



Polar RS800
User Manual



Contents

1. INTRODUCTION	4
2. RUNNING COMPUTER PARTS	4
3. GETTING STARTED	4
Basic Settings	5
Menu Structure	6
4. PREPARE FOR TRAINING	6
Wear the Transmitter	6
Position the Polar s3 Stride Sensor W.I.N.D.	7
Install Stride Sensor Battery.....	7
Attach Stride Sensor on Shoelaces	8
Attach Stride Sensor in Sole Cavity.....	8
Calibrate the Stride Sensor	8
Calibrate Sensor by Running a Distance (on-the-fly calibration)	9
Set Calibration Factor Manually	9
Plan Your Training	10
Exercise Types	10
Create New Exercises.....	10
5. TRAINING	12
Start Training	12
Information on the Display	12
Symbols on the Display	13
Button Functions During Exercise	15
Take a Lap	15
Lock a Zone.....	15
Zoom the Display	15
Illuminate the Display (Night mode on)	15
View Settings Menu.....	15
Pause Exercise.....	16
Determine Your OwnZone	16
6. AFTER TRAINING	17
Stop Recording	17
Analyze Exercise Results	17
Exercise Log.....	17
Weekly Summary	22
Totals.....	23
Delete Files	23
7. SETTINGS	24
Feature Settings	24
Stride Sensor*	24
Altitude	24
Recording Rate	25
RR Data Function	25
Shoes.....	25
Speed View*	26
Automatic Lap Recording*	26
Heart Rate View	26
Sport Zones	26
User Settings	26
General Settings	27
Sound	27
Keylock	28
Units.....	28

Language	28
Sleep	28
Watch Settings	28
Reminder	28
Event	29
Alarm	29
Time	29
Date	30
Personalize the Running Computer Display during Training	30
Shortcut Button (Quick Menu)	30
8. TRAINING PROGRAM	30
View Program	30
Perform Programmed Exercise	31
Start training	31
Exercise with Phases	32
Views during the exercise	32
Functions During Exercise	32
Lap Menu	33
9. TESTS.....	33
Polar Fitness Test™.....	33
Before the Test	34
Performing the Test.....	34
After the Test	34
Polar OwnOptimizer™	36
General	36
Before the Test.....	36
Performing the Test.....	36
After the Test	37
10.USING A NEW ACCESSORY	38
Teaching	39
Teach a New Transmitter.....	39
Teach a New Stride Sensor	39
11.BACKGROUND INFORMATION	39
Polar sport zones	39
OwnZone Training	41
Maximum Heart Rate	41
Heart Rate Value in a Sitting Position	42
Heart Rate Reserve	42
Heart Rate Variability	42
Running Cadence and Stride Length	43
R-R Recording.....	43
Polar Running Index.....	44
Polar Article Library.....	45
12.CUSTOMER SERVICE INFORMATION	45
Care and Maintenance.....	45
Caring of Your Product.....	46
Service	46
Changing Batteries.....	46
Precautions.....	46
Interference During Exercise	46
Minimizing Risks When Exercising.....	47
Technical Specifications.....	47
Frequently Asked Questions.....	49
Limited International Polar Guarantee	51
Polar Disclaimer	52
INDEX	53

1. INTRODUCTION

Congratulations! You have purchased a complete training system to tailor-fit your training needs. This user manual includes complete instructions on getting the most of your running computer.

COMPLETE TRAINING SYSTEM

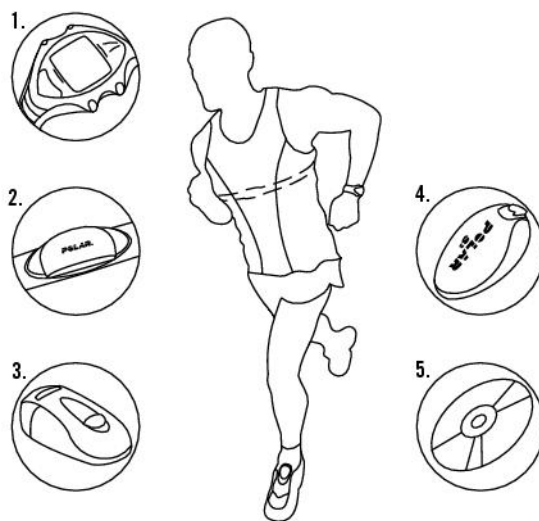
Plan your exercises with Polar ProTrainer 5. Transfer your plans to your running computer.

See detailed information of your exercise. Store your training data for long term follow-up and analysis in the Polar ProTrainer 5.



Your running computer guides you through your exercise and stores your training data. After the exercise, transfer your results to the Polar ProTrainer 5.

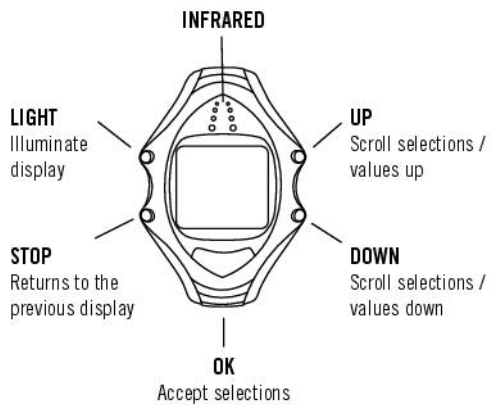
2. RUNNING COMPUTER PARTS



1. Polar RS400/RS800 Running Computer: The running computer displays and records your heart rate and other exercise data during exercise.
2. Polar WearLink® 31 transmitter (Polar RS400) or Polar WearLink® W.I.N.D. transmitter (Polar RS800): The transmitter sends the heart rate signal to the running computer. The transmitter consists of a connector and a strap.
3. Polar S1 foot pod™ (Polar RS400): The sensor transmits the running speed/pace and distance measurements to your running computer.
4. Polar s3 stride sensor™ W.I.N.D. (Polar RS800): The sensor transmits the running speed/pace and distance measurements to your running computer. The sensor also measures your running cadence and stride length.
5. CD-ROM: The CD includes Polar ProTrainer 5™ and a complete user manual to help you make the most out of your running computer.

3. GETTING STARTED

Basic Settings



Before exercising with your running computer, customize the basic settings. Enter as accurate data as possible to ensure correct performance feedback based on your personal metrics.

To adjust the data, use UP, DOWN and accept with OK. The values scroll faster if you press and hold UP or DOWN.

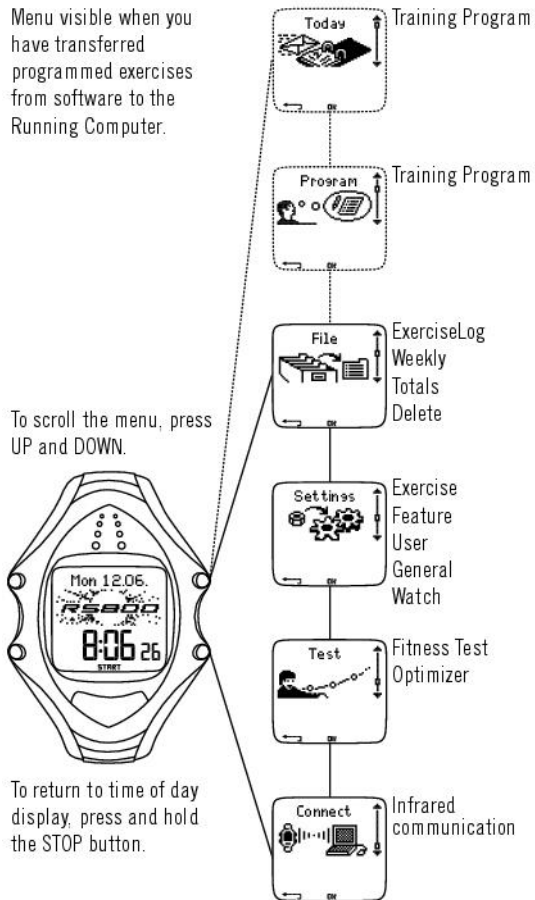
1. To activate your running computer, press OK twice.
2. **Welcome to Polar Running World!** is displayed. Press OK.
3. **Language:** Select **English**, **Deutsch**, **Español** or **Français**.
4. **Start with basic settings** is displayed. Press OK.
5. **Time:** Select either **12h** or **24h**. With **12h**, select **AM** or **PM**. Set the local time.
6. **Date:** Set today's date, dd=day, mm=month, yy=year.
7. **Units:** Select metric (kg/cm/km) or imperial (lb/ft/mi) units.
8. **Weight:** Enter your weight. To change units, press and hold LIGHT.
9. **Height:** Enter your height. If you use imperial units, first set feet (ft) then inches (in).
10. **Birthdate:** Enter your date of birth, dd=day, mm=month, yy=year.
11. **Sex:** Select **Male** or **Female**.
12. **Settings OK?** is displayed. Select **Yes**: Settings are accepted and saved. The running computer displays time of day. Select **No** if settings are incorrect and need to be changed. Press STOP to return to the data you want to change.

Menu Structure

Menu visible when you have transferred programmed exercises from software to the Running Computer.

To scroll the menu, press UP and DOWN.

To return to time of day display, press and hold the STOP button.



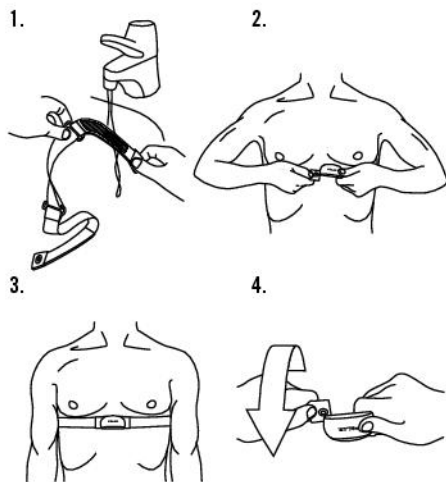
4. PREPARE FOR TRAINING

Wear the Transmitter

Wear the transmitter to measure heart rate.

1. Moisten the electrode areas of the strap under running water and make sure that they are well moistened.
2. Attach the connector to the strap. Position the connector's letter L to the word LEFT on the strap and snap the fastener. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and snap the second fastener.
3. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position.
4. To detach the connector from the strap, apply pressure with your thumb and forefinger and turn your hand as indicated in the picture.

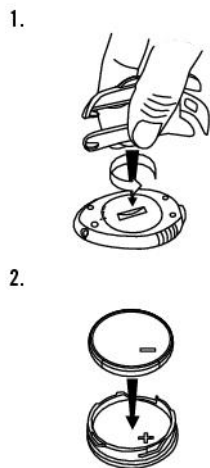
i *The Polar WearLink transmitter can be used with specific apparel that has built-in soft textile electrodes. Wet the electrode areas of the apparel. Clip the connector of the transmitter straight onto the apparel without the strap so that connector's Polar logo is in an upright position.*



Position the Polar s3 Stride Sensor W.I.N.D.

Install Stride Sensor Battery

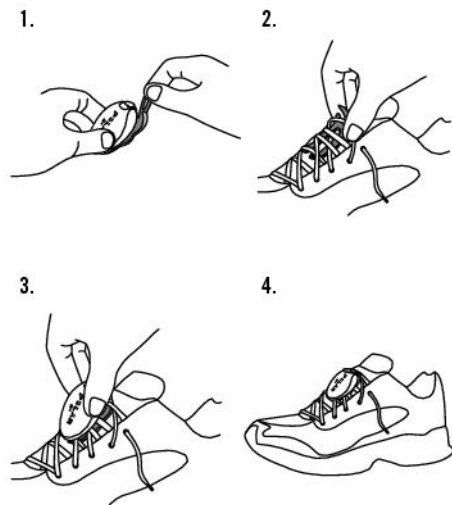
Before using the stride sensor* for the first time, insert the battery (included in the product package).



1. Open the battery cover by turning it counterclockwise to OPEN using the sensor fork or a coin (see picture 1).
2. Place the battery inside the cover with the positive (+) side facing the cover (see picture 2). Make sure the sealing ring is in the groove to ensure water resistance.
3. Place the cover with the battery inside it into the sensor.
4. Press the cover in place and close it by turning clockwise from OPEN to CLOSE using the sensor fork or a coin.

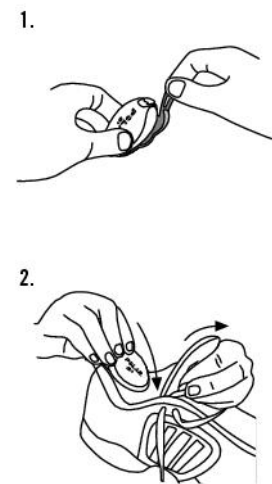
The stride sensor can be positioned either on the shoelaces or in the sole cavity of a specific running shoe.

Attach Stride Sensor on Shoelaces



1. Undo the flap and detach the fork.
2. Loosen your shoelaces and place the fork underneath them, on top of the tongue of the shoe. Tighten the laces.
3. Fit the front part of the sensor onto the fork and press from the rear end. Fasten the flap.
4. Make sure the sensor does not move and is aligned with your foot. The more secure the sensor, the more accurately speed and distance are measured.

