TomTom Runner & Multi-Sport Reference Guide

1.8

Contents

Welcome

This Reference Guide explains everything you need to know about your new TomTom GPS Sports Watch.

If you want a quick read of the essentials, we recommend that you read the Getting started page. This covers downloading TomTom MySports Connect and using the desk dock.

After that, if you have a smartphone, you will probably want to download the TomTom MySports app for free from your usual app store or by going to tomtom.com/app.

Important: Before using the MySports app on your smartphone, you need to link your watch to your MySports account using a computer. This needs to be done only once.

For information about what you see on the watch, go to:

Here are some good starting points:

- What's new in this release
- About your watch
- Starting an activity
- Training programs
- Settings

Tip: There are also frequently asked questions (FAQs) at tomtom.com/support. Select your product model from the list or enter a search term.

We hope you enjoy reading about and, most importantly, achieving your fitness goals using your new TomTom GPS Sports Watch!

What's new

New Freestyle activity type

For TomTom Multi-Sport owners, you can select a freestyle, GPS enabled activity type for any non-running, cycling or swimming activities, so you keep a clean history/totals for the main activity types.

To learn more, go to About activities in this guide.

New Race This Feature

Race against a specific activity using the MySports **Race this** button.

To learn more, go to Race in this guide.

Getting started

Before you start training, it's a good idea to charge your watch, download any software updates and download QuickGPSfix.

Note: QuickGPSfix helps your watch get a GPS fix and find your location quickly.

1. Download TomTom MySports Connect from tomtom.com/getstarted/sports and install it on your computer. TomTom MySports Connect is available for free.
2. Place your watch in the desk dock and connect the dock to your computer.
   Follow the instructions that TomTom MySports Connect gives you.

After your watch is charged, you can start your first activity.

Tip: Your watch is fully charged when the battery animation stops moving and shows a full battery.

You should connect your watch to your computer regularly to charge it, upload activities, download software updates and download QuickGPSfix information.

Battery life

When the battery is fully charged, your watch can be used for up to 10 hours of activities that need GPS reception, such as running and cycling. The battery is used more quickly if you use the backlight on your watch frequently or all the time, or connect the watch to sensors, such as the Heart Rate Monitor or Cadence Sensor.

The following tips will help your watch go longer on a battery charge:

- Turn off night mode and touch the screen to turn on the backlight only when you need it.
- Turn off sensors that you are not using. Your watch keeps searching for sensors even if you are not using a sensor.

TomTom MySports app

Important: Before using the MySports app on your smartphone, you need to link your watch to your MySports account using a computer. This needs to be done only once.

You can download the TomTom MySports app for free from your usual app store or by going to tomtom.com/app.

To learn more, go to TomTom MySports mobile app in this guide.

Pairing your watch with your phone

To learn more, go to Phone in this guide.

Your watch

About your watch

When you use your watch, you start from the clock screen. This screen shows the time and date. The hour number is shown slightly dimmed and the minutes are shown brighter so you can see the precise time more clearly.

Use the button to move up, down, left or right to other screens on your watch.

1. Left - opens the Status screen.
2. Down - opens the Settings menu.
3. Right - opens the Activities menu.
4. Up - from the clock, moving up doesn't open another screen.
5. GPS receiver. While you train, the GPS receiver should face upwards.
6. Touch this area of the screen to turn on the backlight.

The clock screen shows the time and date. You can choose to show the time in 12 hour or 24 hour format by moving down to open the Settings menu, then selecting **Clock**.

Using your watch

Move up or down to select items in a menu.

Move right to select an item and open the menu for that item.

Move left to exit a menu.

To select an option in a menu, make sure it is highlighted when you leave the menu. Your watch remembers the option you highlighted.

If an option in a menu switches on and off, move right to change the setting.
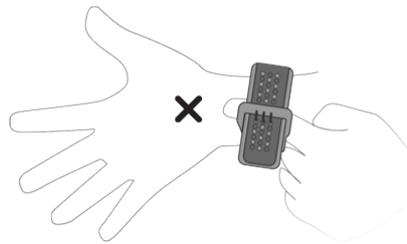
Wearing your watch

Built-in Heart Rate Monitor

The built-in Heart Rate Monitor in the TomTom Runner Cardio and the TomTom Multi-Sport Cardio uses the reflection of light through the skin to pick up your heartbeat. The way you wear your watch is important because it can affect the performance of the Heart Rate Monitor:

- Wear the watch in the normal way, with the watch face on top of your wrist and the bottom of the watch touching your skin, away from the wrist bone.
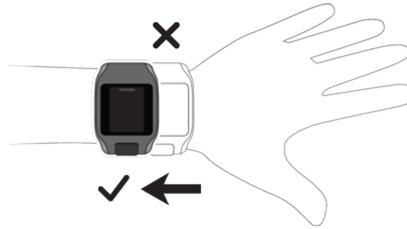
- Do the strap up so that it is tight to your wrist without being uncomfortable.

- You get the most accurate results from the heart rate monitor when you are warmed up.

Cleaning your watch

It is recommended that you clean your watch once a week if you use it frequently.

- Wipe the watch with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Do not expose your watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the watch's seal, case, and finish.
- After swimming, rinse your watch with tap water and dry it with a soft cloth.

If your watch has a built-in heart rate monitor, also do the following:

- Clean the sensor area and connection pads with mild soap and water as needed.
- Do not scratch the sensor area. Protect it from damage.

The heart rate monitor

If your watch has an integrated heart rate monitor, it can help you train more efficiently.

You can choose to use the built-in heart rate monitor, an external one mounted on your bike handlebars for example, or not to use a monitor at all.

How the monitor works

Your heartbeat is measured by using light to measure changes in your blood flow. This is done on the top of your wrist by shining light through the skin onto the capillary veins just below the skin and detecting the changing light reflections.

The performance of the heart rate monitor is not affected by skin type, body fat percentage or body hair. It IS however affected by how you wear the watch on your wrist and by whether you have warmed up or not.

Using the heart rate monitor

To get the best performance from the heart rate monitor, follow these tips:

- Wear the watch in the normal way, with the watch face on top of your wrist and the bottom of the watch touching your skin, away from the wrist bone.
- Do the strap up so that it is tight to your wrist without being uncomfortable.
- You get the most accurate results from the heart rate monitor when you are warmed up.

Note: The monitor cannot measure your heart rate while you are swimming.

Using the desk dock

You can use the desk dock when your watch is in the wrist strap or you can remove your watch from the wrist strap first.

To remove the watch from the wrist strap, hold the watch in one hand and lift the strap upwards, away from the watch. The wrist strap pops off the front of the watch.

To place your watch in the desk dock, slide the watch into the dock, following the curve of the back of the watch.

To remove your watch from the desk dock, push underneath the screen of the watch. The watch will slide out, following the curve of the back of the watch. Do not lift the watch from the top, as this can damage the desk dock.

Using the bike mount

Note: The bike mount is included with some products and available as an accessory for others.

