Sensors > 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.

**Broadcast Heart Rate:** Allows you to begin broadcasting your heart rate data to a paired device (*Broadcasting Heart Rate to Garmin Devices*, page 47).

**Source Switching:** Allows the watch to select the best source of heart rate data when wearing your watch and an external heart rate monitor. For more information, go to [garmin.com/dynamicsourceswitching/](https://garmin.com/dynamicsourceswitching/).

**During Swim:** Enables or disables the wrist heart rate monitor during swimming activities.

## 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.

- 1 Hold **(B)**.
- 2 Select **Settings > Notifications & Alerts > Health & Wellness > Heart Rate**.
- 3 Select **High Alert** or **Low Alert** to turn on the alert.
- 4 Select a heart rate threshold value.

Each time you exceed or drop below the custom value, a message appears and the watch vibrates.

## Broadcasting Heart Rate to Garmin Devices

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 19](#)). For example, you can broadcast your heart rate data to an Edge device while cycling.

- 1 Press **(B)**.
- 2 Select **Settings > Watch Sensors > Wrist Heart Rate > Broadcast Heart Rate**.
- 3 Press **(A)**.

The watch starts broadcasting your heart rate data.

- 4 Pair your watch with your compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- 5 Press **(A)** to stop broadcasting your heart rate data.

## Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The watch automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the watch. Chest heart rate data is only available during an activity.

**NOTE:** Disabling the wrist-based heart rate monitor also disables features such as your VO2 max. estimate, sleep tracking, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

**NOTE:** Disabling the wrist-based heart rate monitor also disables the on-wrist detection feature for Garmin Pay payments, and you must enter a passcode before making each payment ([Garmin Pay, page 36](#)).

- 1 Hold **(B)**.
- 2 Select **Settings > Watch Sensors > Wrist Heart Rate > Status > Off**.

Some sensor lights may flash after the wrist-based heart rate monitor is turned off.

## About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

## Setting Your Heart Rate Zones

The watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running and cycling. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

- 1 Hold **(B)**.
- 2 Select **Settings > User Profile > Heart Rate**.
- 3 Select **Max. HR**, and enter your maximum heart rate.
- 4 Select **✓**.
- 5 Select **Resting HR**.
- 6 Select an option:
  - Select **Use Average** to use your average resting heart rate from the watch.
  - Select **Set Custom** to set a custom resting heart rate.
- 7 Select a zone, and enter a value for each zone.
- 8 Select a sport profile to add separate heart rate zones (optional).
- 9 Repeat the steps to add sport heart rate zones (optional).

## Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 48](#)) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

## Heart Rate Zone Calculations

| Zone | % of Maximum Heart Rate | Perceived Exertion                                                       | Benefits                                                   |
|------|-------------------------|--------------------------------------------------------------------------|------------------------------------------------------------|
| 1    | 50–60%                  | Relaxed, easy pace, rhythmic breathing                                   | Beginning-level aerobic training, reduces stress           |
| 2    | 60–70%                  | Comfortable pace, slightly deeper breathing, conversation possible       | Basic cardiovascular training, good recovery pace          |
| 3    | 70–80%                  | Moderate pace, more difficult to hold conversation                       | Improved aerobic capacity, optimal cardiovascular training |
| 4    | 80–90%                  | Fast pace and a bit uncomfortable, breathing forceful                    | Improved anaerobic capacity and threshold, improved speed  |
| 5    | 90–100%                 | Sprinting pace, unsustainable for long period of time, labored breathing | Anaerobic and muscular endurance, increased power          |

# 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 Venu 3 series 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.

**NOTE:** VO2 max. is not available when the watch is in wheelchair mode.



|                                                                                            |           |
|--------------------------------------------------------------------------------------------|-----------|
|  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 84*), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Getting Your VO2 Max. Estimate

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 54](#)).

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 57](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 47](#)). The estimate may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

- 1 Hold **(B)**.
- 2 Select **Settings > User Profile > VO2 Max.**  
If you have already recorded a brisk walk or run outdoors, your VO2 max. estimate may appear. The watch displays the date your VO2 max. estimate was last updated. The watch updates your VO2 max. estimate each time you complete an outdoor walk or run of 15 minutes or longer. You can manually start a VO2 max. test to get an updated estimate.
- 3 To start a VO2 max. test, tap the screen.
- 4 Follow the on-screen instructions to get your VO2 max. estimate.  
A message appears when the test is complete.

## Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

**NOTE:** For the most accurate fitness age, complete the user profile setup ([Setting Up Your User Profile, page 57](#)).

- 1 Hold **(B)**.
- 2 Select **Settings > User Profile > Fitness Age.**

## Pulse Oximeter

The Venu 3 series watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO<sub>2</sub>.

On the watch, your pulse oximeter readings appear as an SpO<sub>2</sub> percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days ([Changing the Pulse Oximeter Tracking Mode, page 51](#)). For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

## Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading from the pulse oximeter glance. The accuracy of the pulse oximeter reading can vary based on your blood flow, the watch placement on your wrist, and your stillness.

**NOTE:** You may need to add the pulse oximeter glance to the glance loop ([Customizing the Glance Loop, page 27](#)).

- 1 While you are sitting or inactive, swipe up or down to view the pulse oximeter glance.
- 2 Select the glance to begin the reading.
- 3 Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- 4 Keep still.

The watch displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values for the last 24 hours.

## Changing the Pulse Oximeter Tracking Mode

- 1 Hold **(B)**.
- 2 Select **Settings > Watch Sensors > Pulse Oximeter > Tracking Mode**.
- 3 Select an option:
  - To turn on measurements while you are inactive during the day, select **All Day**.  
**NOTE:** Turning on pulse oximeter tracking decreases battery life.
  - 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 off automatic measurements, select **On Demand**.

## 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.

## Navigation

You can use the GPS navigation features on your watch to save locations, navigate to locations, and find your way home.

### Saving Your Location

Before you can navigate to a saved location, your watch must locate satellites.

A location is a point that you record and store in the watch. If you want to remember landmarks or return to a certain spot, you can mark a location.

- 1 Go to the place where you want to mark a location.
- 2 Press **(A)**.
- 3 Select **Navigate > Save Location**.

**TIP:** To quickly mark a location, you can select  from the apps menu (*Customizing the Activities and Apps List*, page 19).

After the watch acquires GPS signals, the location information appears.

- 4 Select .
- 5 Select an icon.

### Deleting a Location

- 1 Press **(A)**.
- 2 Select **Navigate > Saved Locations**.
- 3 Select a location.
- 4 Select **Delete > **.

## Navigating to a Saved Location

Before you can navigate to a saved location, your watch must locate satellites.

- 1 Press **(A)**.
- 2 Select **Navigate > Saved Locations**.
- 3 Select a location, and select **Go To**.
- 4 Press **(A)** to start the activity timer.
- 5 Swipe up to view the compass data screen.

**NOTE:** The compass arrow points toward the saved location.

- 6 Move forward.

**TIP:** For more accurate navigation, orient the top of the screen toward the direction in which you are moving.

## Navigating Back to Start

Before you can navigate back to start, you must locate satellites, start the timer, and start your activity.

At any time during your activity, you can return to your starting location. For example, if you are running in a new city, and you are unsure how to get back to the trail head or hotel, you can navigate back to your starting location. This feature is not available for all activities.

- 1 Hold **(B)**.
- 2 Select **Navigation > Back to Start**.

The compass appears.

- 3 Move forward.

The compass arrow points toward your starting point.

**TIP:** For more accurate navigation, orient your watch toward the direction in which you are navigating.

## Stopping Navigation

- To stop navigation and continue your activity, hold **(B)**, and select **Stop Navigation**.
- To stop navigation and save your activity, press **(A)**, and select **✓**.

## 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.

## 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 **(B)**.
- 2 Select **Settings > Watch Sensors > Compass > Start Calibration**.
- 3 Follow the on-screen instructions.