Attach Stride Sensor in Sole Cavity



1. Undo the flap and detach the fork.
2. Lift the insole. Place the sensor with the Polar logo facing upwards and the rear end of the sensor facing the shoe heel inside the sole cavity. Note that you can place the sensor in only one way, without using too much force.

i *Optional calibration of the sensor can improve the accuracy of speed, pace and distance measurements. For further information, see Calibrate the Stride Sensor.*

*Optional s3 stride sensor W.I.N.D. required.

Calibrate the Stride Sensor

Optional calibration of the sensor improves accuracy of speed, pace, and distance* measurements. It is recommended that you calibrate the sensor before using it for the first time, if there are significant changes in your running style, or if the position of the sensor on the shoe is dramatically changed (e.g. if you have new running shoes). You can calibrate the sensor by running a known distance, or by

setting the calibration factor manually.

Calibrate Sensor by Running a Distance (on-the-fly calibration)

You can calibrate the sensor at any phase of your exercise with lap distance correction, provided you are not exercising with distance-based targets. Just run a known distance, preferably more than 1000 meters.

Make sure the sensor function in the running computer is on:

Select **Settings > Features > S sensor**

In the time mode press OK twice, then start running.

You can calibrate the sensor during any lap of the run. When you are in a starting point of a known lap distance, press OK and start running. When you have run the whole lap distance, calibrate by choosing either alternative:

1. Stop running, stand still, and press and hold LIGHT to go to **Settings**. Or,
2. Stop running, stand still, and press STOP once. Select **Settings**.

Select **Calibrate > Correct lap > Set true lap distance**. Fix the displayed lap distance with the distance you just run, and press OK.

Calibration complete and the factor are displayed. The sensor is now calibrated and ready for action.

Set Calibration Factor Manually

The calibration factor is calculated as a ratio of the actual distance to the uncalibrated distance. Example: you run 1200m, the running computer shows a distance of 1180m, the calibration factor is 1.000. To calculate the new calibration factor as follows: $1.000 * 1200 / 1180 = 1.017$. The measuring range for the factor is 0.500-1.500.

There are four options for setting the calibration factor:

1. Before exercise.

Select **Settings > Features > S sensor > Calibrate**.

Set the **Calibration factor** and press OK. The sensor is now calibrated.

2. After starting heart rate measurement and before exercise recording.

In the time mode, select OK > **Settings > S sensor > Calibrate**.

Set the **Calibration factor** and press OK. The sensor is now calibrated, and you can start exercise recording by pressing OK.

3. During exercise by pausing exercise recording.

Start exercising by pressing OK twice in the time display. Press STOP once and the exercise recording is paused.

Select **Settings > Calibrate > Set factor**.

Set the **Calibration factor** and press OK. The sensor is now calibrated. Continue exercise recording by pressing OK.

4. During exercise without pausing exercise recording.

Start exercising by pressing OK twice in the time display. Press and hold LIGHT to get to **Settings**.

Select **Calibrate > Set factor**.

Set the **Calibration factor** and press OK. The sensor is now calibrated. Continue running.

 *If message **S sensor calibration failed** is displayed the sensor has not been calibrated and you need to try again.*

*Optional s3 stride sensor W.I.N.D. required.

Plan Your Training

Exercise Types

You can utilize the installed ready-made exercises or create new ones on your running computer. You can also create more versatile exercises and transfer them to your running computer by using Polar ProTrainer 5 .

Select **Settings > Exercise**



The Exercise menu shows a list of exercises. Navigate through the options with UP or DOWN and view the exercise by pressing OK.



- **Free:** Free exercise with no preset settings.
- **Basic:** Basic training with moderate intensity. Duration around 45 min.
- **Interval:** Basic interval training. Exercise starts with a 15-minute warm-up, followed by a 1km interval and a 3-minute recovery period, repeated 5 times. The session ends with a 15-minute cool-down.
- **OwnZone:** Basic OwnZone-based exercise with moderate intensity. Suggested duration 45 minutes. The running computer is able to determine your individual aerobic (cardiovascular) heart rate zone automatically. This is called OwnZone. For further information, see Determine Your OwnZone. Additional background information can be found in OwnZone Training.
- **Add new:** Create and save your own basic exercise. You can store a total of 10 exercises + 1 Free exercise in your running computer.

After selecting the exercise, the following options are displayed. Select the desired option and press OK.

- **Select** the exercise as a default exercise. The next time you train, your running computer will offer this exercise as a default.
- **View** the exercise settings. Scroll UP or DOWN to view:
 1. Basic exercise with 1-3 exercise zones: target heart rate or speed/pace* limits for each zone, timer/distance* for the zone, or
 2. Exercise created with the software: name, description, target exercise time. (Press and hold LIGHT to view the exercise phases and chosen sport profile.)
- **Edit Basic or OwnZone** exercise to fit your needs. You can also edit exercise created with the running computer. For further information, see Create New Exercises. If you have created exercise with the software that includes phases, you cannot edit them with the running computer.
- **Rename Basic, Interval** or other exercise created with the running computer.
- **Default** - Return to default settings of **Basic, Interval** or **OwnZone** exercise.
- **Delete** exercise you have created using the running computer or the software.

Create New Exercises

Create a New Exercise with Zones

Create your own exercises with the running computer. You can create more diversified exercises by using Polar ProTrainer 5. For further information, see software help.

Select **Settings > Exercises > Add new**

1. Set the **Number of zones** for the exercise (0-3) and press OK. For 0 zones, go to section Create a new exercise without zones.
2. Choose **Zone type**:

- A. heart rate zones
- B. speed/pace* zones

Press OK. Continue according to your choice.

A. For heart rate zones, select sport zones, or manual heart rate zones. Press OK.

- **Sport zone:** Select one of the sport zones (e.g. Z1: 50-59%) for your exercise. Press OK.

Polar sport zones are heart rate intensity areas expressed as percentages of your maximum heart rate. Five different sport zones are set in the running computer as a default: very light (50-59% HR_{max}), light (60-69% HR_{max}), moderate (70-79% HR_{max}), hard (80-89% HR_{max}), and maximum (90-99% HR_{max}). Default HR_{max} value is usually age-based, but if you know your aerobic and anaerobic thresholds, have had your predicted maximum heart rate (HR_{max-p}) measured in a Polar Fitness Test™, tested your maximum heart rate yourself or in a lab, then you can define sport zones to better suit your training needs.

- **Manual:** Set the high and low zone limits as bpm or HR% / HRR% and press OK.

Continue to step 3.

B. If you selected speed/pace* zones, set the high and low zone limits. Press OK.

Continue to step 3.

3. Set **Zone guide** to change zone after a specified time or distance*. During your workout, the running computer will alert you when changing zones.

- **Timers:** Set timer for the zone (minutes and seconds) and press OK. Or
- **Distances*:** Set distance for the zone and press OK. Or
- **Off:** Set timers and distances* off and press OK.

Once you have defined the first zone, **Zone 1 OK** is displayed. For more than 1 exercise zone, repeat steps 2 and 3 until all zones are defined.

When the exercise is ready, **New exercise added** is displayed. The new exercise (**NewExe**) is stored in the **Exercises** menu, where you can select it during your next workout. Rename the exercise by selecting **Rename** from the list.

Create a New Exercise without Zones

If you create a new exercise without zones, you can use timers or distances* to guide your training.

Select **Settings > Exercises > Add new**.

1. **Number of zones:** Set the number of zones to 0.
2. **Guide type:** Choose to sound a timer during workout (reminding you to drink, for example), or set a distance* (for following lap times without recording them).

Timers

- **Number of timers:** Choose the number of timers (1-3) for the session. Press OK.
- **Timer 1:** Define minutes and seconds for the timer and press OK. Or

Distances*

- **Number of distances:** Choose the number of distances (1-3) for the session. Press OK.
- **Distance 1:** Enter the distance(s) and press OK.

Repeat step 2 until you have defined timers or distances*. When the exercise is ready, **New exercise added** is displayed. The new exercise (**NewExe**) is stored in the **Exercises** menu, where you can select it during your next workout. Rename the exercise by selecting **Rename** from the list.

*Optional s3 stride sensor W.I.N.D. required.

5. TRAINING

Start Training

Wear the transmitter and stride sensor* as instructed. Make sure that you have activated the stride sensor in your running computer (**Settings > Features > S sensor**).



1. Start heart rate measurement by pressing OK.
2. Within 15 seconds, your heart rate appears on the display. Stand still and wait until the running computer finds the stride sensor signal (runner symbol stops flashing). To quick-change exercise type, press and hold UP. To quick-change shoes, press and hold DOWN.
3. Start exercising by pressing OK.

Alternatively, select **Settings** to change or view different settings before exercise. For further information on all the settings available, see 7. *Settings*.

The **Settings** menu lists the following options:


- **Exercise:** Select an exercise type or view exercise settings.

Exercise: Select **Free**, **Basic**, **Interval**, or **OwnZone**. (If you have created new exercises, these will be listed, as well.)

Select: Set a default exercise to be performed at once, or

View: View exercise settings.

- **Altitude:** Switch the altitude on or off, or calibrate altitude.
- **Rec.rate:** Set the recording rate.
- **RR data:** Switch the RR recording on or off.
- **TZ Alarm:** Switch target zone alarm sounds on or off.
- **HR view:** Choose to view heart rate in beats per minute (bpm), as a percentage of maximum heart rate (HR%), or as a percentage of heart rate reserve (HRR%).
- **Shoes:** Select the shoes to keep track of usage.
- **Speed view:** Choose to view speed* in kilometers or miles per hour (km/h or mph), or in minutes per kilometer or mile (min/km or min/mi).
- **S sensor:** Switch the stride sensor* function on or off.
- **A.Lap:** Switch the automatic lap function on or off.
- **Display:** Modify the display (for further information, see Personalize the Running Computer Display during Training).

 *If the following message is displayed: (Exercise name) requires S sensor. Turn S sensor on?, your exercise requires a stride sensor to display speed/pace and distance* data (e.g. you have defined speed/pace* zones for the exercise). Select **Yes** to turn the sensor function on, and make sure you wear the sensor as instructed. If **Exercise displays updated** is displayed, speed/pace and distance* data will be shown during exercise.*

*Optional s3 stride sensor W.I.N.D. required.

Information on the Display

When exercising, the information that appears on the display will depend on your settings. Scroll the displays UP or DOWN. The name of the display, indicating the info shown on the lower row, appears for a few seconds.

Default displays while exercising:



Heart rate view
 Speed/pace* / Calories
 Stopwatch
 Heart rate



Stopwatch view
 Calories
 Speed/pace* / Time
 Stopwatch



Lap time view
 Zone pointer
 Heart rate
 Lap time



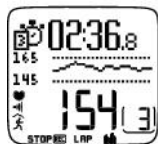
Speed/pace* view
 Cadence*
 Distance*
 Speed/pace*



Distance* view
 Countdown timer
 Zone pointer
 Distance* / Lap time



Altitude view
 Heart rate
 Ascent
 Altitude













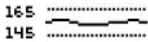




Exercise created with Polar ProTrainer 5
 If you have downloaded a program from the software, you can see the details of your exercise session on a separate display. For further information, see Perform Programmed Exercise. You cannot modify this display using the running computer.

For further information on personalizing any view, see Personalize the Running Computer Display during Training.

*Optional s3 stride sensor W.I.N.D. required.

Symbols on the Display

Text on the display	Symbol	Explanation
Time of day		Time of day
Countd. time or Countd. distance		Countdown timer or distance

Text on the display	Symbol	Explanation
Lap time		Lap number and lap time
Lap distance*		Lap number and lap distance
Stopwatch		Total duration of the exercise so far
Heart rate		Current heart rate
Calories		Expended calories
Distance*		Distance run so far
Speed/pace*		Current speed/pace
Zone pointer (heart rate)		Target zone indicator with a heart symbol that moves left and right inside the zone limits. If the heart symbol is not visible and/or an alarm sounds, your heart rate is outside the target zone.
Zone pointer (speed/pace)		Target zone indicator with a symbol that moves left or right according to your speed/pace. If the symbol is not visible and/or an alarm sounds, your speed/pace is outside the target zone.
Zone pointer (Polar sport zones)		Target zone indicator with a heart symbol that moves left or right on the sport zone scale according to your heart rate. For further information on setting a sport zone see Button Functions During Exercise.
Target zone		A graph showing your actual heart rate compared to the set heart rate zones.
RR variation		Beat to beat variation in heart beat intervals, i.e. the variation in times between successive heart beats.
Ascent		Ascended meters/feet
Altitude		Current altitude
Cadence*		Running cadence (pair of steps per minute)

*Optional s3 stride sensor W.I.N.D. required.

Button Functions During Exercise

Take a Lap



Press OK to record a lap. The display will show:

Lap number

Average heart rate of the lap

Lap time



If the stride sensor* is activated, the following will also appear:

Lap number

Lap distance

Average speed/pace of the lap

Lock a Zone

When training without preset target zones, you can lock your heart rate to the current sport zone. This way, if you haven't had time to define preset target zones prior to exercise, you can set a target zone on the go during a session.