The bike mount consists of a holder for your watch and a handlebar strap to attach the clip to your handlebars.

To use the bike mount, do the following:

1. Attach the handlebar strap to the back of the holder.

   Tip: The strap has two holes so that it fits different sizes of handlebars. Select the hole that fits your handlebars best.
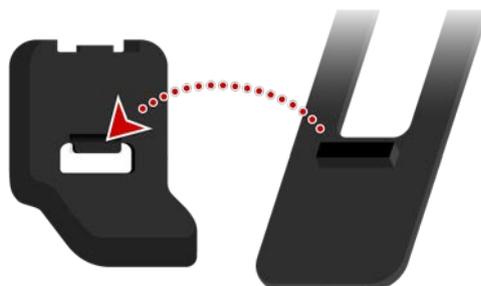
2. Place the strap on your handlebar and wrap it around the bar.

3. Use the clip on the bottom of the holder to attach the handlebar strap to it.
   The strap should now be attached securely around the handlebar.
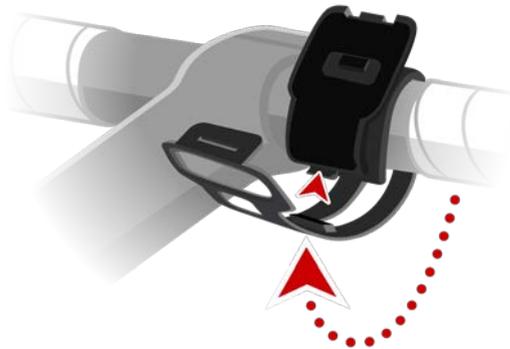
4. Remove your watch from the wrist strap and place it in the holder. Make sure it clips securely into place.

5. Close the handlebar strap over the top of the watch, attaching it to the top of the holder using the clip.

Watch status

From the clock screen, move left to open the status screen.

The status screen shows the following information:

▪ **Battery** - the battery power left on your watch.

   To charge the battery, place the watch in the desk dock and connect the dock to your computer.

▪ **Storage** - the amount of free space available on your watch.

   If you are running out of space, connect your watch to your computer. TomTom MySports Connect transfers the workouts or activities to your computer. You can choose to have activities uploaded automatically to your account on the TomTom MySports website, or another website you have chosen.

   Tip: The history, which is the summary of your workout, remains on your watch.

▪ **QuickGPS** - the status of the QuickGPSfix information on your watch.

   QuickGPSfix helps your watch find your precise location quickly so that you can start your activity. To update the QuickGPSfix information on your watch, connect your watch to your computer. TomTom MySports Connect automatically updates QuickGPSfix on your watch. QuickGPSfix information is valid for three days after you download it.

   These symbols are used to show the status of QuickGPSfix:

✓	QuickGPSfix on your watch is up to date.
⊡ or	QuickGPSfix on your watch is out of date. If the QuickGPSfix information on your watch is out of date, your watch still works as usual. It may, however, take longer to get a GPS fix when you want to start an activity.
⚠	If you see this icon, you are using a very old version of the software and should update your watch as soon as possible.

▪ **Version** - the software version number and serial number of your watch. You may need this information if you contact Customer Support. Every time you connect your watch to your computer, TomTom MySports Connect checks if a software update is available for your watch.

Performing a Reset

Soft reset

A soft reset is performed each time you disconnect your GPS Sports watch from a wall charger or computer.

To perform a soft reset on your watch, follow these steps:

1. Connect your watch to a wall charger or computer.

   Wait until your watch shows a battery symbol.

   If you are using a computer, wait until MySports Connect finishes updating your watch.
2. Disconnect your watch from the wall charger or computer.

   The software on your watch restarts. This performs a soft reset on your watch.

Recovery mode

The recovery mode allows you to reinstall the software on your watch without deleting any personal data and settings.

To perform a reset on your watch using the recovery mode, follow these steps:

1. Connect your GPS Sports watch to your computer and wait until MySports Connect finishes updating your watch.
2. On your watch, move DOWN but keep the button pressed.*
3. Disconnect the USB cable from your computer.*
4. Keep pressing the button until your watch shows a watch connected with a computer and tomtom.com/reset.
5. Release the button and connect the USB cable to your computer.
6. Click **Update** in MySports Connect.

* If the USB port on your computer is not easily accessible, connect the dock to the computer without the watch.   Then move down from the clock screen while you slide the watch into the dock.

Factory reset

Important: When you perform a factory reset in MySports Connect, all personal data and settings, including your export settings for MySports Connect, are deleted from your watch. This action cannot be undone.

You should only use a factory reset as a last resort to restore your watch or if you really want to remove all your data and settings.

A factory reset reinstalls the software on your watch and this removes the following:

- Your activities.
- Your settings on the watch.
- Your settings for uploading activities in MySports Connect.

Important: When you perform a factory reset, do not disconnect your watch before MySports Connect has finished restoring your watch. This takes several minutes. Check any messages shown in MySports Connect and on your watch before you disconnect your watch.

To perform a factory reset on your watch, follow these steps:

1. Connect your GPS Sports watch to your computer and wait until MySports Connect finishes updating your watch.
2. Expand **SETTINGS** in MySports Connect.
3. Click **FACTORY RESET** at the bottom of MySports Connect.

   MySports Connect downloads the latest version of the software for your watch.
4. Keep your watch connected when the window for MySports Connect closes.

MySports Connect installs the software on your watch.

5. Keep your watch connected when the window for MySports Connect opens again.

6. Follow the instructions in MySports Connect to setup your watch.

Note: The settings for exporting and uploading activities in MySports Connect are stored on your watch. If you set up your watch to transfer activities to additional sports websites or file formats, you'll need to set these up again on the UPLOAD & EXPORT tab.

Activities

About activities

In the activities menu, you can start one of the activities available on your watch:

- Run
- Cycle
- Swim
- Treadmill
- Freestyle
- Stopwatch

Note: Not all activities are available on all watches.

When you select **Run**, **Cycle** or **Freestyle**, your watch uses its internal GPS receiver to measure your speed, and to record the route you have taken.

If your watch has a heart rate monitor and the heart rate sensor is set to ON, your heart rate is shown during your activity. This includes running, cycling, treadmill, and freestyle.

When you select **Swim** or **Treadmill**, your watch uses its internal motion sensor to measure your strides on the treadmill, and strokes and turns in the swimming pool. Your watch uses this information to estimate your speed and the distance you have covered.

Select **Freestyle** when you want to do an activity other than running, cycling or swimming. This means that you can keep clean histories and totals for running, cycling and swimming.

Calories for the freestyle activity are based on heart rate. For other activities, calories are linked to that specific sport, but for freestyle, the watch doesn't know which sport you are doing. Therefore when no heart rate measurement is available, calories are not shown for the freestyle activity.

When you select **Stopwatch**, you can use your watch to show elapsed time, mark laps and see times for your current and previous laps.

Starting an activity

To start an activity on your watch, do the following.

