

Watch Controls

1 - Touchscreen

- Tap to choose an option in a menu.
- Tap to open the glance to view more data.
- Swipe up or down to scroll through the glance loop and menus.



Watch Controls

2 - LIGHT

- Press to turn the watch on.
- Press to turn the backlight on and off.
- Hold to view the controls menu for quick access to frequently used functions.



Watch Controls

3 - UP

- Press to scroll through the glances, data screens, options, and settings.
- Hold to view the menu.
- Hold to manually change sports during an activity.



Watch Controls

4 - DOWN

- Press to scroll through the glances, data screens, options, and settings.
- Hold to open the music controls ([Music](#)).



Watch Controls

5 - START · STOP

- Press to start and stop the activity timer.
- Press to choose an option or to acknowledge a message.



Watch Controls

6 - BACK

- Press to return to the previous screen.
- Press to record a lap, rest, or transition during an activity.



How I Use a Garmin

Data Recording

- Smart
- Every Second

GNSS Settings

- GPS Only
- All Systems
- All + Multi Band

Auto Lap

- On/
- Off



Chest vs Wrist Based Heart Rate Monitoring



VS.



Optical Heart Rate Monitoring

Optical heart rate sensors work by using lights that can measure small changes in blood volume in the capillary layer just below the epidermis (outermost of the three layers that make up the skin) as blood flows through the wrist area. This information is stored for either all-day heart rate analysis or recorded activity analysis on the watch.

Advantages of Using a Built-in Optical Heart Rate Sensor

- Convenient for all day monitoring
- Does not require an additional accessory
- Can provide Advanced Sleep Monitoring on compatible watches

Chest Strap Heart Rate Monitoring

A chest strap features a module and contact patches that can detect and measure your pulse via electric signals emitted by your heart. This information is then transmitted to a connected device that records the data during an activity.

Advantages of Using a Chest Strap Heart Rate Monitor

- Can give greater accuracy in activities with lots of motion
- Compatible straps can provide additional Running Dynamics data to compatible watches
- Compatible straps can provide compatible watches with heart rate data for activities where wearing a watch is not possible or the watch does not support optical heart rate for swimming activities

Training Status

What is Training Status?

A longer-term perspective to show how training is going.
Not a label on your run for the day.

How does it work?

Training Status interprets changes in fitness relative to trends in training volume and composition.

1. Acute Training Load
2. VO₂ Max
3. HRV Status

Best Practices

1. Wear the device as much as possible.
2. Combine a chest strap heart rate monitor for more accurate data during activities.



Training Status

Status	Interpretation
Peaking	You are achieving ideal competitive form. Your fitness is increasing despite a recent reduction in overall load. This can occur during the tapering phase of a training program, where earlier work has set the stage for success.
Productive	Your fitness is generally increasing because of effective training efforts. If you aren't running or cycling regularly, your training may still be considered productive if your HRV status remains balanced during heavier training periods.
Maintaining	Your efforts are challenging enough to support your current fitness level without clear evidence of increasing it. Your load focus may supply clues on how to jumpstart progress towards better performance.

Training Status

Status	Interpretation
Strained	Your performance ability is currently limited with inadequate recovery as a probable cause. This can occur, for example, during periods of unusually high training load. Alternatively, health and lifestyle factors may be interfering with your ability to bounce back from strenuous activities. Consider taking it easy until your body catches up.
Unproductive	Your fitness appears to be declining but not necessarily because of excessive training loads. If your load focus is optimally balanced, it may be time to evaluate other factors like nutrition, daily stress, and sleep quality.
Overreaching	Your acute training load is significantly higher than normal and your body is struggling to keep up. This may be reflected in decreasing performance or a low/unbalanced HRV status.

Training Status

Status	Interpretation
Recovery	Your activities are less challenging than normal and your fitness level is either holding steady or slightly decreasing.
Detraining	Your fitness level is decreasing because of an extended break from regularly challenging activities.
No Status	Your device does not have enough information to understand your situation.
Paused	You have paused the training status in your device settings.

Acute Training Load

Exercise load describes the strenuousness of a single activity.

Acute load tracks the combined physiological impact of your recently recorded activities.

This is achieved by using a weighted moving average designed to reflect the strain placed on your body on a weekly basis. Record a new activity, and the resulting load is added in full to your current acute load. The influence of that activity then gradually expires during the next 10 days, and the combined total load is normalized to reflect a 7-day window.