To lock/unlock the zone, press and hold OK.

During programmed exercises: Press and hold OK and select **Lock zone/Unlock zone** from the **Lap menu**.

If, for example, you are running with a heart rate of 130 bpm which is 75% of your maximum heart rate, and matches sport zone 3, you can press and hold OK to lock your heart rate into this zone. **Sport zone3 Locked 70%-79%** is displayed. An alarm sounds if you are below or above the sport zone (if the target zone alarm function is on). Unlock the sport zone by pressing and holding OK again: **Sport zone3 Unlocked** is displayed.

Using the software, you can also base ZoneLock on your speed/pace*. For further information, see software help.

Zoom the Display



Press and hold UP to zoom into the upper row, and DOWN to zoom into the middle row. Return to the normal display by pressing and holding the buttons again.

Illuminate the Display (Night mode on)

To illuminate your display, press LIGHT during the exercise. Night mode is turned on, and the display illuminates automatically when any button is pressed or exercise phase is changed.

View Settings Menu

Press and hold LIGHT > **Settings**

The **Settings** menu is displayed when pressing and holding LIGHT. In the settings menu you can change certain settings without pausing the exercise recording. The contents of this menu vary according to the exercise type. For further information, see 7. *Settings*.

- **Prev. phase:** View summary information of the previous phase or repetition (displayed when an exercise with phases is created in the software).
- **Keylock:** Lock/unlock buttons to prevent accidental button presses.
- **TZ Alarm:** Turn target zone alarm sound on/off.
- **Change zone:** Switch target zones (displayed when you have defined multiple target zones, except when an exercise with phases is created with the software).
- **HR view:** Select how to view your heart rate.

- **Calibrate:** Calibrate stride sensor* (not displayed if stride sensor* is off).
- **Seek sensor:** Searches for WearLink and stride sensor* data, if the signal disappears during exercise due to interference.
- **A.Lap*:** Activate/deactivate automatic lap.

Once you have changed the settings, the running computer will return to exercise mode.

Pause Exercise

Pause exercise recording by pressing STOP.

In pause mode you can:

- **Continue:** Continue exercise recording.
- **Exit:** Stop exercise recording (or press STOP).
- **Summary:** View a summary of the exercise so far. The following summary information is displayed: calories, distance*, exercise time, maximum heart rate, minimum heart rate, average heart rate, maximum speed/pace*, average speed/pace*, ascent and altitude.
- **Settings:** You can change the same settings in pause mode as during exercise except display personalization which can only be done in pause mode with the running computer.
- **Reset:** Delete recorded exercise information. Confirm with OK and press OK again to restart recording.
- **Free mode:** Change your exercise profile to free exercise type. This does not delete the exercise you have performed, but will continue the exercise without settings. If you switch to Free mode, you can restart the original exercise by pausing the exercise again, and choosing **Restart P1**.

*Optional s3 stride sensor W.I.N.D. required.

Determine Your OwnZone

For background information on Polar OwnZone®, see OwnZone Training.

Find your OwnZone in 1-5 minutes during a warm-up period by walking and jogging. You should start exercising gently at a light intensity and gradually increase intensity to raise your heart rate.

Redefine your OwnZone:

- When changing exercise environment or exercise mode.
- When taking up exercise after more than a week's break.
- If you are not 100 percent sure of your physical or mental state – for example, if you are not recovered from previous training, not feeling well, or are stressed.
- After changing user settings.

Before you start to determine your OwnZone, make sure that:

- Your user settings are correct.
- You select the **OwnZone** exercise. Every time you start the **OwnZone** exercise, the running computer will automatically determine your OwnZone.

1. Wear the transmitter and stride sensor* as instructed. Start measurement by pressing OK twice.
2. When your exercise starts, **OZ** is displayed and OwnZone determination begins.

Determination of your OwnZone happens in five stages. After each stage, you will hear a beep (if the sound settings are on) indicating the end of the stage.

OZ > Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm / 50% HR_{max} during this first stage.

OZ >> Walk at a normal pace for 1 min. Slowly increase your heart rate by 10-20 bpm / 5% HR_{max} .

OZ >>> Walk at a brisk pace for 1 min. Increase your heart rate by 10-20 bpm / 5% HR_{max} .

OZ >>>> Jog at a slow pace for 1 min. Increase your heart rate by 10-20 bpm / 5% HR_{max} .

OZ >>>>> Jog at a brisk pace or run for 1 min. Increase your heart rate by approximately 10 bpm / 5% HR_{max} .

3. At some point during the session, you will hear two consecutive beeps. This means your OwnZone

has been determined.

4. If determination was successful, **OwnZone Updated** and the zone are displayed. The zone is displayed in beats per minute (bpm), as a percentage of maximum heart rate (HR%) or as a percentage of your heart rate reserve (HRR%) depending on your settings.
5. If OwnZone determination was not successful, your previously determined OwnZone will be used and **OwnZone Limits** is displayed. If OwnZone has not previously been recorded, age-based limits are automatically applied.

You can now continue with your exercise. Try to keep inside the given heart rate zone to maximize exercise benefits.

Alternatively, to skip OwnZone determination and use the previously determined OwnZone, press OK at any phase of the process.

 *The elapsed time used for OwnZone determination is included in your exercise recording time.*

*Optional s3 stride sensor W.I.N.D. required.

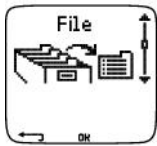
6. AFTER TRAINING

Stop Recording

Pause exercise recording by pressing STOP. To stop recording completely, press STOP again.

Care for your transmitter after exercise. **Detach the connector from the strap after use.** Keep the transmitter dry and clean. For complete care and maintenance instructions, see Care and Maintenance.

Analyze Exercise Results



To view basic data on your performance, see **File** on your running computer. For deeper analysis, transfer the data to Polar ProTrainer 5. The software offers you different options to analyze data with.

The running computer and software are connected via IrDA. First, open the software. Then, select **Connect** from your running computer and place the wrist unit in front of the infrared window on the computer. For complete instructions on transferring data, see software help.

Select **File** for the following options:

- **Exercise log** lists a maximum of 99 exercise files.
- **Weekly** includes summaries of the past 16 weeks.
- **Totals** shows cumulative exercise information.
- In the **Delete** menu, you can delete exercise files.

Exercise Log

Select **File > Exercise log**



You can view detailed information on your exercise sessions in the **Exercise log**. The following info will appear:

- Exercise name.
- A graphic bar representing an exercise session. The height of the bar indicates exercise duration. This shows the variation of your sessions in graphical format.

- Date when you performed the exercise.

The information that can be viewed (a-d below) depends on the exercise type and settings (e.g. if your exercise does not include phases, phase information will not be seen).

Scroll the exercise bars with UP or DOWN and press OK to view:



a. Basic

Select **File > Exercise log > Basic**



b. Sport zones

Select **File > Exercise log > Sport zones**



c. Phases

Select **File > Exercise log > Phases**



d. Laps

Select **File > Exercise log > Laps**

a. Basic

Select **File > Exercise log > Basic**



Name of exercise

Starting time

Distance*

Duration

Press OK and scroll with UP or DOWN to view:



Heart rate in beats per minute (bpm), alternating with a percentage of your maximum heart rate (%) or as a percentage of your heart rate reserve.

Maximum heart rate

Minimum heart rate

Average heart rate



Target zones (HR / speed / pace) , alternating zone 1, zone 2, and zone 3.

Upper limit

Lower limit



Time in, above, and below zone 1/2/3 (phase name displayed in programmed exercise).

Time above zone

Time below zone

Time in zone



Speed/pace*

Maximum speed/pace

Average speed/pace

Distance*

Press and hold LIGHT to switch speed/pace.



Calories expended during exercise.

Energy expenditure indicates overall exertion during exercise.



Running Index

To get a Running Index value, there are requirements your exercise has to fulfil. For further information, see Polar Running Index.

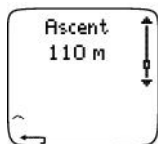


Altitude

Maximum altitude

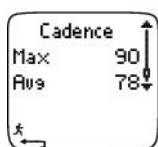
Minimum altitude

Average altitude



Ascent

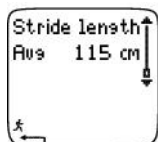
Ascended meters/feet



Cadence* displayed in pair of steps per minute

Maximum cadence

Average cadence



Stride length*

Average stride length

Press STOP to return to the basic information view.

Additional Basic Information

Select **File > Exercise log > Basic**

To add your own exercise information or delete the exercise from **File**, press and hold LIGHT in basic information view.

- **Rank:** Give a grade to your exercise.
- **Feeling:** Evaluate your subjective feeling during the exercise.

- **Temperat.:** Set the temperature with UP or DOWN.
- **Distance:** If you accidentally set the wrong shoes for your exercise, and distance data has therefore been assigned to the wrong shoes, you can enter the correct shoes and recorded distance here. Select the shoes you were using during exercise, then enter the distance. The distance is updated for the selected shoes, and in total and weekly distance logs. You can also enter the distance here, if you were exercising without a stride sensor. Select **Other** to record distance that you do not want to assign to shoes 1 or 2.

b. Sport Zones



Select **File > Exercise log > Sport zones**

In the basic information view, press DOWN to see **Sport zones** information.



Press OK and scroll UP or DOWN to view time spent in each sport zone. Here, the variation of your sessions is presented in graphical format.

Press STOP to return to the **Sport zones** information view.

c. Phases



Select **File > Exercise log > Phases**

The **Phases** menu is displayed only if the exercise is created with the software, and includes phases.

In the **Sport zones** information view, press DOWN to view **Phases** information. You can view each phase separately.

Scroll data of an individual phase by pressing OK. Compare phases by pressing UP or DOWN.

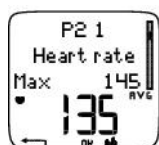


Time

Phase name

Split time

Duration of current phase



Heart rate in beats per minute (bpm), alternating with a percentage of maximum heart rate (%) or as a percentage of heart rate reserve.

Maximum heart rate

Average heart rate



Increased HR / Recovery HR / HR differ.

The difference between heart rate at the beginning and end of the phase. Current heart rate in beats per minute (bpm), alternating with a percentage of your maximum heart rate or as a percentage of heart rate reserve.

Increased HR: If heart rate was lower at the beginning of the phase than it was at the end, the running computer will show the difference in heart rate (heart rate at the end minus heart rate at the beginning). During the working phase, the running computer will show the increased heart rate value.

Recovery HR: If the heart rate was higher at the beginning of the phase than it was at the end, the running computer will show the difference in heart rate (heart rate at the beginning minus heart rate at the end). During the recovery phase, the running computer will show the recovery heart rate value.

HR differ: If the heart rate value was the same at the beginning and end of the phase, the running computer will show an HR difference value of 0.



Speed/pace*

Maximum speed/pace

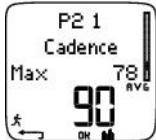
Average speed/pace



Distance*

Split distance

Distance of current phase



Cadence*

Maximum cadence

Average cadence of the current phase



Stride length*

Average stride length of the current phase

Press STOP to return to the **Phases** information view.

d. Laps

Select **File > Exercise log > Laps**

In the **Phases** information view, see **Laps** information by pressing DOWN. Laps information is shown only if there is more than one lap in the memory.



Number of recorded laps

Average lap time

Best (fastest) lap number alternating with its time

***i** The last lap is never shown as the best lap, even if it is the fastest lap. If you are in a running event and wish to include your last lap, press OK on the finishing line instead of STOP. This way, the last actual lap is*

included in the calculation for best lap. You can then stop recording after the finishing line.

Scroll the different information of an individual lap by pressing OK.

Compare information on different laps by pressing UP or DOWN.

For easy view of lap information, transfer the files to the software.



Time

Split time

Lap time



Heart rate in beats per minute (bpm) alternating with percentage of maximum heart rate (%) or as a percentage of your heart rate reserve.

Maximum heart rate

Average heart rate

End heart rate of lap



Speed/Pace*

Average speed/pace

End speed/pace of lap

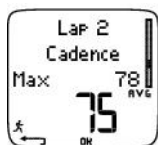
Press and hold LIGHT to switch speed/pace.



Distance*

Split distance

Lap distance



Cadence*

Maximum

Average cadence of the lap



Stride length*

Average stride length of lap



Altitude

Ascent

Altitude of lap

Press STOP to return to **Laps** information view.

*Optional s3 stride sensor W.I.N.D. required.

Weekly Summary

Select **File > Weekly**



In **Weekly** summary, you can view the accumulated data on 16 weeks of exercise. The bar on the far right named **This week** displays exercise summary for the current week. The previous bars are dated the Sunday of the week in question. Scroll the displayed weeks with UP or DOWN, and view total exercise duration on the lower row.



Select the week with OK to see the week's total calories, distance,* and exercise time. Press DOWN to see week's sport zones.



To see time spent in each sport zone, press OK and scroll the sport zones UP or DOWN.

Totals

Select **File > Totals**

Totals includes cumulative information recorded during training sessions since the last reset. Use the Total values file as a seasonal or monthly counter of training data. The values are updated automatically when exercise recording is stopped.