1. From the clock, move right.
2. Select one of the activities, then move right.
   - **Run**
   - **Cycle**
   - **Swim**
   - **Treadmill**
   - **Freestyle**
   - **Stopwatch**

   Note: Not all activities are available on all watches.

3. For **Run**, **Cycle** and **FreeStyle** activities, until your watch has a GPS fix, you see the message **Please wait**, and the GPS icon flashes in the bottom left hand corner of the screen. When it's ready to start an activity, your watch shows the message **GO** and the GPS icon stops flashing.

For **Cycle** activities, if you are using a cadence sensor, once your watch is connected to the sensor, your watch shows the message **GO**. The cadence sensor is then used to provide speed and distance information about your activity. Your watch may not have a GPS fix at this point. If you would like to track the route of your activity, wait until the GPS icon stops flashing before starting your activity.

> **Note**: It can take a moment to find your GPS position, especially the first time you use your watch or if the QuickGPSfix information is not up to date. Moving does not speed up getting a fix so stay still and wait until your position has been found.
>
> To ensure good GPS reception, make sure you are outdoors with a clear view of the sky. Large objects such as tall buildings can sometimes interfere with reception.

If your watch has a **heart rate monitor**, you may see a message saying "Warm up" at the start of an activity while your watch gets a GPS position. This is because the monitor performs most accurately when you are warmed up with good circulation in your arms.

From this screen, move in one of these directions to choose an option:

- Right - start your activity, once your watch has a GPS fix.
- Down - select a training program or set the information displayed while you train.
- Up - see your past activities.
- Left - go back to the list of activities.

Move right to start your activity.

4. When you are doing an activity, your watch shows information, such as the distance, time, pace, and heart rate if you have a monitor. Move up and down to change the information that you see.
5. You can pause the activity if you're just taking a break, or stop the activity completely.

For each type of activity, you can select different training programs and select to see different information while you are training.

Pausing and stopping an activity

During an activity, move left to stop the clock and pause your activity.

> **Note**: If the activities screen Lock is on, you see a timer screen when you move left. Hold the button until the timer screen has gone. Your activity is then paused or stopped. You can turn Lock on and off in the Options settings.

To restart the activity again, move right.

To stop the activity completely, move left to pause the activity, then move left again.

Choosing which metrics to display

Before you start an activity you can choose a training program and also decide what information you would like to see as you train.

While you train, three different metrics are available at any one time:

- One main metric is shown in a larger figure in the main part of the screen.
- Two minor metrics are shown in smaller figures at the top of the screen.

Changing the main metric

As you train, you can change the information shown by the larger figure by moving up and down. The text underneath the main metric shows which information is currently being displayed.

Setting the minor metrics

Do the following to choose the information shown by the smaller figures:

1. From the activity start screen, move down to the **Settings** menu.

2. Select **Metrics**, then move right.
3. Select **Display**, then move right.
4. Select **Left** or **Right** to set the metric shown on the left or the right.
5. Select the metric to be displayed from the list.
    The metrics that are available depend on your current activity.

Some examples of metrics available:

- **Pace** - your current pace.
- **Average pace** - your average pace for the current activity.
- **Lap time** - the length of time taken for the current lap.
- **Lap distance**- the distance covered in the current lap.
- **Ascent** - the total you have climbed while cycling. This metric is only available if your watch has a built-in barometric sensor.

> **Tip**: Move left from the clock screen. If your watch has a serial number starting with "HD" or "HF," your watch has a barometric sensor.

- **Gradient** - the degree of slope of the ground on which you are cycling. This metric is only available if your watch has a built-in barometric sensor.
- **Heart rate** - your heart rate. This metric is only available if you have a Heart Rate Monitor connected.
- **Speed, Pace or Both** - for activities other than swimming, you can choose to see speed, pace or both metrics at once.
- **SWOLF** - this metric is only given for swimming activities. The SWOLF score is calculated by adding the time in seconds and the number of strokes you make to swim one length of the pool. SWOLF shows your swimming efficiency. The lower the score, the better. The word SWOLF is a portmanteau of swimming and golf.
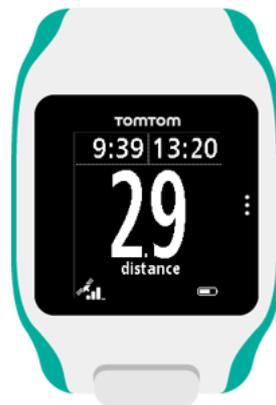
Icons on the screen

The following icons can be shown along the bottom of the screen while you are training:

⚡	This symbol shows the strength of GPS reception. While your watch is looking for GPS satellites, the satellite images flashes.
♥	The heart symbol shows that your watch is connected to a Heart Rate Monitor. When your watch is trying to connect to the Heart Rate Monitor, the heart flashes.
⚙	The chainring symbol shows that your watch is connected to a Cadence Sensor. When your watch is trying to connect to the Cadence Sensor, the chainring flashes.
▭	This symbol shows the battery status.

Settings for Running activities

Before you start an activity you can choose a training program and also decide what information you would like to see as you train.

There are a wide range of metrics that you can choose to see while running including calories, heart, heart rate zone, and distance.

Note: To get help on choosing which metrics you want to see during an activity, see Choosing which metrics to display.

To choose to see just one metric for speed, average speed, pace, or average pace, move down to the **Settings** menu. Select **Metrics**, then move right. Select **Speed**, **Avg. Speed**, **Pace**, or **Avg. Pace**.

To choose to see speed, pace, or both metrics, move down to the **Settings** menu. Select **Metrics**, then move right. Select **Speed**, then move right. Select **Speed**, **Pace** or **Both**.

Settings for Cycle activities

Note: **Cycle** is available on the TomTom Multi-Sport.

You can log your heart rate, speed, and location using the integrated sensors when cycling.

If you want to review your performance while cycling, in the interest of your own safety it is best to mount the GPS watch using the supplied bike mount so that you can keep both hands on the handle bars.

If you want to review your heart rate while cycling, we recommend connecting an optional external heart rate sensor so that you can review your heart rate safely.

Setting the wheel size for use with a cadence sensor

If you are using a cadence sensor, you should set the **Wheel size** setting to increase the accuracy of the metrics provided by the sensor. This setting is the circumference of your rear tire in millimeters (mm).

To set your wheel size, do the following:

1. From the activity start screen, move down to open the **Settings** menu.
2. Select **Wheel size**, then move right.
3. Set the size so it's correct for your rear wheel.

To find the circumference of your rear wheel, you can either measure the wheel yourself using a tape measure or look up the value in an online calculator. For example, on this site you can find the circumference using the diameter of the wheel and the thickness of the tire: www.bikecalc.com/wheel_size_math

For example, if your wheel size is 700c and the tires are 25 mm thick, the circumference is 2111 mm. This is the value you should enter.

Note: To get help on choosing which metrics you want to see during an activity, see Choosing which metrics to display.

Settings for Swimming activities

Note: TomTom Runner Cardio and TomTom Multi-Sport Cardio are water-resistant. You can swim with these watches. However, the built-in Heart Rate Monitor does not work under water.

