To charge the Forerunner:
1. Press and hold the Power button. The Change Sport bar appears.
2. Use the < or > arrows to change sports. Then press enter to select.

To set your time zone and user profile:
1. Press mode to access Menu mode.
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 > arrows to change the Date of Birth and Weight fields. When you are finished, press mode repeatedly to exit.

Enter User Information

Heart rate detected

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

Start Your Workout

Choose Your Sport

To view the Timer mode.

Heart rate detected

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.
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.

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.

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 until the Forerunner begins receiving heart rate data.

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**Using the Heart Rate Page**

From Timer mode, press the **A** or **V** 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. Highlight Distance Alert and press enter. Then choose On or Off and press enter. Choose a distance to set an alert. Then select OK.
3. 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 and press enter.
3. Highlight the Auto Pause field and press enter. Then choose On and press enter.
4. Select the Pause 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 Lap:**
1. Press mode to access Menu mode. Then highlight Training Assistant and press enter.
3. Select the Lap Distance field and choose a distance from the menu or choose Custom.
4. If you chose Custom, enter a distance to trigger the automatic lap.
5. 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. 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.

**Advanced Workouts**

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.