Use UP or DOWN to scroll through the following information:

- Shoes 1 or adidas distance*
- Shoes 2 distance*
- Total distance*
- Total duration
- Total calories
- Total exercise count
- Total ascent
- Reset totals

To reset total values

Select **File > Totals > Reset totals**

Select the value you wish to reset from the menu and confirm with OK. To confirm resetting select **Yes**. **The deleted information cannot be retrieved**. Select **No** to return to the **Reset** menu.

Delete Files

Select **File > Delete > Totals**

In **Delete**, you can delete previous exercises one by one, all exercises at the same time, or total values.

Scroll through the following information with UP or DOWN:

- **Exercise:** Select a single exercise to delete.
- **All exerc.:** Delete all exercise from the memory with one button press.
- **Totals:** Delete the total values one by one or all totals at the same time.

Confirm by selecting **Yes**.

*Optional s3 stride sensor W.I.N.D. required.

7. SETTINGS

Feature Settings



Stride Sensor*

The running computer offers you the option of measuring speed/pace, distance, and cadence data with a stride sensor*. Change the settings of your stride sensor* in the **S sensor** menu.

Switch the speed and distance function on or off

Select **Settings > Features > S sensor > On/Off**

Calibrate the stride sensor

Select **Settings > Features > S sensor > Calibrate**

For further information, see Calibrate the Stride Sensor.

Use a new sensor*

Select **Settings > Features > S sensor > New sensor**

When using a new stride sensor*, it has to be introduced to the running computer. This is called teaching. For further information, see Teach a New Stride Sensor .

Reset all stride sensors*

Select **Settings > Features > S sensor > Remove all**

All stride sensors can be reset in the memory of the running computer.

Altitude

The running computer measures and displays altitude. Change the settings of the altimeter in the **Altitude** menu. You can calibrate the altimeter manually or automatically.

Set the altitude function on or off

Select **Settings > Features > Altitude > On / Off**

Calibrating the Altitude Manually

Select **Settings > Features > Altitude > Calibrate > set the altitude of current location**

If the altitude of your location differs significantly from the displayed altitude value **Calibrate to xx?** is displayed.

- **Yes:** Altitude calibrated to xx is displayed.
- **No:** Altitude calibration canceled is displayed. The last altitude value stored in the running computer's memory is applied.

Calibrate the altitude to ensure it remains accurate. Set the reference altitude whenever a reliable reference, such as a peak or a topographic map, is available or when at sea level.

Calibrating the Altitude Automatically

Select **Settings > Features > Altitude > AutoCalib > On / Off**

When automatic calibration is on, the last altitude value stored in the running computer's memory is applied when exercising. This feature is especially useful if you always start a session in the same environment. If automatic calibration fails, you are not in the usual environment and will need to calibrate the altitude manually.

Altitude calibrated to xx m/ft indicates that calibration has succeeded. If **Altitude calibration failed** is

displayed, re-calibrate the altitude.

Recording Rate

Select **Settings > Features > Rec.rate > 1 / 5 / 15 / 60 sec**

The running computer can store your heart rate, speed/pace,* and altitude in 1, 5, 15 or 60 second intervals. A longer interval gives you more recording time, while a shorter interval allows you to record more heart and other data. This enables accurate data analysis using the software.


A shorter recording rate consumes the memory of the running computer more rapidly. The remaining recording time is displayed on the lower row when setting the rate. Default recording rate is 5 seconds.

When less than 30 minutes of maximum recording time is left, the recording rate changes automatically to longer recording time (1s > 5s > 15s > 60s). This will maximize the time to record exercise data. When the session ends, the current recording rate remains as default.

The following table shows the maximum recording times for each recording rate. Note that recording rate might change when there is less than 30 minutes of recording time left.

RR Data	Speed/Pace	Altitude	Recording Rate 1s	Recording Rate 5s	Recording Rate 15s	Recording Rate 60s
Off	Off	Off	31h 30min	158h**	474h**	1899h**
Off	Off	On	10h 30 min	52h 40min	158h**	633h**
Off	On	Off	6h 10min	31h 30min	79h	316h**
Off	On	On	4h 30min	22h 30min	59h 20min	237h**
On	Off	Off	18h 50min	18h 50min	18h 50 min	18h 50min
On	Off	On	8h 30min	15h 10min	17h 30min	18h 30min
On	On	Off	5h 30min	12h 30min	15h 40min	18h
On	On	On	4h	11h	14h 50min	17h 40min

** This is a sum of 2 or more exercises; maximum duration of a single exercise is 99 h 59 min 59 s. The maximum recording time can be shorter, if you record a large number of short exercises.

 *The durations in the table are estimates. For RR data, maximum recording time depends on heart rate and variation of heart rate. If you record laps in your exercise, and/or if you have created an exercise that includes phases with the software, the maximum recording time will decrease.*

Recording doesn't automatically stop when the memory becomes full. Therefore, exercise time may be longer than recording time.

RR Data Function

Select **Settings > Features > RR data > On / Off**

The RR data recording function measures and records heartbeat variations within one millisecond resolution. This enables the analysis (accuracy 1ms) of heart rate variability (HRV) using the software. The RR data function consumes the memory of the running computer, therefore when setting the function, the remaining recording time is shown on the lower row of the display.

Shoes

Select shoes for your exercise

Select **Settings > Features > adidas / Shoes 2 / Other**

To follow and compare the usage of different shoes, the running computer can store the running distance* for different pairs.

Rename your shoes

Select **Settings > Features > adidas / Shoes 2 > Rename**

Type the name with UP, DOWN and OK.

Select your sensor type*

Select **Settings > Features > adidas / Shoes 2 > Sensor type > Integrated / Shoelaces**


Integrated: the sensor is in the sole cavity of the shoe (special footwear required). **Shoelaces:** the sensor is fastened to the shoelaces.

Slight differences in distance measurement occur, depending on whether the stride sensor is fastened to the shoelaces or placed inside the shoe. For the most accurate results, it is recommended to calibrate the sensor every time its position is changed. For further information, see Calibrate the Stride Sensor.

Using Other Shoes

Select **Settings > Features > Shoes > Other**

Running distances are only accumulated in the Total and Weekly distance files, and not assigned to a specific shoe.

 *When starting an exercise recording, you can easily change the shoe selection. In time mode, press OK and press and hold DOWN. The number in the lower right hand corner of the display indicates the shoe selection.*

Speed View*

Select **Settings > Features > Speed view > km/h (mph) or min/km (min/mi)**

Automatic Lap Recording*

Set the automatic lap recording

Select **Settings > Features > A.Lap > On > set the lap distance**

The running computer will automatically record laps. Choose **Off** to deactivate.

Heart Rate View

Define the way to display your heart rate

Select **Settings > Features > HR view > HR / HR% / HRR%**


Sport Zones

Define the sport zones in the running computer

Select **Settings > Features > Sport zones > Sport zone low limit**

Set the lower limit of sport zone 1 by pressing UP or DOWN. Then press OK. Set the lower limits of each sport zone in the same way. When setting the lower limit, the upper limit of the previous zone is set automatically.

Press and hold LIGHT to switch between sport zone views: **HR%** (percentage of maximum heart rate) or **BPM** (beats per minute) or **HRR%** (percentage of heart rate reserve).

 *You can change settings easily by using the software. For further information, see software help.*

*Optional s3 stride sensor W.I.N.D. required.

User Settings

Set accurate user information in the running computer to receive the correct feedback on your performance.

To set user information in the running computer

Select **Settings > User**



- **Weight:** To change units, press and hold LIGHT
- **Height:** To change units, press and hold LIGHT
- **Birthday:** dd=day, mm=month, yy=year
- **Sex:** Male/Female
- **Activity:** Top/High/Moderate/Low
- **Heart Rate:** HR_{max} , HR_{sit}
- **VO_{2max}:** Maximal oxygen intake

Activity Level

Activity level is an assessment of your level of long-term physical activity. Select the alternative that best describes the overall amount and intensity of your physical activity during the past three months.

- **Top:** You participate in heavy physical exercise at least 5 times a week, or you exercise to improve performance for competitive purposes.
- **High:** You participate at least 3 times a week in heavy physical exercise, e.g. you run 10-40 km/6-25 miles per week or spend 2-4 hours per week in comparable physical activity.
- **Moderate:** You participate regularly in recreational sports, e.g. you run 5-10 km or 3-6 miles per week or spend 1/2-2 hours per week in comparable physical activity, or your work requires modest physical activity.
- **Low:** You do not participate regularly in programmed recreational sport or heavy physical activity, e.g. you walk only for pleasure or exercise hard enough to cause heavy breathing or perspiration only occasionally.

In the running computer, these values are used to calculate your energy expenditure.

Heart Rate: HR_{max} , HR_{sit}


HR_{max} (Maximum heart rate): Your age-predicted HR_{max} value ($220 - \text{age}$) is used as a default. Set your HR_{max} manually if your maximum heart rate has been determined in a lab, or if you have tested your maximum heart rate in the field yourself.

HR_{sit} (Heart rate value in a sitting position): Your age-predicted HR_{sit} value is used as a default. Set your HR_{sit} value if you have determined it according to the instructions. For instructions, see Heart Rate Value in a Sitting Position .

Maximal Oxygen Intake: VO_{2max}

VO_{2max} is your body's maximum capacity for oxygen consumption during maximum exertion. The most accurate way of determining VO_{2max} is to perform a maximal stress test in a laboratory. If you know your exact clinically-tested VO_{2max} , set the value in the running computer. Otherwise, measure a comparable value, OwnIndex, by taking the Polar Fitness Test. For further information, see Polar Fitness Test.

If changes are made to the user settings, **User settings updated** is displayed.

 You can change settings easily by using the software. For further information, see software help.

General Settings



Sound

To set the sound level

Select **Settings > General > Sound > Volume > On / Off**

Volume settings control button sounds and activity sounds during exercise. This does not affect the watch or target zone alarms (TZ Alarm).

To set the target zone alarm on/off

Select **Settings > General > Sound > TZ Alarm > On / Off**

The target zone alarm will go off, and the limits will flash when you are outside the target zone. If the volume is turned off, but **TZ Alarm** is still on, the **TZ Alarm** will still function.

Keylock

Define keylock settings

Select **Settings > General > Keylock > Manual / Automatic**

Keylock prevents accidental button presses.

- **Manual:** Activate the manual keylock. To turn keylock on/off, press and hold LIGHT for at least one second.
- **Automatic:** Keylock is activated in time mode when buttons have not been pressed for one minute.

Units

Set preferred units in the running computer

Select **Settings > General > Units > kg/cm/km or lb/ft/mi**

Language

Select language

Select **Settings > General > Language > English / Deutsch / Español / Français**

Sleep

Activate the sleep function


Select **Settings > General > Sleep > Activate sleep mode? > Yes**

Activating the sleep mode will help save the battery when the running computer is out of use for a long period of time. The watch alarm will still function in sleep mode.

Awaken the running computer

Press any button > **Turn display on? > Yes / No**

- **Yes:** the running computer is activated.
- **No:** the running computer returns to sleep mode.

 *You can change settings easily by using the software. For further information, see software help.*

Watch Settings



Reminder

Set a reminder to remind you of different tasks or exercises

Select **Settings > Watch > Reminders > Add new**

- **Date:** Enter the date of the task, dd=day, mm=month, yy=year.
- **Reminder time:** Enter the time for the task.
- **Alarm:** Set alarm to sound on time, or 10 min / 30 min / 1 hour before the task.

- **Sound:** Select alarm sound Silent / Beep / Normal.
- **Repeat:** Select reminder to repeat Once / Hourly / Daily / Weekly / Monthly / Yearly.
- **Exercise:** Select an exercise to link to the reminder. When the reminder goes off, the running computer will present this exercise as default. Select NONE if you do not want to link the reminder to an exercise session.
- **Rename:** To rename the reminder, select letters with UP or DOWN, and accept with OK.

You can program seven reminders in the running computer.

See active reminders and modify them

Select **Settings > Watch > Reminders**

Select a reminder to view, edit, rename or delete.

Event

Set an event countdown in the running computer

Select **Settings > Watch > Event**

Event day: dd=day, mm=month.

Rename: To rename the event, select letters with UP or DOWN, and accept with OK.

Modify the event countdown

Select **Settings > Watch > Event**

You can view the event countdown, set a new date, rename or delete it.

In time mode, hide or view the event countdown again by pressing and holding UP.


Alarm

Set an alarm on your running computer

Select **Settings > Watch > Alarm > Off / Once / Mon-Fri / Daily**

You can set the alarm to go off once everyday between Monday and Friday, or daily. The alarm sounds in all modes except in exercise mode, and will do so for a minute unless you press STOP. The watch alarm also functions in sleep mode. The alarm will sound even if you have turned the sound off in the **General** settings.

To snooze the alarm an extra 10 minutes, press UP or DOWN buttons or OK: **Snooze** is displayed and the snooze time starts counting. To abort the snooze stage and alarm mode, press STOP.

 *If a battery symbol appears in the display, the alarm cannot be activated.*

Time

Set time 1 in the running computer

Select **Settings > Watch > Time 1 > 24h / 12h**

Set time 2 in the running computer

Select **Settings > Watch > Time 2**

Set the time difference between time 1 and time 2 in hours.