Before you start a swimming activity, you should check two settings:

▪   The **Pool size** setting for the pool in which you are swimming. This setting is the length of the pool in meters or yards.

- The **Wrist** setting for the wrist you wear your watch on.

As you swim, your watch registers your strokes and the number of turns you make in the pool. To calculate the distance you have swum and your speed, your watch uses the pool size and the number of turns you have made. If the pool size is not accurate, the metrics for your swimming activity cannot be worked out correctly. Your watch needs to know which wrist you wear your watch on so it can register your strokes.

To change the **Pool size** and **Wrist** settings, do the following:

1. From the activity start screen, move down to open the **Settings** menu.
2. Select **Pool size**, then move right.
3. Set the size so it shows the correct length for the pool.
4. Move left to go back to the **Settings** menu.
5. Select **Wrist**, then move right.
6. Change the setting to the wrist on which you wear your watch, if necessary.
7. Move right to go immediately back to the activity screen.

When you select **Swim**, your watch does not use its internal GPS receiver.

To set other metrics, such as strokes, do the following:

1. From the activity start screen, move down to the **Settings** menu.
2. Select **Display**, then move right.
3. Select **Left** or **Right** to set the metric shown on the left or the right.
4. Select the metric to be displayed from the list, such as Strokes or Lengths.

Settings for Treadmill activities

Your height is set on the very first use of your watch. Before you start an activity on the treadmill for the first time, you should check that your height has been set correctly. You can do this in your TomTom MySports account or on your watch.

As you run on a treadmill, your watch registers the number of times you swing your arm back and forth and how quickly. This matches the number of strides you make as you run. Your watch uses your height to calculate the length of your stride, and from this the distance you have run and your pace.

To check your height on your watch, do the following:

1. From the clock, move down to open the **Settings** menu.
2. Select **Profile**, then move right.
3. Select **Height**, then move right.
4. Set your height.

Calibrating your watch for Treadmill activities

The distance measurements your watch makes for Treadmill activities are less accurate than for Run activities. When you run outdoors, your watch uses GPS to measure the distance you cover.

If you calibrate your watch, the distance measurements for Treadmill activities become more accurate.

To calibrate your watch, do the following:

1. During your first Treadmill activity, run for a short time such as 1 m or 1 km, then pause your watch and the treadmill.
   To pause your watch, move left during the activity.
2. On your watch, move down to open the **Settings** menu.
3. Select **Calibrate** then move right.
4. Change the distance to 1 m or 1 km to match the distance shown on the treadmill.
5. Move right to go immediately back to the activity screen.

Calibrating your watch at the end of a Treadmill activity

Every time you finish a Treadmill activity, your watch asks you if you want to calibrate the distance measurement your watch has made with the distance measurement shown by the treadmill.

Select **Yes** to calibrate the distances. If you calibrate the distance, your activity record is more accurate and the metrics for your training are more accurate.

Choosing other metrics to display

> **Note**: To get help on choosing which metrics you want to see during an activity, see Choosing which metrics to display.

To choose to see just one metric for speed, average speed, pace, or average pace, move down to the **Settings** menu. Select **Metrics**, then move right. Select **Speed**, **Avg. Speed**, **Pace**, or **Avg. Pace**.

To choose to see speed, pace, or both metrics, move down to the **Settings** menu. Select **Metrics**, then move right. Select **Speed**, then move right. Select **Speed**, **Pace** or **Both**.

Training programs

About training programs

For each type of activity, the following training programs are available:

- None
- Goals
- Intervals
- Laps
- Zones
- Race

From the clock screen, do the following to see the list of training programs:

1. Move right and then select your choice of activity.
2. Move right.
3. Move down and select **Training**.
4. Move right and choose a training program.

When you select a training program, your watch remembers which program you are using and any options you have selected for that program.

Tip: If you want to start a program immediately after selecting it, move right to go straight to the activity screen.

none

How to get there: Activity screen > Move Down > Training > None

Select this option to do your activity without using a training program. In this mode, your watch records your activity and shows metrics for your activity.

Goals

How to get there: Activity screen > Move Down > Training > Goals > Distance, Time or Calories

Select this option to set yourself training goals.

You can set yourself three types of goals:

- **Distance** - select this option to set yourself a distance to cover in your activity.
- **Time** - select this option to set yourself a duration for your activity.
- **Calories** - select this option to set yourself a number of calories to burn during your activity. The calories burned can be calculated more accurately if you set your profile.

Watching your progress

To see an overview of your progress towards your goal, move right from the activity progress screen.

This screen shows the percentage of your target you have reached and the remaining distance, time or number of calories.

> **Tip**: When running, you can head away from home until your progress reads 50% and then turn and come back again.

Progress alerts

When training to a goal, your watch alerts you at these stages:

- 50%
- 90%
- 100%
- 110%

Intervals

How to get there: Activity screen > Move Down > Training > Intervals > Warmup, Work, Rest, # Sets, or Cooldown.

Select this option to use interval training.

Interval training is short periods of exercise followed by rest. The main aim of interval training is to improve speed and cardiovascular fitness. For example, during a 20 minute walk-jog workout you could do an 8 minute fast walk, followed by 3 sets of 1 minute running and 2 minutes walking, then a 5 minute walk to cool down.

For warm-up, work, rest and cool-down, you can set either a time or a distance. For sets, you choose the number of sets you want to include in your interval training program.

> **Tip**: If you move right after setting the warm-up details, you are then in the right place to set up the rest of that interval set including work, rest, etc.

During interval training, you see an alert for the next stage of interval training:

You see the name of what you are doing and how long this part of the set is in either time or distance.

You are also warned with beeps and buzzes when you need to switch to the next stage in your interval training.

Laps

How to get there: Activity screen > Move Down > Training > Laps > Time, Distance, or Manual.

Select this option to measure your activity against set lap times, distances or by manually recording when you complete a lap.

You can set up your watch to measure laps in three ways:

- **Time** - select this option to set a duration for a lap. After you start your activity, your watch alerts you when the time for each lap passes. If you set a lap time of 1 minute, your watch alerts you each minute and the screen shows the number of laps completed.
- **Distance** - select this option to set the length of a lap. After you start your activity, your watch alerts you whenever you reach the target distance for one lap. If you set a lap distance of 400 m, your watch alerts you after each 400 m you cover and the screen shows the number of laps completed.
- **Manual** - select this option to record yourself when you complete a lap. To mark the end of a lap, touch the right side of the watch screen, in the same place you touch to activate the backlight.

  Your watch shows the number of laps completed and alerts you that a lap is complete.

Zones

How to get there: Activity screen > Move Down > Training > Zones > Pace, Speed, Heart or Cadence.

Select this option to train within a target zone.

