

## 1 2 3 Charge the Battery

Before you can use your new Forerunner, you must charge the battery for three full hours.

### To charge the Forerunner:

1. Turn the Forerunner over and remove the weather cap from the USB port on the back of the unit.
2. Locate the A/C Charger that came in the product box. Plug the mini USB end of the charger into the USB port on the unit. Then plug the A/C charger into a standard wall outlet.



Weather Cap



When the battery is finished charging, the Battery Charging Complete message appears.

When the battery is finished charging, you should be able to use it for about 14 hours before recharging. You can also recharge the Forerunner using the USB cable and your personal computer. See the *Owner's Manual* for more information.

## 1 2 3 Position the HR Monitor

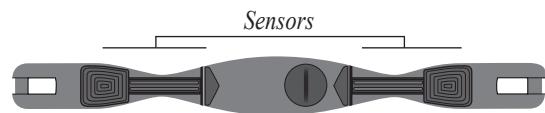
The heart rate (HR) monitor should be worn directly on your skin, just below the breastplate. It should be snug enough to stay in place during your workout. When positioned correctly, the Forerunner begins receiving heart rate data automatically, and the heart rate icon changes from flashing  to constant . Be sure to stand at least six feet away from another heart rate monitor until the Forerunner begins receiving heart rate data.

### To position the heart rate monitor:

1. Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.



2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.



3. Attach the strap to the other side of the heart rate monitor around your chest.
4. Tighten or loosen the strap as necessary.



**NOTE:** Be sure to position the heart rate monitor so that the lettering on the front is right-side up.

## 1 2 3 Acquire Satellites

Acquiring satellite signals may take as long as 15 minutes the first time you use the Forerunner (or if stored for more than 3 months). For troubleshooting information, refer to the *Owner's Manual*.

### To acquire satellite signals:

1. Go outdoors to an open area, away from tall buildings and trees. Then press and hold the **Power**  button to turn on your Forerunner 301.
2. Wait while the Forerunner 301 searches for satellite signals. As the unit acquires signals, the bar fills from left to right, and the Satellite icon  flashes. When the Forerunner 301 has acquired enough signals, the bar fills completely and disappears, and the Satellite icon  stops flashing.

*After you charge the battery and acquire satellites, you can take your Forerunner 301 outside and immediately begin your workout!*

## Choose Your Sport

### To change your sport mode:

1. Press and hold the **mode** button. The Change Sport menu appears.
2. Use the **▼** or **▲** arrows to highlight a sport. Then press **enter** to select.



## Enter User Information

Set your time zone and user profile so that the Forerunner 301 can record accurate workout data.

### To set your time zone and user profile:

1. Press **mode** to access **Menu mode**.



Menu Mode

2. Press **▼** to highlight **Settings** and press **enter**. Then highlight **General** and press **enter**.
3. Highlight **Set Time** and press **enter**.
4. Highlight the **Time Zone** field and press **enter**. Choose the correct time zone from the menu and press **enter**.
5. Press **mode** one time to return to the **General** settings page.
6. Scroll down to highlight **Set User Profile** and press **enter**.
7. Highlight the **Gender** field and press **enter**. Then choose your gender from the menu that appears and press **enter**.
8. Continue to press **▼**, **▲**, and **enter** to change the **Date of Birth** and **Weight** fields. When you are finished, press **mode** repeatedly to exit.

## Start Your Workout

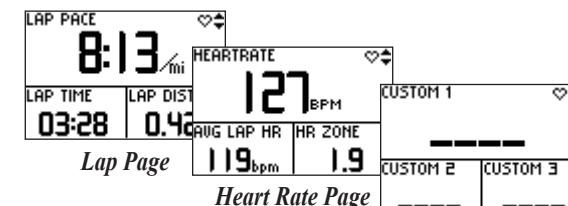
To begin your workout, press the **mode** button to view the Timer mode.



Timer Mode

### While training:

- Press **start/stop** to start or stop the timer.
- Press **lap** to lap the timer.
- With the timer stopped, press and hold **reset** until the message disappears to reset the timer.
- Press and hold **mode** to change sports.
- From Timer mode, press the **▲** and **▼** arrows to view other data pages: the Lap page, Heart Rate page (appears when receiving heart rate data), and Custom page. See the *Owner's Manual* to set these data pages to scroll automatically.



Custom Page

## Using the Heart Rate Page

From Timer mode, press the ▲ or ▼ **arrows** to view the Heart Rate page. When you are wearing the heart rate monitor, this page displays your current *heart rate zone* to help you determine the intensity of your workout. For more information on training with heart rate zones, refer to the *Owner's Manual*.