Switch between time zones

Select **Settings > Watch > Time zone > Time 1 / Time 2**

Select a time zone


In time mode, change the time zone by pressing and holding DOWN. Number 2 on the lower right corner of the display indicates that Time 2 is in use.

Date

Set the date in the running computer

Select **Settings > Watch > Date**

dd=day, mm=month, yy=year

 *You can change settings easily by using the software. For further information, see software help.*

Personalize the Running Computer Display during Training

In time mode, select OK > **Settings > Display > Edit**

Personalize your running computer display to show the information you want to see, either by using the running computer or the software. A programmed exercise downloaded from the software has its own display that cannot be modified.

For further information on display symbols, see Information on the Display.

Select the display you want to change by pressing UP or DOWN, and press OK. Set the information for the blinking upper row with UP or DOWN, and press OK. The information on the display depends on the features that are activated. For further information, see Feature Settings .

Repeat the same to change the middle and lower rows. Each display is named after the information shown on the lower row. To return the default settings of the display, press and hold LIGHT when the rows are blinking.

Activate **Titles** to view help texts while changing displays during exercise: In time mode, select OK > **Settings > Display > Titles**

Shortcut Button (Quick Menu)

Some settings can be changed with a shortcut button in time mode.

Press and hold **LIGHT > Quick menu**

- **Keylock**
- **Reminders**
- **Alarm**
- **Time zone**
- **Sleep**

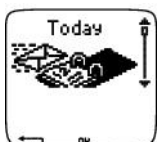
For further information, see 7. *Settings*.

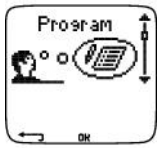
8. TRAINING PROGRAM

View Program

You can create and download a personalized training program to your running computer by using Polar ProTrainer 5. This chapter includes the basic instructions on how to navigate and manage the program once you have downloaded it to your running computer. For further information on creating programmed exercises with the software, transferring them to your running computer, and analyzing your performance after training, see Polar ProTrainer 5 help.

After downloading the program, two special menus are created in your running computer where you can view your program and check your daily schedule. Scroll weeks, days, and exercises with UP or DOWN. Select week and day with OK.





View your weekly program

Select **Program > Week view**

The week view offers an overview of your weekly exercises. The white bar represents planned exercise time and the black bar represents performed exercise time. Weekly target exercise time is shown below the bars.

Press and hold LIGHT to view the following information on the week:

- **Week info:** Week name and description.
- **Targets:** Summary of targets for the week. Calories, distance,* and duration. Planned time for sport zones: press OK and scroll between sport zones with UP or DOWN.
- **Results:** Summary of results for the week. Calories, distance,* and duration. Performed time in sport zones: press OK and scroll between sport zones with UP or DOWN.
- **Reminder:** Set alarm (on time, 10 min, 30 min or 1 hour before the exercise) and define sound type (Silent, Beep, Normal).
- **Program off:** Remove the program from your running computer.

View your daily program

Select **Program > Week view > Day view**

Select **Today > Exercise view**

The day view offers an overview of your daily exercises. The white bar represents planned exercise time and the black bar represents performed exercise time. Daily target exercise time is shown below the bars.

Press and hold LIGHT to view additional information on the day:

- **Targets:** Summary of targets for the day. Calories, distance,* and duration. Planned time for sport zones: press OK and scroll between sport zones with UP or DOWN.
- **Results:** Summary of results for the day. Calories, distance,* and duration. Performed time in sport zones: press OK and scroll between sport zones with UP or DOWN.

View your daily exercise

Select **Program > Week view > Day view > Exercise view**

The exercise view shows the following information: exercise name, description, and target duration.

Press and hold LIGHT to view following information:

- **Targets:** Summary of targets for the training session. Calories, distance* and duration. Planned time for sport zones: press OK and scroll between sport zones with UP or DOWN.
- **Phases:** Summary of phases for the training session.
- **Sport profile:** View the name of chosen sport profile. For further information, see software help.
- **Reminder:** Set the reminder time.

*Optional s3 stride sensor W.I.N.D. required.

Perform Programmed Exercise

Start training

If you have set a reminder, your running computer will remind you to train according to plan on the scheduled date. Check the planned exercise information by pressing OK when the reminder has gone off.

Start Daily Exercise

Select **Today > Exercise view** > Press OK > Press OK

Select **Program > Week view > Day view > Exercise view** > Press OK > Press OK

For further information on exercise recording, see Start Training. Your running computer will guide you through the session.

Exercise with Phases

Below is an example of an interval exercise, which is divided into four phases:

Warm up / P1: Run 10 minutes at a heart rate between 55-65% of maximum heart rate.

Interval / P2: Run 3 km at a pace between 3:30-4:00 min/km.

Recovery / P3: After 3 km let your heart rate drop to 120 bpm. Repeat phases 2 and 3 6 times each.

Cool down / P4: Run 10 minutes at a pace between 5:00-6:00 min/km.

Views during the exercise

During the exercise you will see the following display types:



Every phase starts with a display showing:

Phase name

Zone type

Zone limits

Number of phase repeats left



During exercise the phase display shows:

Countdown timer/distance*, countup timer, number of current phase

Target zone in graphical format (updated every 10 seconds, showing the last 8 minutes on the display)

Heart rate

Number of phase repeats left



Every phase ends with a phase-end display showing:

Phase duration or distance*

Heart rate difference (how much you have increased or decreased your heart rate during the phase) or average speed/pace

Average heart rate

Number of ended phase



After performing the programmed exercise, this display shows that the exercise is completed.

The running computer enters Free exercise mode, and you can continue exercising without settings. The exercise is recorded and information is gathered to File until you stop the exercise.

For further information on how to plan sessions with the software, and then transfer them to your running computer, see software help.

Functions During Exercise

You can change the same settings in a programmed exercise as in any other exercise type. For further information on different functions during exercise, see Button Functions During Exercise.

The programmed exercise uses the sport profile settings set in the software. If you change the running computer settings during exercise (e.g. calibration factor), the changes will only apply to the current exercise. Next time you start the same exercise, the running computer will use the sport profile settings defined in the software.

Lap Menu

To see the lap menu during programmed exercise, press and hold OK. Scroll between options with UP or DOWN and select with OK. The contents of the lap menu depend on your exercise.

- **End phase:** End current phase and move to the next phase in the exercise.
- **Jump to:** Move to any other phase in your exercise.
- **Lock zone** or **Unlock zone:** Lock your heart rate or speed/pace* to a certain sport zone if exercising without preset target zones.

See Exercise Results

Select **File > Exercise log**

After completing a programmed exercise, your training data will be saved under **File**. For further information, see Analyze Exercise Results.

*Optional s3 stride sensor W.I.N.D. required.

9. TESTS

Polar Fitness Test™



The Polar Fitness Test™ is an easy, safe, and quick way to measure your aerobic (cardiovascular) fitness at rest. The result, Polar OwnIndex, is comparable to maximal oxygen uptake (VO_{2max}), which is commonly used to evaluate aerobic fitness. Your long-term level of physical activity, heart rate, heart rate variability at rest, gender, age, height, and body weight all influence OwnIndex. The Polar Fitness Test is developed for use by healthy adults.

Aerobic fitness relates to how well your cardiovascular system works to transport oxygen to your body. The better your aerobic fitness, the stronger and more efficient your heart is. Good aerobic fitness has many health benefits. For example, it helps in decreasing high blood pressure and your risk of cardiovascular diseases and stroke. If you want to improve your aerobic fitness it takes, on average, six weeks of regular training to see a noticeable change in your OwnIndex. Less fit individuals see progress even more rapidly. The better your aerobic fitness, the smaller the improvements in your OwnIndex.

Aerobic fitness is best improved by exercise types that use large muscle groups. Such activities include running, cycling, walking, rowing, swimming, skating, and cross-country skiing.

To monitor your progress, start by measuring your OwnIndex a couple of times during the first two weeks in order to get a baseline value, and then repeat the test approximately once a month.

With the Polar Fitness Test, you can also calculate the predicted maximum heart rate value (HR_{max-p}). The HR_{max-p} score predicts your individual maximum heart rate more accurately than the age-based formula ($220 - age$). For further information on HR_{max} , see User Settings.

To make sure the test results are reliable, the following basic requirements apply:

- You can perform the test anywhere - at home, at the office, at a health club - provided the testing environment is peaceful. There should be no disturbing noises (e.g. television, radio, or telephone) and no other people talking to you.
- Always take the test in the same environment and at the same hour.
- Avoid eating a heavy meal or smoking 2-3 hours prior to testing.
- Avoid heavy physical exertion, alcohol, and pharmacological stimulants on the test day and the previous day.
- You should be relaxed and calm. Lie down and relax for 1-3 minutes before starting the test.

Before the Test

Wear the Transmitter

For further information, see Start Training.

Enter User Information

Select **Settings > User**

To carry out the Polar Fitness Test, enter your personal user information and long-term physical activity level in User Settings.

Set HRmax-p On

If you want to obtain your predicted maximum heart rate value, turn HR_{max}-p on.

Select **Test > Fitness > HR max-p > On**

Performing the Test

Select **Test > Fitness > Start > Fitness Test Lie Down**

The fitness test begins in five seconds. Arrows indicate that the test is ongoing. Stay relaxed and limit body movements and communication with other people.

If you have not set your long-term physical activity level in User Settings, **Set your personal activity level** is displayed. Select **Top**, **High**, **Moderate**, or **Low**. For further information on activity levels, see User Settings.

If your running computer does not receive your heart rate at the beginning or during the test, the test fails and **Test failed, check WearLink** is displayed. Check that the transmitter electrodes are wet and that the textile strap is snug enough, and start the test again.

When the test is over, you will hear two beeps. **OwnIndex** is displayed with a numerical value and level evaluation. For further information on evaluations, see Fitness Level Classes.

To display your **Predicted maximum heart rate** value press DOWN. Press OK to exit.


Update to VO2 max?

- Select **Yes** to save the OwnIndex value to your user settings and **Fitness Test Trend** menu.
- Select **No** only if you know your laboratory-measured VO_{2max} value, and if it differs more than one fitness level class from the OwnIndex result. Your OwnIndex value is saved only to the **Fitness Test Trend** menu. For further information, see Fitness Test Trend.

Update to HR max? (if HRmax-p is on)

- Select **Yes** to save the value to your user settings.
- Select **No** if you know your laboratory-measured HR_{max}.

You can stop the test at any time by pressing STOP. **Fitness Test canceled** is displayed for a few seconds.

 *After saving the OwnIndex and HR_{max}-p values, they will be used for calculating calorie consumption.*

After the Test

Fitness Level Classes

Your OwnIndex is most meaningful when comparing your individual values and changes in them over time. OwnIndex can also be interpreted based on gender and age. Locate your OwnIndex on the table below, and find out how your aerobic fitness compares to others of the same gender and age.

Top athletes typically score OwnIndex values above 70 (men) and 60 (women). Olympic-level endurance athletes can reach values as high as 95. OwnIndex is highest in sports that involve large muscle groups, such as running and cross-country skiing.

Men

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

Women

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

The classification is based on a literature review of 62 studies where VO_{2max} was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC. Aerobic fitness norms for males and females aged 6 to 75 years: a review. *Aviat Space Environ Med*; 61:3-11, 1990.

Fitness Test Trend

Select **Test > Fitness > Trend**

In the **Trend** menu you can see how your OwnIndex value has been developing. Up to 16 OwnIndex values and respective dates are included in the display. When the test trend file becomes full, the oldest result is automatically deleted.

The most recent test date, a graph of your OwnIndex results, and the latest OwnIndex value are displayed. Scroll UP or DOWN to view other values.

Delete OwnIndex Value

Select **Test > Fitness > Trend**

Select the value you wish to delete and press and hold LIGHT > **Delete value? No/Yes** is displayed.

Confirm with OK.

Analyzing OwnIndex Results with Software

Downloading test results to the software offers you the possibility of analyzing results in various ways, as well as accessing more detailed information about your progress. The software also allows you to make graphical comparisons with previous results.

Polar OwnOptimizer™



General

Successful training requires temporary overloading: longer exercise duration, higher intensity, or higher total volume. In order to avoid severe overtraining, overloading must always be followed by an adequate recovery period. With an inadequate recovery period, you may experience a decrease in performance as a result of high training volumes, instead of improvement. Polar OwnOptimizer is an easy and reliable way to determine whether your training program is optimally developing your performance. Polar OwnOptimizer is developed for use by healthy adults.

Polar OwnOptimizer is a modification of a traditional orthostatic overtraining test. It is a perfect tool, embedded in the running computer, for everyone training regularly, at least three times a week, for fitness improvement or to reach competitive targets. This feature is based on heart rate and heart rate variability measurements taken during an orthostatic test (standing up from relaxed resting). OwnOptimizer helps you to optimize your training load during a training program so that you experience an increase in performance and do not undertrain or overtrain in the long run. Polar OwnOptimizer is based on regular long-term measurements of five heart rate parameters. Two of these five values are calculated at rest, one while standing up, and two while standing. Each time you perform the test, the wrist unit saves the heart rate values and compares them to the previous values registered.