You can select from the following training zones, depending on the activity:

- **Pace** - select this option to set your target time per mile or kilometer. You can set your target time and a minimum and maximum above and below the target that you allow yourself.
- **Speed** - select this option to set your target speed and a margin above and below the target that you allow yourself.
- **Heart** - select this option to set your target heart rate using a custom heart rate zone or choose a predefined heart rate zone. For your watch to be able to measure your heart rate, it must be connected to a Heart Rate Monitor.
- **Cadence** - select this option to set your target cadence for your cycling activity. For your watch to be able to track your cadence, it must be connected to a Cadence Sensor. You can set your target cadence and a margin above and below the target that you allow yourself. Not all watches are able to connect to a cadence sensor.

Setting a zone for Heart and Pace

If you want to set up a custom heart rate zone or a pace zone, choose a minimum and maximum as shown below:

Setting a zone for Speed and Cadence

If you want to set up a speed or cadence zone, choose a target value and allowed percentage to deviate as shown below:

Monitoring your progress

From the activity progress screen, move right to see a graphical overview of how close your training is to the zone you set. The graph shows if you are above or below your target zone and by how much, throughout your activity.

You regularly receive alerts to tell you if you are in your zone or outside your zone:

▪ If you are outside your training zone, an alert is played and the screen shows if you are above or below your zone.
▪ When you are back in your training zone, an alert is played and the screen shows a target symbol.

Heart rate zones

Note: For your watch to be able to measure your heart rate, it must be connected to a Heart Rate Monitor.

Your watch uses heart rate zone boundaries based on your age. Using TomTom MySports, you can adapt these heart rate zone boundaries and they are then synchronized with your watch.

To train using a heart rate zone, do the following:

1. Move right from the clock screen and then select your choice of activity.
2. Move right.
3. Move down and select **Training**.
4. Move right and choose **Zones**.
5. Move right and choose **Heart**.
6. Move right and choose from the following heart rate zones:
   - **Sprint** - select this zone when using interval training.
   - **Speed** - select this zone for high tempo training to improve your speed and fitness.
   - **Endure** - select this zone for moderate to high tempo training to improve your lung and heart capacity.
   - **Fat Burn** - select this zone for moderate tempo training that is great for weight loss.
   - **Easy** - select this zone for easy tempo training, mostly used for warm-up and cool down.
   - **Custom** - select this option to set your own minimum and maximum heart rate.

Monitoring progress in a heart rate zone

Note: For your watch to be able to measure your heart rate, it must be connected to a Heart Rate Monitor.

From the activity progress screen, move right to scroll through graphs showing how close your training is to the zone you set. The graph shows if you are above or below your target zone and by how much, throughout your activity.
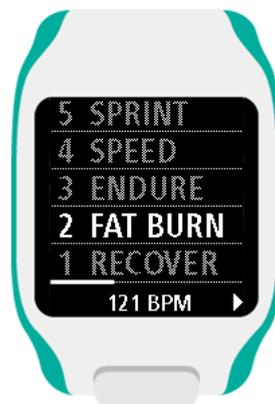
The zone you are using is highlighted in white. Move right to see the heart rate zone summary.
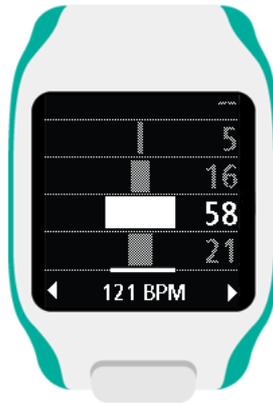
This graph, shown above, is a heart rate zone summary. It shows the percentage of time spent in each zone with your current zone highlighted in white.
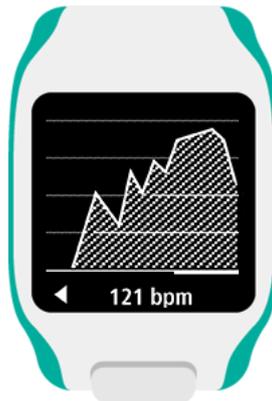
This graph shows your heart rate over the last 2.5 minutes of activity.

Tip: You can view your progress in a heart rate zone even when you are using a Graphical Training Partner like Race or Goal.   During training, from the screen showing a main metric, move right to see the graphical training screen. Move down to see the heart rate zone screens as described above.
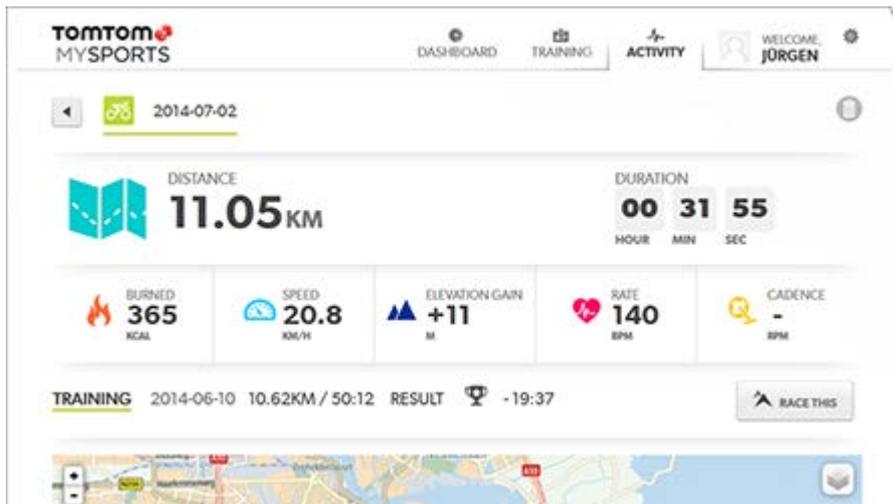
Race

How to get there: Activity screen > Move Down > Training > Race > Recent or MySports.

Select this option to race against one of your ten most recent activities or race against an activity from the MySports website.

Tip: To add more races to the website,   click **RACE THIS** on the activity details page for a particular activity on the MySports website.

The activity or race from the MySports website consists of a distance and a time.

When you use the Race training program, you can see if you are ahead or behind in the race and by how much, as you train.

On your watch, move right from the activity screen to see a representation of the race. The graphics screen shows whether you, as shown by the black arrow, are pacing ahead or behind your previous activity, as shown by the shaded arrow.

The distance at the top of the screen shows the remaining distance in the race, and the distance at the bottom shows how much you are ahead or behind.

Your watch alerts you so you know whether you are in front (#1) or behind (#2) in your race. In this example you are 23 meters (75 ft.) behind your previous activity and you have a remaining race distance of 2.3 kilometers (1.4 mi).

Using the stopwatch

To use the stopwatch, do the following.

1. From the clock, move right.
2. Select **Stopwatch**, then move right.

   Your watch shows an image of a stopwatch and the word "GO."

3. Move right to start the stopwatch.

   The stopwatch starts and shows the elapsed time.

4. To pause the stopwatch, move left. Move right to resume counting.

   Tip: When paused, to see more of your previous laps, move down and move up.

5. To mark each lap, touch the right side of the watch screen while the stopwatch is running, or move right.

   The big number is the total elapsed time of all your laps added together.