## Using Alerts

You can set distance, time, pace/speed, or heart rate alerts to help you achieve your training goals. For more instructions on setting alerts, refer to the *Owner's Manual*.

### To set a distance alert:

1. Press **mode** to access Menu mode. Then highlight **Training Assistant** and press **enter**.
2. Select **Alerts**. Then select **Time/Dist Alert**.
3. Highlight the **Distance Alert** field and press **enter**. Then choose **Once or Repeat** to set the alert to appear one time or repeatedly.
4. Highlight the **Alert At** field and press **enter**. Choose a preset distance from the menu or choose **Custom** and press **enter**.
5. If you chose **Custom**, enter a time or distance using the ▲ and ▼ **arrows** and **enter**. Then select **OK**.
6. Press **mode** repeatedly to exit.

## Auto Lap™ and Auto Pause™

You can set the Forerunner 301 to lap automatically after a certain distance or to pause automatically when your pace/speed drops below a certain value.

### To turn on Auto Lap:

1. Press **mode** to access Menu mode. Then highlight **Training Assistant** and press **enter**.
2. Highlight **Auto Pause/Lap** and press **enter**.
3. Highlight the **Auto Lap Trigger** field and press **enter**. Then choose **On** and press **enter**.
4. Select the **Lap Distance** field and choose a distance from the menu or choose **Custom**.
5. If you chose **Custom**, enter a distance to trigger the automatic lap.
6. Press **mode** repeatedly to exit.

### To turn on Auto Pause:

1. Press **mode** to access Menu mode. Then highlight **Training Assistant** and press **enter**.
2. Highlight **Auto Pause/Lap** and press **enter**.
3. Press **enter** to open the **Auto Timer Pause** menu. Then choose **On** and press **enter**.
4. Select the **Pause When** field and choose **Stopped** or **Custom**.
5. If you chose **Custom**, enter a pace or speed to trigger the automatic pause.
6. Press **mode** repeatedly to exit.

## Virtual Partner™

Virtual Partner  is a unique tool designed to help you meet your training goals. It graphically displays your goal pace/speed compared to your current pace/speed. To complete your workout and meet your goal, stay ahead of the Virtual Partner.

### To set up a Virtual Partner workout:

1. Press **mode** to access Menu mode. Then highlight **Training Assistant** and press **enter**.
2. Highlight **Virtual Partner** and press **enter**. Then choose an option according to how you want to set up your workout.
3. Highlight each field and enter a distance, time, or pace/speed.
4. Highlight **Done** and press **enter**. Press **start** to begin your workout.

## Reviewing Workout History

The Forerunner 301 automatically saves every workout in memory for up to two years.

### To view workout history:

1. Press **mode** to access Menu mode. Then highlight **Run History (Bike History/Other History)** and press **enter**.
2. Highlight **By Day** and press **enter**. Then highlight a workout in the list. A summary of that workout appears at the bottom of the page.
3. To view more details about a workout, highlight it and press **enter**.

## Advanced Workouts

The Forerunner 301 allows you to build advanced workouts, including varied distances, rest laps, and training goals. You can build the workouts on your Forerunner or with the included Garmin Training Center™ software, which allows you to plan ahead by creating and scheduling workouts in advance. For more information on advanced workouts, see the *Owner's Manual* or the Garmin Training Center software.

## Garmin Training Center™

Use the Garmin Training Center software on your personal computer to plan your workouts before you run and analyze them afterwards. With Garmin Training Center, you can build and schedule advanced workouts and send them to your Forerunner. You can also view your workout history, complete with maps and graphs of your performance. Install Garmin Training Center from the CD that came in the product box. For help using Garmin Training Center, click the **Help** menu in the software or press **F1** on your keyboard.

## Troubleshooting

If the Forerunner freezes (stops responding to button presses), press **Power** while pressing and holding **reset** to reset the unit. If you have trouble acquiring satellite signals or using the heart rate monitor, refer to the *Owner's Manual* for troubleshooting information.



# Forerunner® 301 Quick Start Guide



- 1 **Power**  Press and hold to turn unit on/off. Press to turn backlight on/off.
- 2 **mode** Press to view Timer/Menu modes. Press and hold to change sports.
- 3 **reset/lap** Press and hold to reset timer. Press to lap timer.
- 4 **enter start/stop** Press to select options. Press to start and stop timer.
- 5 **up/down** ▲▼ Press to highlight options. Press to scroll through data pages.

**Step by Step Instructions**  
to get you started →