Training Status - VO₂ Max

Your Garmin watch reliably estimates your VO₂ max by identifying, analyzing and interpreting meaningful performance data during your run. The pace you are running is placed into the context of how hard your body is working to produce your performance. Mostly, the relationship between internal and external workloads (intensity of effort versus the pace you are running) is linear and stable.

Smart analytics capable of recognizing good data ensure that only the most meaningful parts of your performance are used to evaluate your fitness level. You just run as you normally would, without the need for any special fitness testing protocols. Treadmill runs won't register a VO₂ Max.



HRV Status

HRV is a great indicator of the balance between the activity of the two branches of the autonomic nervous system, and therefore it's an indirect measurement of stress.

Higher HRV means lower stress. Lower HRV means higher stress. When doing a big workout, it is ideal to be in a “balanced” state. A low HRV may be indication of a sickness or overtraining.



Training Readiness

Training readiness is a top-line insight designed to help you maximize training efficiency. This insight is achieved with the help of a multi-layered analysis that considers combinations of activity and lifestyle data. Your training readiness is classified from poor to prime with low, moderate, and high in between.

Measured using:

1. Sleep Score
2. Recovery Time
3. Acute Training Load
4. HRV Status
5. Sleep History
6. Stress History



Performance Condition

For a real-time assessment of your current ability to perform, look at your performance condition. During the first 6 to 20 minutes of your run, this metric analyzes pace, heart rate and HRV. The resulting number is a real-time assessment of the deviation from your baseline VO2 max, with each point on the scale representing about 1% of your VO2 max. The higher the number, the higher you can expect to perform.

- Scale ranges from -20 to +20
- Changes in real-time during run
- Needs first 6-20 minutes of the run to calculate out score



Recovery Time

The recovery time feature available on many Garmin GPS watches provides scientifically personalized insight into how long it will be before you are fully recovered. When your timer hits zero, it means you are ready to gain the maximum benefit from your next hard fitness-improving (i.e., training effect: 3.0+) type workout.

This does not mean don't do anything for 48 hours, but aim to keep your training effect scores at 3.0 or lower over the next 48 hours.

Good rest can help improve your recovery time, while high stress can extend your recovery time.



Training Load Focus

During your activity with compatible devices, your performance is analyzed in real time to reveal the physiological impact of your activity and to understand the underlying efforts that produce it. This is achieved through understanding how various intensities and changes in intensity support and trigger adaptations in your body.

- 4 week measurement of exercise load
- Anaerobic
- High aerobic
- Low aerobic
- Single activities can have an impact on anaerobic and one aerobic type, but never both aerobic types.
- Optimal ranges given for each training type.



Training Load Focus - Anaerobic

Anaerobic training load (purple): The number on the top row and accompanying colored bar show how much of your training load during the past 4 weeks was the result of anaerobic efforts. The key to increasing your anaerobic training load is doing activities that get your heart rate up quickly. These are typically high-intensity bursts of effort that are sustained for anywhere from several seconds to a couple of minutes at a time, mixed with low- to moderate-intensity recovery intervals during which your heart rate declines. Incorporating HIIT sessions into your program is a good way to make sure you get enough of your training load from anaerobic efforts.



- **Key example:** Sprint interval runs



Training Load Focus - High Aerobic

High aerobic training load (orange): The number on the middle row and accompanying colored bar reveal how much of your training load of the past 4 weeks was the result of sustained moderately high- to high-intensity activity. This is the strain that accumulates during efforts where your heart rate was significantly elevated and you maintained that high level of intensity for a few minutes up to – in some cases – more than 30 minutes.

- **Key example:** Tempo runs



Training Load Focus - Low Aerobic

Low aerobic training load (light blue): The bottom number and accompanying colored bar shows how much of your training load during the past 4 weeks was produced during sustained low-intensity efforts. This is the portion of your training load that accumulates during “conversational pace” efforts, meaning you are working but still able to talk and maintain a conversation.

- **Key example:** Long slow runs



Aerobic Training Effect

Training effect uses your heart rate to measure the accumulated intensity of exercise on your aerobic fitness.