   Your current lap time, for example lap 12 below, is shown under the total elapsed time. Your previous laps, here laps 11 and 10, are shown under your current lap.
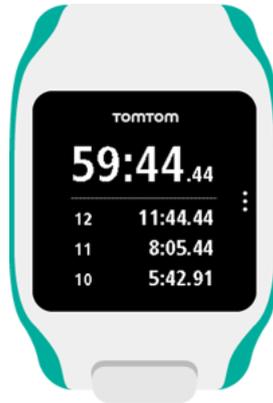
   To see more of your previous laps, move down and move up.

6. To leave the stopwatch activity, move left two times.

   Tip: The stopwatch does not run in the background after you leave the stopwatch activity. No GPS information or activity information is stored.

   Tip: To reset the stopwatch, leave the stopwatch activity and then go back into it again.

Tracking your activities

Whenever you train, your activity is logged by your watch for that type of activity. To see the summary or history of your training for each type of activity on your watch, do the following:

1. From the activity start screen, move up to open the **History** for that type of activity.

2. From the list, select the activity you want to look at. The list shows the date and time you started the activity.

3. Move right.

   Some basic information about the activity is shown. The information available depends on the activity.

Transferring your activities to TomTom MySports

Connect your watch to your computer to transfer details of your activities to TomTom MySports or another sports website that you choose, using TomTom MySports Connect. You can also transfer details about the activity to your computer in several different file formats.

Settings

About settings

From the clock screen, move down to open the **Settings** menu. These settings determine the overall behavior of your watch. For each activity, there are also settings related to that activity.

The following settings are available for your watch:

- Clock
- Sensors
- Phone
- Airplane mode
- Options
- Profile
- Standards

These settings are available for activities:

- Settings for Running activities
- Settings for Cycle activities
- Settings for Swim activities
- Settings for Treadmill activities

Clock

From the clock screen, move down to open the **Settings** menu, then select **Clock** and move right to open the **Clock** menu.

Alarm

Select **Alarm** to turn the alarm on and off and to set the alarm time.

When the alarm goes off, you can choose to stop it or snooze. If you snooze the alarm, it goes off again in 9 minutes.

Time

Select **Time** to set the time on your watch. The time is either set using the 12- or 24-hour clock, depending on the setting for **24HR**.

Date

Select **Date** to set the date on your watch.

24HR

Select **24HR** to switch between using the 12-hour clock and the 24-hour clock to display and set the time. Move right to switch between **ON** and **OFF** for this setting.

Sensors

From the clock screen move down to open the **Settings** menu, then select **Sensors** and move right to open the **Sensors** menu.

You can turn on and off two types of sensors:

- **Heart** - this is a built-in or external heart rate monitor.
- **Bike** - this is a cadence and speed sensor.

Tip: To help your watch last for up to 20% longer on a battery charge, turn off sensors that you are not using. Your watch keeps searching for sensors even if you are not using a sensor.

You can check if a heart rate monitor or sensor is working without having to start an activity. See Testing a heart rate sensor.

Testing a heart rate sensor

You can check if a heart rate monitor or sensor is working without having to start an activity. Do the following:

1. From the clock screen move down to open the **Settings** menu.
2. Select **Sensors** and move right to open the **Sensors** menu.
3. Select **Heart** and move right.

   You see ON, OFF, or EXTERNAL. If the setting is set to ON or EXTERNAL, you see **bpm**, which means that your heart rate is measured in beats per minute.

   You then see either your heart rate shown immediately or dashes which blink to show that your watch is searching for the heart rate sensor.

Tip: When the heart rate is detected, the monitor stays active for another 30 seconds in case you want to start an activity right away.

Phone

For information as to why you should want to pair your watch with your phone or mobile device, see TomTom MySports app.

To pair your watch with a phone or mobile device, do the following:

1. Make sure that your phone or mobile device is close by.
2. On your phone, make sure that Bluetooth is enabled.
3. From the clock screen on your watch, move down to open the **Settings** screen, then select **Phone** and move right.
4. Move right to start pairing.
5. On your phone, start the MySports Connect app and tap to connect.

6. When the name of your watch appears, tap on it.
7. On your phone, enter the pin number shown on the watch, then tap **Pair**.

   Your watch is now paired with your phone or mobile device.

When pairing has been completed, you see a "Connected" message on your watch.

As long as you have the mobile app active or running in the background on your phone or mobile device, the watch automatically tries to connect when it has a new activity to upload or when the QuickGPSfix data is out of date.

If you open the MySports app on your phone and it is trying to connect to your watch, you may need to wake up your watch by moving away from the clock screen. Move down, left or right from the clock screen.

Synchronizing your activities

You can automatically upload your activities to your TomTom MySports account by using this setting.

From the clock screen on your watch, move down to open the **Settings** screen, then select **Phone** and move right.

Select **Sync**. If automatic uploading is currently switched **OFF**, move up or down to switch automatic uploading on.

Airplane mode

From the clock screen on your watch, move down to open the **Settings** screen, select **Airplane mode** and then move right.

Move up or down to switch on airplane or flight mode.

When airplane mode or flight mode is switched on, an airplane icon is shown on the clock screen and all Bluetooth low energy (also known as BLE or Bluetooth® Smart) connectivity is disabled.

To switch airplane mode off, move up or down again.

Options

From the clock screen, move down to open the **Settings** menu, then select **Options** and move right to open the **Options** menu.

Units

Select **Units** to set the distance and weight units used on your watch. You can select any combination of miles or kilometers, and pounds or kilograms.

Click

Select **Click** to set what your watch does as you move through menus. Your watch can do the following:

▪ Make a clicking sound.
▪ Vibrate/buzz for short time.

You can turn both on or off, or turn only one on.

Demo

Select **Demo** to turn the demo mode on and off. In demo mode, your watch behaves as if it has a GPS fix and you are training, even if you are not. Any activities completed in demo mode are not added to your history of activities.

Night

Select **Night** to turn the night mode on or off. If the night mode is on, the backlight comes on and stays on during an activity. When you stop the activity, the light goes off again.

Note: The battery will run down much more quickly than normal if you use the night mode while training.

Lock

Select **Lock** to turn the activity lock function on and off. The lock function prevents your current activity from being paused or stopped if you accidentally move left.

Profile

From the clock screen on your watch, move down to open the **Settings** menu, then select **Profile** and move right to open the **Profile** menu.

Select the following options to set your data in each case:

▪ **Weight**
▪ **Height**
▪ **Age**
▪ **Sex**

Information from your profile is used for the following:

▪ To work out the number of calories you burn during an activity.
▪ To set the target heart rates for you in the heart rate training zones. The zones are worked out by your TomTom MySports account.
▪ To work out your stride length if you are training on a treadmill.

Language

Select **Language** to set the language used for menus and messages on your watch.

Standards

To see certification information on your watch, move down from the clock screen to open the **Settings** menu.

Select **Standards** and then move right to scroll through the certification information.

