

Download Garmin Forerunner 310xt Manual

Forerunner 310XT Owner's Manual Swimming with Your Include Forerunner The Forerunner is waterproof to Start 50 m for surface swimming. Use the timer to record your swim time. Page 26: Using The Countdown TimerGarmin ©, the Garmin logo, Forerunner , ... Forerunner 310XT Owner's Manual 9 Getting Started Activity Class Chart Training Description Training Frequency Training Time Per Week 0 No exercise - - 1 Occasional, light exercise Once every two weeks Less than 15 minutes 2 15 to 30 minutesForerunner 310XT Owner's Manual Caring for the Heart Rate Monitor noTe: Unsnap the module before cleaning the strap. Page 44 Manual Calibration If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor. Forerunner 310XT Owner's Manual mode > select Settings > Foot Pod.Garmin Connect Community for tracking, analyzing and sharing Garmin Express Maps and software to manage your devices Connect IQ Free watch faces, apps and more