- Develops aerobic energy production
- Utilizes fat for energy
- Provides endurance and stamina
- Offers prolonged performance capacity
 - No Benefit: 0 - 0.9
 - Minor Benefit: 1.0 - 1.9
 - Maintaining: 2.0 - 2.9
 - Improving: 3.0 - 3.9
 - Highly Improving: 4.0 - 4.9
 - Overreaching: 5.0



Anaerobic Training Effect

By analyzing both heart rate and speed, the anaerobic training effect feature quantifies the anaerobic contribution to EPOC made during these periods of exertion.

- Develops anaerobic energy production
- Includes sprinting abilities
- Provides fatigue resistance
- Offers maximal performance capacity
 - No Benefit: 0 - 0.9
 - Minor Benefit: 1.0 - 1.9
 - Maintaining: 2.0 - 2.9
 - Improving: 3.0 - 3.9
 - Highly Improving: 4.0 - 4.9
 - Overreaching: 5.0



Primary Benefit

Along with providing aerobic and anaerobic scores, your device can also determine the primary benefit of the activity.

- Anaerobic (Speed)
 - Sprint
 - Anaerobic Capacity
- High Aerobic (Strength)
 - VO2 Max
 - Threshold
 - Tempo
- Low Aerobic (Easy)
 - Base
 - Recovery



Daily Suggested Workouts

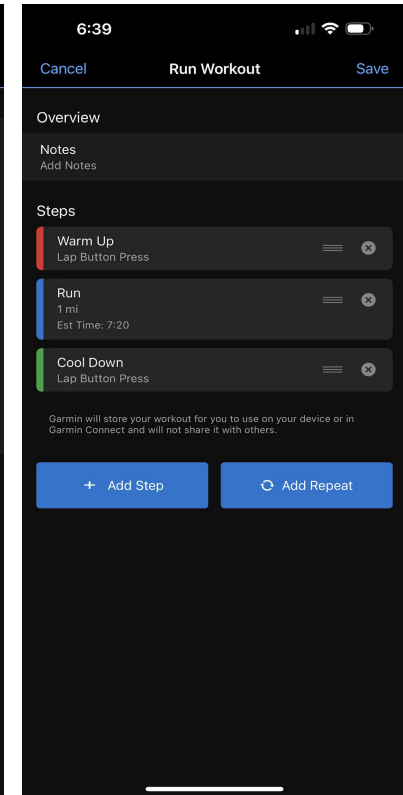
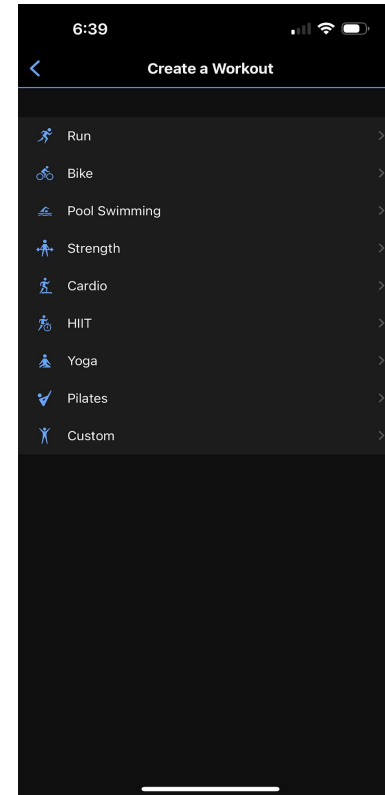
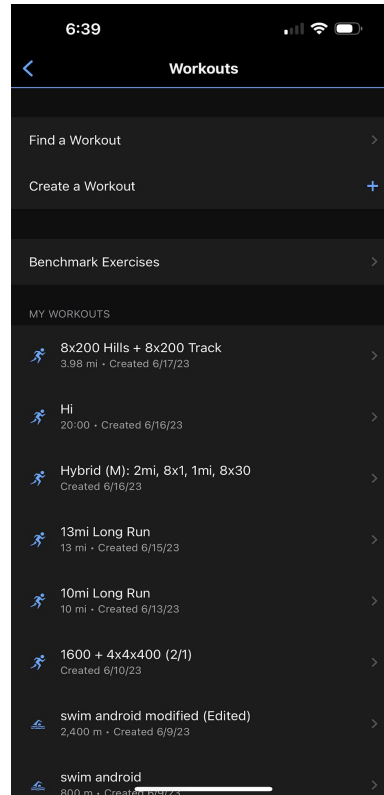
The broad goal of these suggested workouts is to help you improve your fitness level (VO2 max), which translates into aerobic performance capacity. Furthermore, regularly performing suggested workouts will help you achieve an optimal training load with varied efforts ideally balanced for your development.

