

Forerunner[®] 10 Owner's Manual



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Introduction

⚠ WARNING

Always consult your physician before you begin or modify any exercise program.

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Keys



①	💡	Turn on the device. Turn on the backlight.
②	🏃	Start and stop the timer. Select the highlighted menu item.
③	▽	Move to the next item in the menu. Move to the next data page when the timer is running.
④	↶	Go back without making a selection. Mark a lap (page 2).

Getting Started

When you use your Forerunner the first time, complete these steps.

- 1 Charge the device ([page 1](#)).
- 2 Customize your run settings ([page 1](#)).
- 3 Go for a run ([page 1](#)).
- 4 Upload your run to Garmin Connect™ ([page 2](#)).

Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.


- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and press the charger until it clicks.






- 3 Charge the device completely.

Going For a Run


The device comes partially charged. You may need to charge the device ([page 1](#)) before going for a run.


NOTE: The device turns on automatically while charging. If you do not charge the device before going for a run, hold  to turn on the device.

- 1 Select .
- 2  flashes while the device finds your location. When the device finds your location,  displays solid.
- 3 Select **Start** to start the timer.

Time ①, distance ②, calories burned ③, and pace ④ are recorded while the timer is running.




TIP: Select  to view your calories burned and pace.

- 4 Select  to stop the timer after you complete your run.
- 5 Select an option:
 - Select **Resume** to restart the timer.
 - Select **Save** to save the run and reset the timer. You can now upload your run to Garmin Connect ([page 2](#)).
 - Select **Discard** to delete the run.

Using Run and Walk Intervals

NOTE: You must set up the run/walk feature before starting a run. After you start the run timer, you cannot change the settings.

- 1 Select  > **Run Options** > **Run/Walk** > **Turn On**.
- 2 Set the run time for each interval.

3 Set the walk time for each interval.

4 Go for a run.

After you turn on the run/walk feature, it is used every time you go for a run unless you turn it off or enable Virtual Pacer™ (page 2).

Changing Data Fields

You can change the data field combinations for the two pages that appear while the timer is running.

- 1 Select ▾ > **Run Options** > **Data Fields**.
- 2 Select the data field combination to display on the first page.
- 3 Select the data field combination to display on the second page.

Displaying Pace or Speed

You can change the type of pace and speed information that appears in the pace or speed data field.

- 1 Select ▾ > **Run Options** > **Pace/Speed**.
- 2 Select an option:
 - Select **Speed** to display your current speed.
 - Select **Lap Speed** to display the average speed for the current lap.
 - Select **Avg. Speed** to display the average speed for the current activity.
 - Select **Pace** to display your current pace.
 - Select **Lap Pace** to display the average pace for the current lap.
 - Select **Avg. Pace** to display the average pace for the current activity.

Virtual Pacer

Virtual Pacer is a training tool designed to help you improve your performance by encouraging you to run at the pace you set.

Running With Virtual Pacer

NOTE: You must set up Virtual Pacer before starting a run. After you start the run timer, you cannot change the settings.

- 1 Select ▾ > **Run Options** > **Virtual Pacer**.
- 2 Select **Turn On** or **Edit Pace** to set the pace.
- 3 Enter your pace.

After you turn on Virtual Pacer, it is used every time you go for a run unless you turn it off or enable run/walk (page 1).

Using Auto Lap®

You can set your device to use Auto Lap, which automatically marks a lap at every mile (kilometer), or you can mark laps manually. This feature is helpful for comparing your performance over different parts of an activity.

- 1 Select ▾ > **Run Options** > **Laps**.
- 2 Select an option:
 - Select **Auto Lap** > **Turn On** to use Auto Lap.
 - Select **Lap Key** > **Turn On** to use ↶ to mark a lap during an activity.
- 3 Go for a run (page 1).

Pausing Your Run Automatically

You can use Auto Pause® to pause the timer automatically when you stop moving. This feature is helpful if your run includes stop lights or other places where you need to stop.

NOTE: The paused time is not saved with your history data.

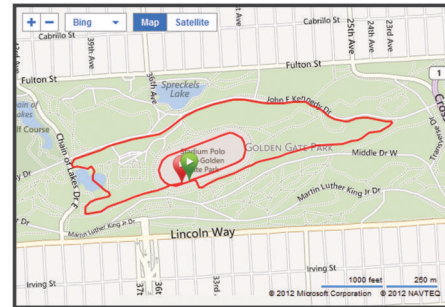
Select ▾ > **Run Options** > **Auto Pause** > **Turn On**.

Garmin Connect

Garmin Connect gives you a simple way to store and track your activities, analyze your data, and share with others. To sign up for a free account, go to www.garminconnect.com/start.

Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including an overhead map view, pace and speed charts, and customizable reports.