Before the Test

Baseline Tests

When you use OwnOptimizer for the first time, six baseline tests should be conducted over a period of two weeks to determine your personal baseline value. These baseline measurements should be taken during two typical basic training weeks, not during heavy training weeks. The baseline measurements should include tests taken after a training day and after recovery days.

Monitoring OwnOptimizer Values

After the baseline recordings, you should continue to perform the test 2-3 times a week. Test yourself weekly in the morning following both a recovery day and a heavy training day (or a series of heavy training days). An optional third test can be performed after a normal training day. OwnOptimizer may not provide reliable information during detraining or in a very irregular training period. If you take a break from exercise for 14 days or longer, the baseline tests should be performed again.

Performing the Test

The test should always be taken in standardized/similar conditions in order to get the most reliable results. It is recommended that you take the test in the morning before breakfast. The following basic requirements apply:

- Wear the transmitter. For further information, see Start Training.
- You should be relaxed and calm.
- You can be seated in a relaxed position or lying in bed. The position should always be the same when you do the test.
- The test can take place anywhere – at home, in the office, at a health club – as long as the test environment is peaceful. There should be no disturbing noises (for example, television, radio or telephone) or other people talking to you.
- Avoid eating, drinking and smoking 2-3 hours prior to the test.

Performing the Test

Select **Test > Optimizer > Start > Optimizer Lie Down**

Arrows indicate the test is ongoing. Do not move during this first part of the test, which lasts 3 minutes.

After 3 minutes, the wrist unit will beep and **Optimizer Stand up** is displayed. Stand up and remain standing still for 3 minutes.

After 3 minutes, the wrist unit will beep again and the test is finished.

A numerical and written interpretation of the result is displayed. Press DOWN to see your average heart rate (bpm) while lying down (**HRrest**), the highest heart rate while standing up (**HRpeak**), and the average heart rate while standing (**HRstand**).

You can interrupt the test in any phase by pressing STOP. **Optimizer Test canceled** is displayed.

If the running computer cannot receive your heart rate signal, the message **Test failed. Check WearLink** is displayed. In which case, you should check that the transmitter electrodes are wet and that the textile strap fits snugly.

After the Test

How to Interpret Results

The wrist unit calculates five heart rate and heart rate variability based parameters. The OwnOptimizer values are calculated by comparing your latest results to previous ones. The wrist unit will display a written description of your training status. The descriptions are defined in detail below.

Good Recovery (1)

Your heart rate is lower than average. This indicates that you have recovered very well. You can continue training, including intensive exercise sessions.

Normal State (2)

Your heart rate is at a normal level. Go on with your training; include both light and intensive training sessions, and recovery days.

Training Effect (3)

Your heart rate is higher than average. You may have exercised intensively in the previous days. You have two choices: 1) rest or train lightly for one or two days, or 2) continue intensive training for one or two days and then recover well. Other sources of stress such as the beginning of a fever or an attack of the flu can result in the same kind of response.

Steady State (4)

Your heart rate has continuously been at a normal level for a long time now. Effective training requires both heavy training and good recovery, and this should cause variation in your heart rate results. Your OwnOptimizer result indicates that you have not had very intensive training or good recovery for a while. Perform the test again after a rest or light training day. If the recovery is effective, your result should show Good recovery.

Stagnant State (5)

Your heart rate is still at a normal level, and this has continued for a long time. The result indicates that your training has not been intensive enough to develop optimally. To improve your condition effectively, you should now include more intense or longer exercise sessions in your program.

Hard Training (6)

Your heart rate has been higher than average several times. You may have trained hard on purpose. The result indicates overloading, and you should try to recover well now. To monitor your recovery, perform the test again after one or two resting or easy training days.

Overreaching (7)

Your OwnOptimizer result indicates that you have had a very intensive training period for several days or weeks. Your heart rate has continuously remained at a high level. This seriously indicates that you should have a complete recovery period. The longer you have trained intensively, the longer the recovery period required to recover. Perform the test again after at least two days of recovery.

Sympathetic Overtraining (8)


Your OwnOptimizer result indicates that you have had a very intensive training period for several days or weeks, and your recovery has not been sufficient. This has resulted in a state of overtraining. To return to a normal training state, rest for a carefully monitored recovery period. Follow your recovery by performing the OwnOptimizer Test 2–3 times a week.

Parasympathetic Overtraining (9)

Your heart rate has stayed at a low level, which is generally interpreted as a sign of a good recovery. However, other parameters indicate parasympathetic overtraining. You may have trained with high volumes for a long time, and recovery may not have been sufficient. Check for other signs of overtraining, such as decreased performance, increased fatigue, mood disturbances, sleeping problems, persistent muscle soreness, and/or a feeling of being burnt out or stale. You may also have been subjected to other stresses.

In general, the development of parasympathetic overtraining requires a long history of heavy training volumes. To recover from a state of parasympathetic overtraining, you have to recover body balance completely. Recovering may take several weeks. You should not exercise, instead rest completely for most of the recovery period. You can possibly have a few days with some light aerobic training in short sessions, and only occasionally include short, high-intensity sessions.

You can also consider doing other than your main sport. However, it should be one you are familiar and comfortable with. Monitor your recovery by performing the OwnOptimizer Test 2–3 times a week. Once you feel you have recovered your body balance, and your result shows Normal State or Good recovery, preferably more than once, you can then consider resuming training. Once you start training again, begin a new testing period with new baseline measurements.

 *Before you radically change your training program, consider your OwnOptimizer results together with your subjective feelings and any symptoms you may have. Repeat the OwnOptimizer test if you are unsure of the standardized conditions. An individual test result can be affected by several external factors, such as mental stress, latent illness, environmental changes (temperature, altitude), and others. You should update the baseline calculations at least once a year, when you start a new training season.*

OwnOptimizer Trend

Select **Test > Optimizer > Trend**

See how your OwnOptimizer value has been developing in the Trend menu. It includes 16 of your latest OwnOptimizer values, and the dates when the results were recorded. When the trend file becomes full, the latest result automatically replaces the oldest one.

The most recent test date, a graphical trend of your results, and the latest value are displayed. Press OK to see the written description of the result. Scroll UP or DOWN to view other values.

Delete OwnOptimizer Value

Select **Test > Optimizer > Trend**

Select the value and press and hold LIGHT. **Delete value? No/Yes** is displayed. Confirm with OK.

Reset the Trend File

Select **Test > Optimizer > Reset**

You can reset the OwnOptimizer test period. All the test results will be deleted from the memory. When taking the test after a 365-day test period, or for the first time in 30 days, **Reset test period?** is displayed.

Analyzing Results with Software


Downloading test results to the software offers you the possibility of analyzing results in various ways, as well as accessing more detailed information about your progress. The software also allows you to make graphical comparisons with previous results.

10. USING A NEW ACCESSORY

Teaching

Your running computer has been “taught” to work together with the Polar WearLink W.I.N.D. transmitter and s3 stride sensor to measure heart rate, speed/pace, and distance data. In other words, your running computer receives signals from your transmitter and stride sensor only, and enables disturbance-free exercise in a group.

If you purchase a new transmitter or stride sensor, they have to be introduced to the running computer. This is called teaching and takes only a few seconds.

 *Before entering a running event, make sure to perform the teaching process at home. This is to prevent interference due to the long-range data transmission.*

Teach a New Transmitter

In time mode, press OK > **New WearLink found, Teach new WearLink?**

Wear the transmitter and make sure that you are not near (20 m/66 ft) other Polar WearLink W.I.N.D. transmitters. In time mode, press OK. The running computer starts searching for the transmitter signal.

Once the new transmitter is identified, **New WearLink found, Teach new WearLink?** is displayed.

- Select **YES** to confirm teaching. **Completed!** is displayed. Start exercise recording by pressing OK.
- Select **NO** to cancel teaching.

Teach a New Stride Sensor

Select **Settings > Features > S sensor > New sensor**

Make sure you are not near (20 m/66 ft) other stride sensors. The sensor should be within 1,5 meters/5 ft of the running computer.

Teach new sensor? is displayed.


- Select **YES** to confirm teaching. **Completed!** is displayed.
- Select **NO** to cancel teaching. The running computer will not be able to measure speed/pace or distance data.





Up to four sensors can be stored in your running computer's memory. If this number is exceeded, the least used sensor will be replaced.

11. BACKGROUND INFORMATION

Polar sport zones

Polar sport zones introduce a new level of effectiveness in heart rate-based training. Training is divided into five sport zones based on percentages of maximum heart rate. With sport zones, you can easily select and monitor training intensities.

Target zone	Intensity % of HR _{max} ' bpm	Example durations	Training benefit
MAXIMUM 	90–100% 171–190 bpm	less than 5 minutes	Benefits: Maximal or near maximal effort for breathing and muscles. Feels like: Very exhausting for breathing and muscles. Recommended for: Very experienced and fit runners. Short intervals only, usually in final preparation for short running events.

Target zone	Intensity % of HR _{max} , bpm	Example durations	Training benefit
HARD 	80–90% 152–172 bpm	2–10 minutes	<p>Benefits: Increased ability to sustain high speed endurance.</p> <p>Feels like: Causes muscular fatigue and heavy breathing.</p> <p>Recommended for: Experienced runners for all year round training in varying length. Becomes more important during pre competition season.</p>
MODERATE 	70–80% 133–152 bpm	10–40 minutes	<p>Benefits: Enhances general training pace, makes Moderate intensity efforts easier and improves efficiency.</p> <p>Feels like: Steady controlled fast breathing.</p> <p>Recommended for: Runners progressing towards events or looking for performance gains, particularly for half and full marathon training.</p>
LIGHT 	60–70% 114–133 bpm	40–80 minutes	<p>Benefits: Improves general base fitness, improves recovery and boosts metabolism.</p> <p>Feels like: Comfortable and easy, low muscle and cardiovascular load.</p> <p>Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season.</p>
VERY LIGHT 	50–60% 104–114 bpm	20–40 minutes	<p>Benefits: Helps to warm up and cool down and assists recovery.</p> <p>Feels like: Very easy, little strain.</p> <p>Recommended for: For recovery and cool-down exercises throughout the training season.</p>

HR_{max} = Maximum heart rate (220-age). Example: 30 years old, 220–30=190 bpm.

Running in **sport zone 1** is done at a very low intensity. The main training principle is that your performance level improves during recovery after training, not only during training. You can accelerate your recovery process with very light intensity training.

Sport zone 2 is for endurance training, an essential part of any training program. Running sessions in this zone are easy anaerobic. Long-duration training in this light zone results in effective energy expenditure. Progress will require persistence.

Aerobic power is enhanced in **sport zone 3**. The training intensity is higher than in sport zones 1 and 2, but still mainly aerobic. Training in sport zone 3 may, for example, consist of intervals followed by recovery. Running in this zone is especially effective for improving the efficiency of blood circulation in the heart and skeletal muscles.

If your goal is to compete at top potential, you will have to train in **sport zones 4 and 5**. In these zones, you run anaerobically, in intervals of up to 10 minutes. The shorter the interval, the higher the intensity. Sufficient recovery between intervals is very important. The training pattern in zones 4 and 5 is designed to produce peak performance.

The Polar sport zones can be personalized by using a laboratory measured HR_{max} value, or by taking a field test to measure the value yourself. When running in a sport zone, try to make use of the entire zone. The mid-zone is a good target, but keeping your heart rate at that exact level all the time is not necessary. Heart rate gradually adjusts to training intensity. For instance, when crossing from sport zone 1 to 3, the circulatory system and heart rate will adjust in 3-5 minutes.

Heart rate responds to exercise intensity depending on factors such as fitness and recovery levels, as well as environmental, factors. It is important to look out for subjective feelings of fatigue, and to adjust your training program accordingly.

A simple way of making use of the sport zones is making your target heart rate zones. For further instructions, see Plan Your Training.

After the exercise, exercise duration is displayed in sport zones. Access the **Weekly** display to see in which sport zones you have been exercising, and the duration spent in each sport zone.

The Polar ProTrainer 5 offers up to 10 sport zones to better serve your training needs and heart rate reserve.

OwnZone Training

Your running computer determines automatically an individual and safe exercise intensity zone: your OwnZone. The unique Polar OwnZone defines your personal training zone for aerobic training. The function guides you through your warm-up, and takes your present physical and mental condition into account. For most adults, OwnZone corresponds to 65-85% of maximum heart rate.

OwnZone can be determined in 1-5 minutes during a warm-up period by walking, jogging, or doing some other sport. The idea is to start exercising slowly at a light intensity, and to gradually increase intensity and heart rate. OwnZone is developed for use by healthy people. Some health conditions may cause heart rate variability-based OwnZone determination to fail. These conditions include high blood pressure, cardiac arrhythmias, and certain medications.

Listening to and interpreting the signals your body sends during physical exertion is an important part of getting fit. Since warm-up routines differ for different types of exercise, and since your physical and mental state may also vary from day to day (due to stress or illness), using the OwnZone function for every session guarantees the most effective heart rate target zone for that particular type of exercise and day.