Adding sensors

About sensors

Sensors are external devices which you can link to your watch to provide information about your activity. Two types of sensors can be used with your watch:

- **External Heart rate monitor** - this measures your heart rate as you train. The external TomTom Heart Rate Monitor is included in some products and available as an accessory for others.
- **Cadence/Speed sensor** - this measures your cadence and speed as you cycle. The TomTom Cadence Sensor is included in some products and available as an accessory for others. TomTom Runner does not support the Cadence Sensor.

Cadence

Cadence measures the rate at which you pedal in revolutions per minute (rpm). In a low gear, you may have a very high cadence but a lower speed. In a high gear, you may have a low cadence but a higher speed. Cyclists train to find the balance between cadence and speed which allows them to cycle as efficiently as possible.

External Heart Rate Monitor

To use the external TomTom Heart Rate Monitor with your watch, do the following:

1. Attach the monitor to the strap.

2. Attach the strap around your chest, so the monitor sits just above the base of your breastbone.

   Make sure the monitor is the right way up so that the word "TomTom" is the right way up for someone standing in front of you.

> **Tip**: Wet the sensors on the inside of the strap before placing it around your chest. This makes it easier for the monitor to pick up your heartbeat.

3. From the clock screen on your watch, move down.
4. Select **Sensors** then move right.

5. Select **Heart**, then move right to turn it on.

6. When you begin an activity, your watch connects to the monitor and you see a heart icon at the bottom of the screen.

♥

When your watch is trying to connect to the monitor, the heart flashes.

If your watch finds more than one monitor the first time it tries to connect to your monitor, your watch doesn't know which monitor to connect to. Move to a place where there are no other monitors within range of your watch.

When you have connected to your monitor once, your watch always reconnects to your monitor.

While you train, you can choose to show your heart rate.

You can also use a training program to train to a target heart rate zone.

You can also use the external Heart Rate Monitor with other Bluetooth® Smart Ready devices and apps. See the documentation that comes with your product or app for more information.

To change the CR2032 battery in the monitor, use a coin to open the back of the monitor. The battery must be recycled or disposed of according to local laws and regulations.

Cadence or Speed Sensor

The TomTom Cadence/Speed Sensor consists of the following parts:

1. Spoke magnet
2. Crankarm magnet
3. Chainstay sensor
4. Cable ties

To use the TomTom Cadence/Speed Sensor with your watch, do the following:

1. Attach the chainstay sensor to the chainstay on your bike, using three of the cable ties provided. Use two ties for the main body of the sensor and one tie for the smaller part of the sensor. You may need to adjust the position of the sensors, so don't tighten the ties completely just yet.

Important: The smaller part of the sensor needs to face the crankarms and should not be attached to the top of the chainstay. You may have to tilt the main body of the sensor towards the wheel depending on your bike. You should make this adjustment after you have attached the spoke magnet.


2. Attach the spoke magnet to one of the spokes on your bike. The magnet should face the chainstay where you attached the chainstay sensor.

3. Adjust the position of the spoke magnet and the chainstay sensor so that when the wheel turns the spoke magnet passes the tip of the main body of the chainstay sensor.

Important: The distance between the chainstay sensor and the spoke magnet should not be more than 2 mm when they pass each other. On some bikes you may have to tilt the main body of the sensor towards the wheel.

4. Attach the crankarm magnet to one of the crankarms on your bike. The magnet should face the chainstay where you attached the chainstay sensor.
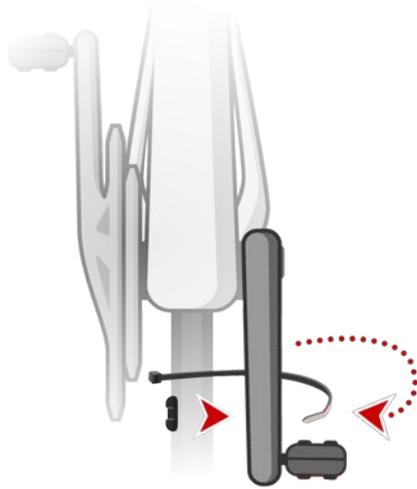
> **Tip**: Make sure the different parts of the Cadence/Speed Sensor are lined up correctly on your bike. The spoke magnet should pass the main body of the chainstay sensor and the crank arm magnet should pass the tip of the sensor.

Once you have adjusted the sensors to the right position, tighten the cable ties so they are held securely in place.

5. On your watch, set the wheel size to help increase the accuracy of the metrics provided by the sensor. The wheel size is the circumference of your tire in millimeters (mm).
6. Move your bike or its crankarm so that at least one of the magnets passes the sensor. This switches on the sensor.
7. From the clock screen, move down.
8. Select **Sensors**, then move right.
9. Select **Bike**, then move right to turn it on.
10. When you begin a workout, your watch connects to the sensor and you see an icon of a chainring at the bottom of the screen.

When your watch is trying to connect to the Cadence/Speed Sensor, the chainring flashes.

The first time your watch tries to connect to your sensor, if it finds more than one sensor, your watch doesn't know which sensor to connect to. Move to a place where there are no other sensors within range of your watch.

When you have connected to your sensor once, your watch always reconnects to your sensor.

When the chainring icon has stopped flashing, your watch is ready to measure your speed and cadence. For proper GPS tracking, wait until the GPS icon has also stopped flashing before you start your cycle activity.

While you train, you can choose to show your current cadence or change the display to see your cadence.

You can also use a training program to train to a target cadence zone.

You can also use the Cadence Sensor with other Bluetooth® Smart Ready devices and apps. See the documentation that comes with your product or app for more information.

To change the CR2032 battery in the sensor, use a coin to open the back of the sensor. The battery must be recycled or disposed of properly according to local laws and regulations.

TomTom MySports account

Your TomTom MySports account is a central storage location for all your training and fitness information.

To create an account, click the button in TomTom MySports Connect, or go directly to the website: mysports.tomtom.com