**TIP:** Move your wrist in a small figure eight motion until a message appears.

## Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+® or Bluetooth technology ([Pairing Your Wireless Sensors, page 54](#)). After the devices are paired, you can customize the optional data fields ([Customizing the Data Screens, page 20](#)). 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](http://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.                                                                                                                                                                                                                                                                                                                                 |
| eBike             | You can use your watch with your eBike and view bike data, such as battery and range information, during your rides.                                                                                                                                                                                                                                                                                                                                              |
| 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.                                                                                                                                                                                                                                                                                                                       |
| 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 Venu 3 series watch ( <a href="#">Connecting Bluetooth Headphones, page 59</a> ).                                                                                                                                                                                                                                                                                                            |
| Lights            | You can use Varia smart bike lights to improve situational awareness.                                                                                                                                                                                                                                                                                                                                                                                             |
| PC                | You can play video games on your computer and see real-time statistics on your device ( <a href="#">Using the Garmin GameOn™ App, page 6</a> ).                                                                                                                                                                                                                                                                                                                   |
| 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, or use range alerts to be notified when you reach a specified power zone ( <a href="#">Setting an Alert, page 21</a> ).                                                                                                                                                                       |
| 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 ( <a href="#">Using the Varia Camera Controls, page 33</a> ).                                                                                                                                                                                  |
| Smart Trainer     | You can use your watch with an indoor bike smart trainer to simulate resistance while following a course, ride, or workout.                                                                                                                                                                                                                                                                                                                                       |
| Speed/<br>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 ( <a href="#">Calibrating Your Speed Sensor, page 56</a> ).<br>You can also attach speed or cadence sensors to your wheelchair and view the data during your activity. When the sensor is attached, your watch creates and saves an activity to your Garmin Connect account each time you push your chair. |
| 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.                                                                                                                                                                                                                                                                                        |

## 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 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.

**TIP:** Some ANT+ sensors pair with your watch automatically when you start an activity with the sensor turned on and near the watch.

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 **(B)**.

3 Select **Settings > Accessories > Add New**.

4 Select an option:

- Select **Search All**.
- 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 20).

## 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 Venu 3 series 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 Venu 3 series watch.

**NOTE:** Automatic calibration does not work for indoor, trail, or ultra run activity profiles ([Tips for Recording Running Pace and Distance](#), page 54).

**Manual calibration:** You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory ([Calibrating the Treadmill Distance](#), page 6).

### Tips for Recording Running Pace and Distance

- Update your Venu 3 series watch software ([Product Updates](#), page 76).
- 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 6).
- 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 6).

## 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 uphill, downhill, and wind, which a pace measurement does not do.

Running power can be measured using 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 81](#)). You can set up power alerts to be notified when you reach a specified power zone ([Activity Alerts, page 21](#)).

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 view your zones on the Garmin Connect account.

## Running Power Settings

Press **A**, select a running activity, and select **⬆ > Settings > Running Power**.

**Status:** Enables or disables recording Garmin running power data.

**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.

## Running Dynamics

Running dynamics is feedback about your running form. Your Venu 3 series watch has an accelerometer to calculate five running form metrics. You can view your running dynamics data in the Garmin Connect app.

| Metric               | Description                                                                                                                                                                                                         |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Run cadence          | Cadence is the number of steps per minute. It displays the total steps (right and left combined).                                                                                                                   |
| Vertical oscillation | Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.                                                                                          |
| Ground contact time  | 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><b>NOTE:</b> Ground contact time and balance are not available while walking. |
| Stride length        | Stride length is the length of your stride from one footfall to the next. It is measured in meters.                                                                                                                 |
| Vertical ratio       | Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.                                                             |

## Color Gauges and Running Dynamic Data

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

| Color Zone                                                                               | Percentile in Zone | Cadence Range |
|------------------------------------------------------------------------------------------|--------------------|---------------|
|  Purple | >95                | >183 spm      |
|  Blue   | 70–95              | 174–183 spm   |
|  Green  | 30–69              | 164–173 spm   |
|  Orange | 5–29               | 153–163 spm   |
|  Red    | <5                 | <153 spm      |

## Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your watch.

- Pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 54).
- Set your wheel size (*Calibrating Your Speed Sensor*, page 56).
- Go for a ride (*Starting an Activity*, page 4).

## Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your watch with a compatible speed sensor (*Pairing Your Wireless Sensors*, page 54).

Manual calibration is optional and can improve accuracy.

- 1 Hold **(B)**.
- 2 Select **Settings > Accessories > Speed/Cadence > Wheel Size**.
- 3 Select an option:
  - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
  - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor (*Wheel Size and Circumference*, page 84).

## Training with Power Meters

- Go to [buy.garmin.com](https://buy.garmin.com) for a list of power meters that are compatible with your Venu 3 series device (such as Rally and Vector).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities.
- Use range alerts to be notified when you reach a specified power zone (*Setting an Alert*, page 21).
- Customize the power data fields (*Customizing the Data Screens*, page 20).

## Situational Awareness

### WARNING

The Varia device can improve situational awareness. It is not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.

Your Venu 3 series device can be used with the Varia smart bike lights and rearview radar (*Using the Varia Camera Controls*, page 33). See the owner's manual for your Varia device for more information.