Maximum Heart Rate

Maximum heart rate (HR_{max}) is the highest number of heartbeats per minute (bpm) during maximum physical exertion. It is individual and depends on age, hereditary factors, and fitness level. It may also vary according to the type of sport performed. HR_{max} is used to express exercise intensity.

Determining Maximum Heart Rate

Your HR_{max} can be determined in several ways.

- The most accurate way is to have your HR_{max} clinically measured, usually on a maximal treadmill or by taking a bicycle stress test supervised by a cardiologist or exercise physiologist.
- You can also determine your HR_{max} by taking a field test together with a training partner.
- You can obtain a HR_{max} -p score that predicts your HR_{max} by taking a Polar Fitness Test.
- HR_{max} can also be estimated by using the commonly used formula: $220 - \text{age}$, although research shows that the method is not very accurate, especially for older persons or those who have been fit for many years.

If you have done some hard training in recent weeks and know that you can safely reach maximum heart rate, you can safely take a test to determine your HR_{max} yourself. Having a training buddy with you during the test is recommended. If you are uncertain, consult your physician before undertaking the test.

Here is an example of a simple test.

Step 1: Warm up for 15 minutes on a flat surface, building up to your usual training pace.

Step 2: Choose a hill or stairwell that will take more than 2 minutes to climb. Run up the hill/steps once, building to as hard a pace as you can hold for 20 minutes. Return to the base of the hill/steps.

Step 3: Run up the hill/steps again, building towards a pace you could just about hold for 3

kilometers. Note your highest heart rate. Your maximum is approximately 10 beats higher than the noted value.

Step 4: Run back down the hill, allowing your heart rate to drop 30-40 beats per minute.

Step 5: Run up the hill/steps once again at a pace that you can only hold for 1 minute. Try to run halfway up the hills/steps. Note your highest heart rate. This brings you close to your maximum heart rate. Use this value as your maximum heart rate to set training zones.

Step 6: Make sure you get a good cool-down, a minimum of 10 minutes.

Heart Rate Value in a Sitting Position

HR_{sit} is your average heart rate when completely still (i.e. while sitting). To easily determine HR_{sit} , wear your transmitter, sit down, and do not engage in any physical activity. For a more precise measurement, repeat the procedure several times and calculate your average.

Heart Rate Reserve

Heart rate reserve (HRR) is the difference between maximum heart rate (HR_{max}), and resting heart rate (HR_{rest})*. HRR is used to calculate exercise heart rates. It is the range within which heart rate varies depending on exertion level. HRR equals oxygen uptake reserve (VO_2R).

Exercise heart rate can be determined by using the Karvonen formula**. Add the given percentage of heart rate reserve to resting heart rate.

$$\text{Exercise HR} = \% \text{ of target intensity } (HR_{max} - HR_{rest}) + HR_{rest}$$

Example:

Target intensity 70 % HRR for a person with HR_{max} 201 bpm and HR_{rest} 50 bpm

$$\text{Exercise HR} = 70\% (201 - 50) + 50$$

$$\text{Exercise HR} = 156 \text{ bpm}$$

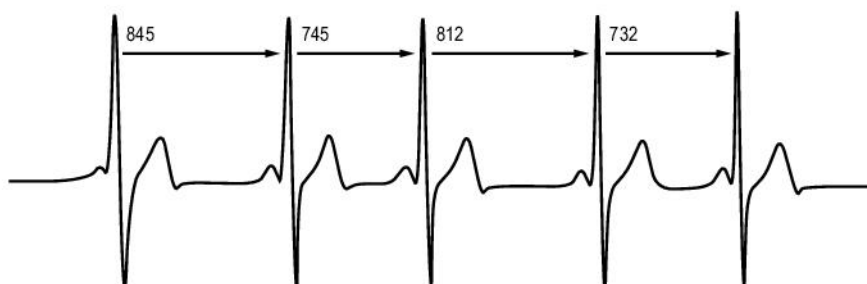
For a precise exercise heart rate, you need your exact HR_{max} and HR_{rest} . When using estimated HR_{max} , exercise heart rate values are always estimates.

**In Polar RS400 and RS800 running computers, the heart rate value during a resting state is measured in a sitting position (HR_{sit}). This is for practical reasons since HR_{sit} is used in energy expenditure calculation because of accuracy. HR_{sit} matches the low intensity to which different exercise intensities can be compared.*

***Karvonen M, Kentala K, Mustala O. The effects of training on heart rate: a longitudinal study. Ann Med Exp Biol Fenn 1957; 35: 307-315.*

Heart Rate Variability

Heart rate varies with every heartbeat. Heart rate variability (HRV) is the variation of beat to beat intervals, also known as R-R intervals.



HRV indicates the fluctuations of heart rate around an average heart rate. An average heart rate of 60 beats per minute (bpm) does not mean that the interval between successive heartbeats would be exactly 1.0 sec, instead they may fluctuate/vary from 0.5 sec up to 2.0 sec.

HRV is affected by aerobic fitness. HRV of a well-conditioned heart is generally large at rest. Other factors that affect HRV are age, genetics, body position, time of day, and health status. During exercise, HRV decreases as heart rate and exercise intensity increase. HRV also decreases during periods of mental stress.

HRV is regulated by the autonomic nervous system. Parasympathetic activity decreases heart rate and increases HRV, whereas sympathetic activity increases heart rate and decreases HRV.

HRV is used in the Ownzone, OwnIndex, and in OwnOptimizer features. It can also be monitored on its own using the running computer. If your HRV changes at a given running pace and heart rate, this may indicate a change in your training load and stress.

Running Cadence and Stride Length

Cadence* is the number of times the foot with the stride sensor* hits the ground per minute.

Stride length* is the average length of one step. That is the distance between your right and left foot contacting the ground.

Running speed = 2 * stride length * cadence

There are two ways to run faster: moving your legs at a higher cadence or taking longer steps.

Elite long distance runners typically run with a high cadence of 85-95. On uphill, typical cadence values are lower. On downhill they are higher. Runners adjust stride length to gather speed: stride length increases as speed increases.

Yet one of the most common mistakes novice runners make is over-striding. The most efficient stride length is the natural one – the one that feels most comfortable. You will run faster in races by strengthening your leg muscles so they take you forward with a longer stride.

You should also work on maximizing cadence efficiency. Cadence does not progress easily, but if properly trained, you will be able to sustain it throughout your runs and maximize your performance. To develop cadence, the nerve-muscle connection needs to be trained - and reasonably frequently. A session of cadence training a week is a good start. Incorporate some cadence work into the rest of your week. During long easy runs, you could include some faster cadence every now and then.

When training for longer running events (½ Marathon, Marathon or longer), it may be helpful to monitor cadence. A low cadence at expected race pace can cause problems later in the event, as your legs tire. One way around this is to work on increasing leg speed at expected race pace. You can set your running computer to show pace and cadence. Try to shorten your stride and increase cadence while holding the same pace (set a narrow pace zone to give you audio feedback). You can aim to raise running cadence above the following:

- 80/min (4hour Marathoners)
- 85/min (3hr 30min Marathoners)
- 88/min (3hour Marathoners)

This is a general guide only, taller runners will naturally have slightly lower cadences. Runners should also tune in to what feels comfortable for them personally.

A good way of improving stride length is to undertake specific strength work, like running hills, running in soft sand, or running up steps. A six-week training period including strength work should result in noticeable improvements in stride length, and if combined with some faster leg speed work (such as short strides at best 5km pace), noticeable improvements should be seen in overall speed, as well.

*Optional s3 stride sensor W.I.N.D. required.

R-R Recording

R-R recording rate saves heartbeat intervals, i.e. intervals between successive heartbeats. This information is also shown as instantaneous heart rate in beats per minute in recorded samples.

When recording every single interval, extra systoles and artefacts can also be seen. We recommend using contact gel (ECG gel) to optimize contact between your skin and the transmitter. Readings

interpreted as incorrect in the heart rate data can be adjusted and corrected with the software.

Polar Running Index

Running Index offers an easy way to monitor performance changes. Performance (how fast/easily you run at a given pace) is directly influenced by aerobic fitness (VO_{2max}) and exercise economy (how efficient your body is at running), and Running Index is a measurement of this influence. By recording your Running Index over time, you can monitor progress. Improvement means that running at a given pace requires less of an effort, or that your pace is faster at a given level of exertion. The Running Index feature calculates such improvements. Running Index also gives you daily information on your running performance level which may vary from day to day.

Benefits of Running Index:

- emphasizes the positive effects of good training sessions and resting days.
- monitors fitness and performance development at different heart rate levels - not only during maximal performance.
- you can determine your optimal running speed by comparing running indexes from different kinds of trainings.
- stresses progress through better running technique and fitness level.

Running Index is calculated during every exercise when heart rate and the stride sensor* signal is recorded, and when the following requirements apply:

- speed should be 6km/h / 3,75 mi/h or faster and duration 12 minutes minimum.
- heart rate should be above 40% HR_{max} .

Make sure that the stride sensor is calibrated. Calculation begins when you start recording the session. During the session, you may stop once at traffic lights, for example, without interrupting the calculation.

In the end, your running computer displays a Running Index value and stores the result in the File section. Compare your result to the table below. Using the software, you can monitor and analyze your progress in Running Index values against time and different running speeds. Or compare values from different exercise sessions and analyze them in the short and long term.

Short-term analysis

Running Index	Performance Level
< 30	Very poor
31-37	Poor
38-44	Fair
45-51	Average
52-58	Good
59-65	Very good
> 65	Excellent

There may be some daily variation in the Running Indexes due to running circumstances e.g. surface, hills, wind, temperature.

Long-term analysis

The single Running Index values form a trend that predicts your success in running certain distances.

The following chart estimates the duration that a runner can achieve in certain distances when performing maximally. Use your long-term Running Index average in the interpretation of the chart.

The prediction is best for those Running Index values that have been received at speed and running circumstances similar to the target performance.

Running Index	Cooper test (m)	5 km (h:mm:ss)	10 km (h:mm:ss)	21.098 km (h:mm:ss)	42.195 km (h:mm:ss)
36	1900	0:37:30	1:16:00	2:45:00	5:45:00
38	2000	0:35:00	1:11:30	2:34:00	5:20:00
40	2100	0:32:30	1:06:30	2:24:00	5:00:00
42	2200	0:30:45	1:03:00	2:16:00	4:45:00
44	2300	0:29:00	0:59:30	2:09:00	4:30:00
46	2400	0:28:00	0:57:30	2:04:00	4:20:00
48	2500	0:26:45	0:55:00	1:59:00	4:10:00
50	2600	0:25:30	0:52:30	1:54:00	4:00:00
52	2700	0:24:15	0:50:00	1:49:00	3:50:00
54	2850	0:23:15	0:48:00	1:44:00	3:40:00
56	2950	0:22:15	0:46:00	1:40:00	3:32:00
58	3100	0:21:15	0:44:00	1:36:00	3:25:00
60	3200	0:20:30	0:42:30	1:33:00	3:18:00
62	3300	0:19:30	0:40:30	1:29:00	3:10:00
64	3400	0:19:00	0:39:30	1:26:00	3:05:00
66	3500	0:18:30	0:38:30	1:24:00	3:00:00
68	3650	0:17:45	0:37:00	1:21:00	2:55:00
70	3750	0:17:15	0:36:00	1:19:00	2:50:00
72	3900	0:16:30	0:34:30	1:16:00	2:45:00
74	4000	0:16:00	0:33:30	1:14:00	2:40:00
76	4100	0:15:30	0:32:30	1:12:00	2:35:00
78	4200	0:15:15	0:32:00	1:10:00	2:30:00

*Optional s3 stride sensor W.I.N.D. required.

It is worth to remember that in addition to good Running Index, maximal running performance demands good preparation, optimal running conditions, speed endurance and guts. Training quantity and quality have an affect as well as natural talent.

Polar Article Library

For more facts and know-how to enhance your running, visit Polar Article Library [<http://articles.polar.fi>].

12. CUSTOMER SERVICE INFORMATION

Care and Maintenance

Caring of Your Product

Like any electronic device, the Polar running computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Detach the transmitter connector from the strap after use. Clean the connector with a mild soap and water solution. Dry it with a towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Rinse the transmitter strap with water after every use. If you use the strap more than three times a week, wash it at least once every three weeks in a washing machine at 40°C / 104°F. Use a washing pouch. Do not soak, and use neither detergent with bleach nor fabric softener. Do not dry-clean or bleach the strap.

Wash the strap before long-term storage, and always after use in pool water with high chlorine content. Do not spin-dry or iron the strap. Never put the connector in a washing machine or a drier! **Dry and store the strap and the connector separately.**

Keep your running computer, transmitter, foot pod and stride sensor in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not immerse the foot pod or stride sensor in water. Do not expose to direct sunlight for extended periods.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

Service


During the two-year guarantee/warranty period, we recommend that you service the product at an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For further information, see Limited International Polar Guarantee.

Changing Batteries

To change the batteries of the running computer, transmitter, and stride sensor* yourself, carefully follow the instructions in Install Stride Sensor Battery. All batteries are changed the same way.