As you can see from the diagram below, you can transfer your activities to your MySports account using either TomTom MySports Connect or the TomTom MySports app.
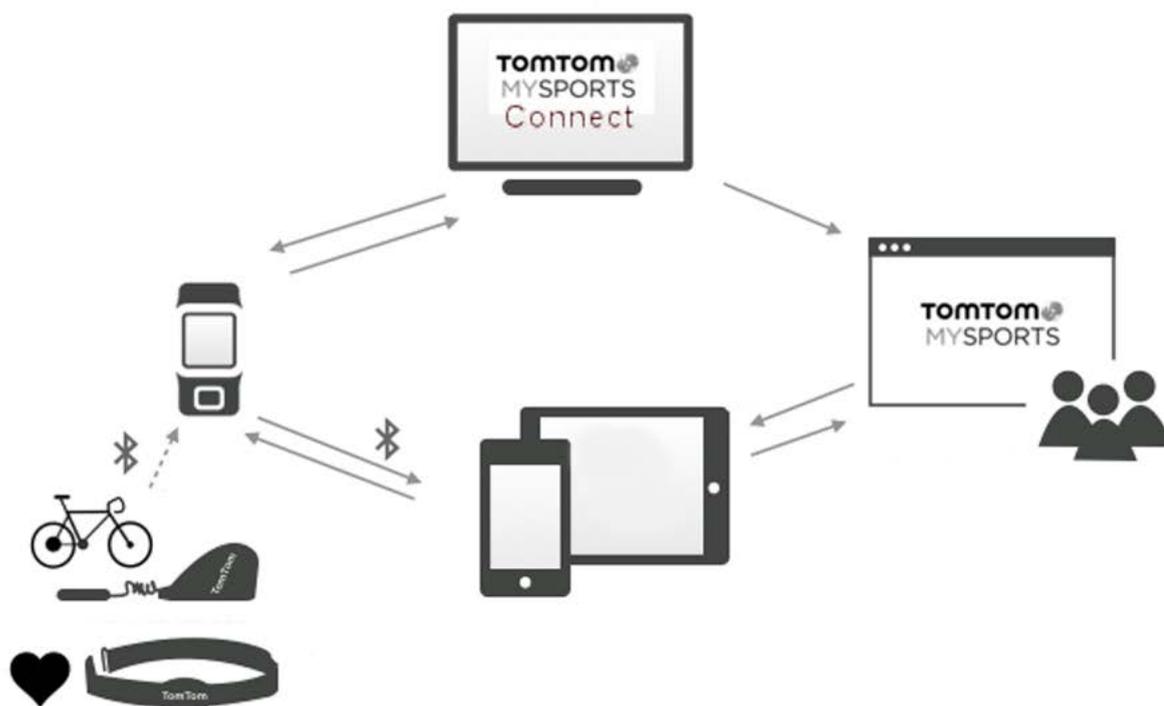
Important: Before using the MySports app on your smartphone, you need to link your watch to your MySports account using a computer. This needs to be done only once.

If you transfer your activities to your TomTom MySports account, you can store, analyze and view your previous activities. You can view the routes you have taken and all the metrics associated with your activities.

Using TomTom MySports Connect on your computer, you can also choose to transfer your activities to your account on other sports websites.

Note: If you use an export file format such as CSV, FIT or TCX files, you should not use the TomTom MySports mobile app to transfer activities to other sports websites. However, any automatic uploads using, for example RunKeeper, will work.

TomTom MySports Connect

TomTom MySports Connect does the following:

- Helps you set up your watch.
- Updates the software on your watch when new versions become available.
- Transfers your activity information to your TomTom MySports account or another sports website that you choose. We can currently transfer activity information to Endomondo, Strava, MapMyFitness and RunKeeper.

  TomTom MySports Connect can also transfer activity information to your computer in a number of file formats.
- Transfers any settings you make on TomTom MySports to your watch.
- Updates the QuickGPSfix information on your watch.

Installing TomTom MySports Connect

You can download TomTom MySports Connect for free from here: tomtom.com/getstarted/sports

Once installed, connect your watch to your computer using the desk dock.

TomTom MySports mobile app

The TomTom MySports mobile app does the following:

- Transfers your activity information to your TomTom MySports account automatically when in range of your phone.

  Note: You cannot use the MySports app to transfer activity information to other sports websites.

- Transfers any settings you make on TomTom MySports to your watch.
- Updates the QuickGPSfix information on your watch.
- Provides an alternative to TomTom MySports Connect for transferring activity information to your MySports account and updating QuickGPSfix.

Supported phones and mobile devices

The TomTom MySports app is supported on the following phones and mobile devices:

- iPhone 4S or later
- iPod touch 5th generation
- iPad3 or later
- All iPad mini.

Before using the TomTom MySports app

Important: Before using the MySports app on your smartphone, you need to link your watch to your MySports account using a computer. This needs to be done only once.

You can download the TomTom MySports app for free from your usual app store or by going to tomtom.com/app.

Addendum

Warning

Always consult a physician before starting an exercise program. If you have a pacemaker or other implanted electronic device, consult your physician before using this product.

The use of this product while exercising might distract from your surroundings or your activity.

How TomTom uses your information

Information regarding the use of personal information can be found at tomtom.com/privacy.

Battery and Environmental information

This product uses a lithium polymer battery that is not user accessible or user replaceable. Do not open the case or (attempt to) remove the battery. Substances in the product and/or battery may be harmful to the environment or your health if disposed of improperly. The battery contained in the product must be recycled or disposed of properly according to the local laws and regulations and always kept separate from household waste.

WEEE directive

The WEEE symbol on the product or its packaging indicates that this product shall not be treated as household waste. In line with EU Directive 2012/19/EU for waste electrical and electronic equipment (WEEE), this electrical product must not be disposed of as unsorted municipal waste. Please dispose of this product by returning it to the point of sale or to your local municipal collection point for recycling. By doing this you will help conserve the environment.

Battery operating temperatures

Operating temperatures: -20°C (-4°F) to 60°C (140°F). Do not expose to temperatures beyond this.

R&TTE directive

Hereby, TomTom declares that TomTom products and accessories are in compliance with the essential requirements and other relevant provisions of EU Directive 1999/5/EC. The declaration of conformity can be found here: tomtom.com/legal.

FCC information for the user

THE DEVICE COMPLIES WITH PART 15 OF THE FCC RULES

Federal Communications Commission (FCC) Statement

This equipment radiates radio frequency energy and if not used properly - that is, in strict accordance with the instructions in this manual - may cause interference to radio communications and television reception.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC ID: S4L8RS00, S4L8RA0

IC ID: 5767A-8RS00, 5767A-8RA0

FCC RF Radiation Exposure Statement

The transmitters within this device must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain with IC RF exposure compliance requirements, please follow the operation instructions in this manual.

Responsible party in North America

TomTom, Inc., 24 New England Executive Park, Burlington, MA 01803

Tel: 866 486-6866 option 1 (1-866-4-TomTom)

Emissions information for Canada

Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Operation is subject to the condition that this device does not cause harmful interference.

This Class B digital apparatus complies with Canadian ICES-003.

The Country Code Selection feature is disabled for products marketed in the US or Canada.

Equipment is certified to the requirements of RSS-210 for 2.4-GHz.

IMPORTANT NOTE

IC Radiation Exposure Statement:

- This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
- This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

Regulatory Compliance Mark

This product displays the Regulatory Compliance Mark (RCM) to show that it complies with relevant Australian regulations.

Notice for New Zealand

This product displays R-NZ to show it complies with relevant New Zealand regulations.

Customer support contact

Australia: 1300 135 604

New Zealand: 0800 450 973

Model names

8RS00, 8RA0

Copyright notices

AES code

The software included in this product contains AES code under Copyright (c) 1998-2008, Brian Gladman, Worcester, UK. All rights reserved.

License terms:

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Binary distributions include the above copyright notice, this list of conditions and the following disclaimer in their documentation.

The name of the copyright holder is not used to endorse products built using this software without specific written permission.

Calorie calculations

Calorie calculations in this products are based on MET values from:

Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. Medicine and Science in Sports and Exercise, 2011;43(8):1575-1581.