Share your activities: You can email your activities to others, or post links to your activities on your favorite social networking sites.

Using Garmin Connect

- 1 Connect the device to your computer using the USB cable (page 1).
- 2 Go to www.garminconnect.com/start.
- 3 Follow the on-screen instructions.

History

You can view your last seven running sessions on your Forerunner, but you can upload and view unlimited running sessions to Garmin Connect. When the memory is full, your oldest data is overwritten.

NOTE: History is not recorded while the timer is stopped or paused.

Personal Records

When you complete a run, the device displays any new personal records you achieved during that run. Personal records include your fastest time over several typical race distances and longest run.

Viewing History and Personal Records

Run history displays the date, time, distance, pace, calories, and lap data. The device also displays your personal record time, distance, and pace over various distances.

- 1 Select ▾ > **History**.
- 2 Select an option:
 - Select **Runs** to view information about your saved running sessions.
 - Select **Records** to view your personal records.

Deleting a Run from History

NOTE: Deleting a run from your device history does not delete it from Garmin Connect.

- 1 Select ▾ > **History**.
- 2 Select **Runs**.
- 3 Select a run.
- 4 Select ✖ > **Discard** > **Yes**.

Deleting Personal Records

- 1 Select ▾ > **History** > **Records**.
- 2 Select a record to delete.
- 3 Select **Clear** > **Yes**.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

- 1 Select ▾ > **History** > **Records**.
- 2 Select a record to restore.
- 3 Select **Use Previous** > **Use Record**.

Appendix

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Avoid chemical cleaners and solvents that can damage plastic components.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, pest repellent, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Always wipe the device dry after cleaning or use, and store it in a cool, dry place.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Device

- 1 Wipe the device with a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

Specifications

Battery type	Non user-replaceable, rechargeable Lithium-ion, 4.2 volts
Battery life	Using GPS 30 minutes per day: up to 10 days Using GPS continuously: up to 5 hours Watch-only: up to 5 weeks
Water resistance	50 meters
Operating temperature range	From -4° to 140°F (from -20° to 60°C)

Settings

To open the device settings, select ▾ > **Settings**.

Alarm: Sets a daily alarm.

Tones: Turns audible tones on or off. You can set tones for keys and alert messages.

Weight: Sets the user weight.

NOTE: Calorie measurement while running (page 1) is most accurate when you enter your weight.

Setup: Sets the time of day, time format, language, and units of measurement.

Setting the Alarm

- 1 Select ▾ > **Settings** > **Alarm**.
- 2 Select an option:

- Select **Edit Alarm** if the alarm is already set and you want to change the time.
 - Select **Turn On** if the alarm is not yet set.
- 3 Set the time, and select **✓** to accept.

Setting the Time Manually

By default, the time is set automatically when the device acquires satellite signals. You can also set the time manually.

- 1 Select ▾ > **Settings** > **Setup** > **Time** > **Set Time**.
- 2 Select an option:
 - Select **Auto** to allow the device to set the time automatically when it is receiving satellite signals.
 - Select **Manual** to set the time manually, and enter the time.

Troubleshooting

Resetting Your Device

If the device stops responding, you may need to reset it.

- 1 Hold **⏻** for at least 15 seconds.
- 2 Hold **⏻** for one second to turn on the device.

Updating the Software Using Garmin Connect

Before you can update your device software, you must have a Garmin Connect account (page 2), and you must connect the device to your computer (page 1).

- 1 Go to www.garminconnect.com.
If new software is available, Garmin Connect alerts you to update the software.
- 2 Follow the on-screen instructions.
- 3 Do not disconnect your device from the computer during the update process.

Getting More Information

You can find more information about this product on the Garmin® website.

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Getting the Owner's Manual

You can get the latest owner's manual from the web.

- 1 Go to www.garmin.com/intosports.
- 2 Select your product.
- 3 Click **Manuals**.

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

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www.garmin.com/support



913-397-8200
1-800-800-1020



0808 238 0000
+44 870 850 1242



1-866-429-9296



+43 (0) 820 220 230



+32 2 672 52 54



+45 4810 5050



+358 9 6937 9758



+ 331 55 69 33 99



+49 (0)180 6 427646



+ 39 02 36 699699



0800 - 023 3937
035 - 539 3727



+ 47 815 69 555



00800 4412 454
+44 2380 662 915



+ 35 1214 447 460



+ 34 93 275 44 97



+ 46 7744 52020

Garmin International, Inc.

1200 East 151st Street
Olathe, Kansas 66062, USA

Garmin (Europe) Ltd.

Liberty House, Hounsdown Business Park
Southampton, Hampshire, SO40 9LR UK

Garmin Corporation

No. 68, Zhangshu 2nd Road, Xizhi Dist.
New Taipei City, 221, Taiwan (R.O.C.)



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