If you would prefer Polar to replace the battery, contact an authorized Polar Service Center. The Service will test the sensor after replacing the battery.

Excessive use of the backlight drains the running computer's battery more rapidly. In cold conditions, the low battery indicator may appear, and disappear again when you return to a warmer environment. To ensure the maximum lifespan of the battery cover, open it only when changing battery. When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. Battery kits with sealing rings are available at well-equipped Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.

 *Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.*

*Optional s3 stride sensor W.I.N.D. required.

Precautions

Interference During Exercise

Electromagnetic Interference and Exercise Equipment

Disturbance may occur near high-voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor-driven exercise equipment, cellular phones, or when you walk through electric security gates. Microwave ovens, computers and WLAN base stations may also cause interference. To avoid erratic readings, move away from possible sources of disturbance.

Exercise equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To solve these problems, try the following:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the running computer around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the running computer in this interference-free area as much as possible.

If the running computer still does not work with the exercise equipment, it may be electrically too noisy for wireless heart rate measurement.

Using RS800 Running Computer in Water

The running computer is water resistant. However, heart rate measurement does not work in water. You can use the running computer under water as a watch but it is not a diving instrument. To maintain water resistance, do not press the buttons of the running computer under water. Using the running computer in excessive rainfall may also cause interference.

Minimizing Risks When Exercising

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?


Note that in addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Polar running computer at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar running computer.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

Your safety is important to us. The shape of the foot pod/stride sensor* is designed to minimize the possibility of it getting caught in something. In any case, be careful when running with the foot pod/stride sensor in brushwood, for example.

 *The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, possibly staining light-colored clothes. If you use insect repellent on your skin, you must ensure that it does not come into contact with the transmitter.*

*Optional s3 stride sensor W.I.N.D. required.

Technical Specifications

Wrist unit

The wrist unit is a class 1 Laser Product

Battery life:	Average 1 year (1h/day, 7 days/week)
Battery type:	CR2032
Battery sealing ring:	O-Ring 20.0 x 1.1, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Wrist band and buckle material:	Polyurethane, stainless steel
Back cover:	Polyamide, stainless steel complying with the EU Directive 94/27/EU and its amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
Accuracy of heart rate monitor:	$\pm 1\%$ or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240
Current speed display range:	Stride sensor: 0-36 km/h or 0-22,3 mph
Altitude display range:	-550 m ... +9000 m / -1800 ft ... +29500 ft The Polar wrist unit calculates altitude by using the standard average altitude at defined air pressures according to ISO 2533
Ascent resolution:	5 m / 20 ft

Wrist unit limit values

Maximum files:	99
Maximum time:	99 h 59 min 59 s
Maximum laps:	99
Shoes 1 total distance:	999 999 km / 621370 mi
Shoes 2 total distance:	999 999 km / 621370 mi
Total distance:	999 999 km / 621370 mi
Total duration:	9999h 59min 59s
Total calories:	999 999 kcal
Total exercise count:	9999
Total ascent:	304795 m / 999980 ft

Transmitter

Battery life of WearLink W.I.N.D. transmitter:	Average 2 years (3h/day, 7 days/week)
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 1.0, material silicone
Operating temperature:	-10 °C to +40 °C / 14 °F to 104 °F
Connector material:	Polyamide
Strap material:	Polyurethane/ Polyamide/ Polyester/ Elastane/ Nylon

Stride Sensor

Battery life:	Average 50 hours of use
Battery type:	CR2430
Battery sealing ring:	O-Ring 25.0 x 1.2, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Accuracy:	$\pm 3\%$ or better once calibrated, definition applies to stable conditions.

Polar WebLink using IrDA Communication, Polar ProTrainer 5™

System Requirements:	PC
	Windows® 2000/XP (32bit)
	IrDA compatible port (an external IrDA device or an internal IR port)
	Additionally, for the software your PC must have a Pentium II 200 MHz processor or faster, SVGA or higher resolution monitor, 50 MB hard disk space and a CD-ROM drive.

The Polar running computer indicates the level of physiological strain and exercise intensity. It displays performance indicators and environmental conditions such as altitude and temperature. It also measures speed and distance when used with S1 foot pod, and running cadence when used with S3 stride sensor. No other use is intended or implied.

The Polar running computer should not be used for obtaining environmental measurements that require professional or industrial precision. Furthermore, the device should not be used to obtain measurements when engaged in airborne or underwater activities.

Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant	x				Splashes, raindrops etc.
Water resistant 50m	x	x			Minimum for bathing and swimming*.
Water resistant 100m	x	x	x		For frequent use in water but not SCUBA diving.

*These characteristics also apply to Polar WearLink 31 and Polar WearLink W.I.N.D. transmitters marked Water resistant 30m.

Frequently Asked Questions

What should I do if...

...the battery symbol and Battery low is displayed?

The low battery indicator is usually the first sign of an expired battery. However, in cold conditions the low battery indicator may appear. The indicator will disappear as soon as you return to a normal temperature. When the symbol appears, the running computer sounds and backlight are automatically deactivated. For further information on changing the battery, see Care and Maintenance.

...I do not know where I am in the menu?

Press and hold STOP until the time of day is displayed.

...there are no reactions to any buttons?

Reset the running computer by pressing all the buttons simultaneously for two seconds until the display fills with digits. Press any button and set the time and date in Basic Settings after the reset. All other settings are saved. Skip the rest of the settings by pressing and holding STOP.

...the heart rate reading becomes erratic, extremely high or shows nil (00)?

- Make sure the running computer is no further than 1 m / 3 ft from the transmitter.
- Make sure the transmitter belt has not loosened during exercise.
- Make sure the textile electrodes in the sports apparel fit snugly.
- Make sure that the electrodes of the transmitter / sports apparel are moistened.
- Make sure the transmitter / sports apparel is clean.
- Make sure that there is no other heart rate transmitter within 1 m / 3 ft.
- Strong electromagnetic signals can cause erratic readings. For further information, see Precautions.
- If the erratic heart rate reading continues despite moving away from the source of disturbance, slow down your speed and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.
- A cardiac event may have altered your ECG waveform. In this case, consult your physician.

...Memory full is displayed?

The message appears during exercise if you have recorded 99 laps or if no memory space is left for the exercise. In that case, stop recording the exercise and transfer the exercise files from your running computer to the Polar ProTrainer 5. Then delete them from the running computer.

...Check WearLink! is displayed and your running computer cannot find your heart rate signal?

- Make sure the running computer is no further than 1 m / 3 ft from the transmitter.
- Make sure the transmitter belt has not loosened during exercise.
- Make sure the textile electrodes in sports apparel fit snugly.
- Make sure that the electrodes of the transmitter / sports apparel are moistened.
- Make sure the transmitter / electrodes in the sports apparel are clean and undamaged.
- If the heart rate measurement does not work with the sports apparel, try using a WearLink strap. If your heart rate is detected with the strap, the problem is most probably in the apparel. Please contact the apparel retailer / manufacturer.
- If you have done all of the above-mentioned actions, and the message still appears and heart rate measurement does not work, the battery of your transmitter may be empty. For further information, see Care and Maintenance.

...New WearLink found. Teach new WearLink? is displayed?

If you have purchased a new transmitter as an accessory, it will have to be introduced to the running computer. For further information, see Teach a New Transmitter.

If the transmitter you are using is included in the product set, and the text appears on the display, the running computer may be detecting the signal of another transmitter. In that case, make sure you are wearing your own transmitter, that the electrodes are moistened, and that the transmitter belt has not loosened. If the message still appears, the battery of your transmitter is empty. For further information, see Care and Maintenance.

...Check S sensor! is displayed and speed and distance signals cannot be found?*

- Check that the stride sensor function is activated in the running computer. If so, the runner symbol should be displayed on the computer.
- If you keep the running computer in front of you for longer than 15 seconds, the speed and distance measurements stop. Reactivate the measurements by moving your hand.
- If you are running on a treadmill and have attached the running computer to a crossbar in front of you, try moving the running computer sideways.
- Make sure your stride sensor is positioned correctly.
- The battery of your stride sensor may be empty. For further information, see Care and Maintenance.

...S sensor calibration failed is displayed?*

Calibration did not succeed and you need to re-calibrate. Calibration fails if you move during the process. Once you reach lap distance, stop running and stand still for calibration. The range of the calibration factor during manual calibration is 0.500-1.500. If you have defined the calibration factor below or above these values, calibration fails.

...Teach new sensor? is displayed?*

If you have purchased a new stride sensor as an accessory, it will have to be introduced to the running

computer. For further information, see Teach a New Stride Sensor .

If the stride sensor you are using is included in the product set, and the text appears on the display, the running computer may be detecting the signal of another transmitter. In that case, make sure you are wearing your own sensor. If the message still appears, the sensor battery is empty. For further information, see Care and Maintenance.

...Too many S sensors nearby is displayed?*

More than one signal is found during a teaching process. The running computer can receive signals from only one stride sensor at a time. The running computer keeps searching until only one signal is detected. Make sure that you are not near (20 meters/66 ft) other stride sensors.

...the altitude keeps changing even if I am not moving?

The running computer converts measured air pressure into an altitude reading. This is why changes in the weather may cause changes in altitude readings.

...the altitude readings are inaccurate?

Your altimeter may show faulty altitude if it is exposed to external interference like strong wind or air conditioning. In this case, try to calibrate the altimeter. If the readings are constantly inaccurate, dirt may be blocking the air pressure channels. In this case, send the running computer to a Polar Service Center.

....Memory low is displayed?

Memory low is displayed when there is approximately 1 hour memory left. To maximize the remaining memory capacity, select the longest Recording Rate (60 sec) from **Settings > Features > Rec.rate**. Once the memory has been depleted **Memory full** is displayed. To free memory transfer the exercises to Polar Pro Trainer 5 software and delete them from the wrist unit memory.

*Optional s3 stride sensor W.I.N.D. required.

Limited International Polar Guarantee

- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or stamped Polar Customer Service Card, which is your proof of purchase!**
- The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases and elastic strap.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. During the guarantee period, the product will be repaired or replaced at an authorized Service Center free of charge.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.

CE 0537

This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.html.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

Polar Electro Oy is a ISO 9001:2000 certified company.

All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy. The names and logos marked with a TM symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy, except Windows which is a registered trademark of Microsoft Corporation.

Polar Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is protected by one or several of the following patents: US 5486818, GB 2258587, HK 306/1996, WO96/20640, EP 0748185, US6104947, EP 0747003, US5690119, DE 69630834.7-08, WO 97/33512, US 6277080, EP 0984719, US 6361502, EP 1405594, US 6418394, EP 1124483, US 6405077, US 6714812, US 6537227, FI 114202, US 6666562 B2, US 5719825, US 5848027, EP 1055158, FI 113614, FI23471, USD49278S, USD492784S, USD492999S, FI68734, US4625733, DE3439238, GB2149514, HK81289, FI88972, US5486818, DE9219139.8, GB2258587, FR2681493, HK306/1996, FI96380, WO95/05578, EP665947, US5611346, JP3568954, DE69414362, FI4150, US6477397, DE20008882, FR2793672, ES1047774, FI112844, EP 724859 B1, US 5628324, DE 69600098T2, FI110915. Other patents pending.

Manufactured by:

Polar Electro Oy

Professorintie 5

FIN-90440 KEMPELE

Tel +358 8 5202 100

Fax +358 8 5202 300

www.polar.fi

17931458.00 ENG A

Index

- 12h/24h time mode29
- A.Lap on/off26
- Activity level27
- Alarm setting29
- Altitude calibration24
- Analyzing training in software17
- Backlight 5
- Basic settings 5
- Battery low49
- Battery replacement 7, 46
- Cadence43
- Calorie expenditure19
- Care instructions46
- Create exercises 10, 10
- Customizing display30
- Data transfer17
- Date settings30
- Deleting a file23
- Event countdown29
- Exercise settings 10, 10
- Fitness test trend35
- Frequently asked questions49
- Guarantee 46, 51
- Heart rate zones 11
- HR_{max} 27, 41
- HR_{max-p}34
- HR_{sit} 27, 42
- Illuminate the display15
- Interval training10
- Keylock28
- Language settings28
- Lap storing15
- Manual limits11
- Night mode15
- OwnIndex33
- OwnOptimizer36
- OwnZone 16, 41
- Pace limits11
- Pause an exercise16
- Phases32
- Polar ProTrainer 5 4, 17, 30
- Precautions46
- Predicted maximum heart rate34
- Programmed exercise 30, 31
- Recalling training information17
- Recording rate settings25
- Reminders28
- Reset the running computer49
- Reset totals file23
- Return to time mode 6
- Runner symbol12
- Running Index 19, 44
- Selecting exercise type10
- Shoe selection25
- Sound27
- Speed limits11
- Start exercise recording12
- Start measuring heart rate12
- Stop exercise recording17
- Stride length43
- Target zone alarm28
- Teaching39
- Timer setting 11, 11
- Time setting29
- Time zone29
- Titles30
- Totals23
- Transmitter4, 6
- Units setting28
- VO_{2max} 27, 33
- Water resistance49
- Wrist unit buttons 5
- Zoom the display15