Each workout suggested is designed to provide an appropriate level of challenge while satisfying a specific need or improving a particular aspect of performance. Depending on the capabilities of your Garmin device, some or all of the following factors will be considered when generating your suggested workout: current training load, load focus, recovery time, sleep data and the profile of recently performed workouts.



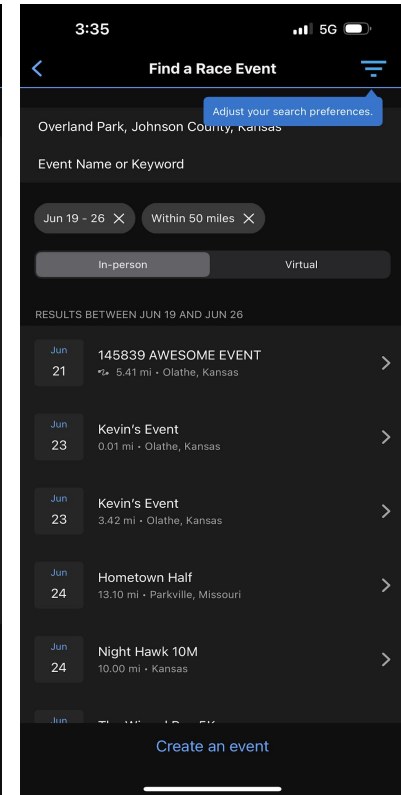
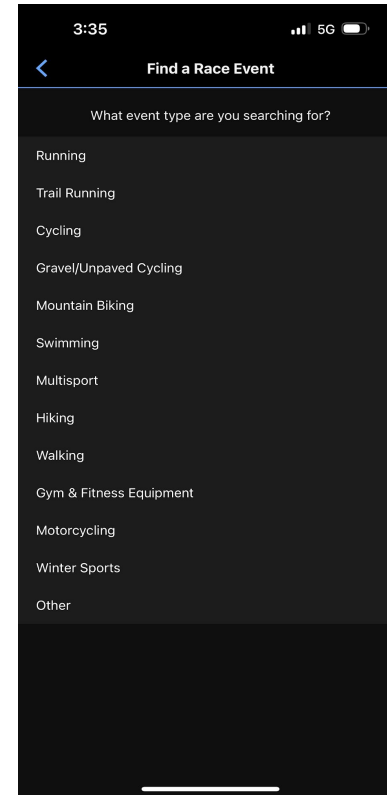
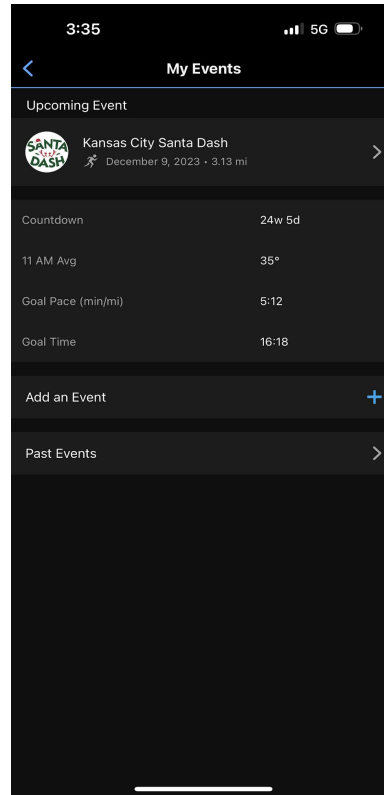
Find or Create Workouts

1. Training & Planning
2. Workouts
 - a. Find a workout
 - b. Create a workout
3. Garmin Clipboard can be used for coaches to push workouts to you.



Find or Create Events

1. Training & Planning
2. Races & Events
3. Add an Event
 - a. Find an event
 - b. Create an event



Adding a Course

1. Click three dots in top right.
2. Click either “Send Course to Device” or “Save to My Courses”.
3. Have to have a compatible device.
4. You can also build a course if you would like and share it with others.

