

# TomTom GPS User Manual

1.0



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# Welcome

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This User Manual explains everything you need to know about your new TomTom Runner 3, TomTom Spark 3 or TomTom Adventurer watch.

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

Here are some good starting points:

- [About your watch](#)
- [Starting an activity](#)
- [Activity tracking](#)
- [Music](#)
- [Training programs](#)
- [Using your Adventurer watch](#)

**Tip:** There are also frequently asked questions (FAQs) at [tomtom.com/support](http://tomtom.com/support). Start typing the product name to see a list of products to choose from.

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

**Note:** The Music feature and built-in Heart Rate Sensor are not available on all watch models.

# What's new

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## What's new in this release

### TomTom Runner 3 / Spark 3

#### Route Exploration

Explore new terrain and upload trails to your watch. To learn more, go to [Following a new trail](#) in this manual

You can use MySports to preload a trail onto your TomTom GPS watch for use during an activity and to manage trails. To learn more, go to [Manage trails with MySports](#).

Leave a path as you run to find your way back. Available on GPS-based activities: Run, Cycle, Freestyle. To learn more, go to [Using breadcrumb trails](#) in this manual.

#### Built-in Compass

Your TomTom GPS watch has a built-in compass so that you can instantly see which direction you are going.

To learn more, go to [Using the compass](#).

### TomTom Adventurer

#### GPS and Barometer tracking in New Outdoor Sports Modes

New special modes for trail-running, hiking, skiing and snowboarding.

Get accurate real-time info on the go, like altitude, 3D distance, speed, pace, total ascent and descent and calories burned.

To learn more, go to [Trail running](#), [Hiking](#), [Skiing and snowboarding](#).

#### Automatic Lift Detection

See the max speed, descent and max gradient of your last ski or snowboard run as you go up the lift.

To learn more, go to [Skiing and snowboarding](#).

#### Built-in Compass

Your TomTom GPS has a built-in compass so that you can instantly see which direction you are going.

To learn more, go to [Using the compass](#).

#### Long battery life

With up to 11 hours of power in GPS mode, and up to 24 hours in Hiking Mode.

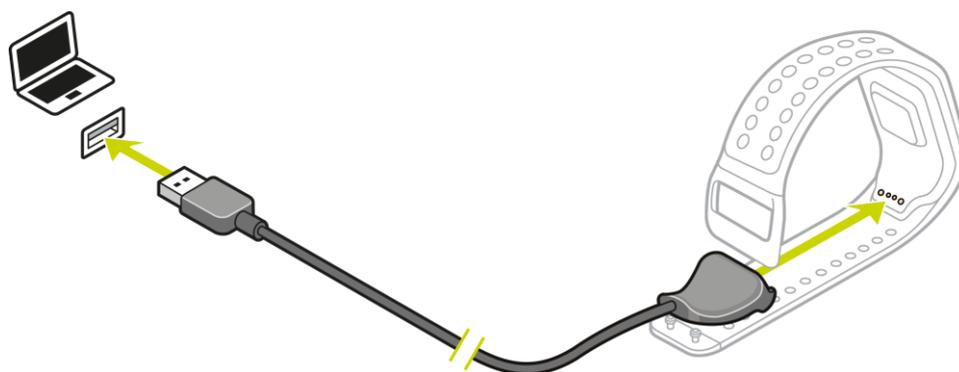
# Getting started

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

**Note:** QuickGPSfix helps your watch get a GPS fix and find your location quickly. It also saves your battery and prolongs its life.

1. Download [TomTom MySports Connect](https://www.tomtom.com/123) from [tomtom.com/123](https://www.tomtom.com/123) and install it on your computer. TomTom MySports Connect is available for free.
2. Place your watch in the [desk dock](#) and connect the dock to your computer. Follow the instructions that TomTom MySports Connect gives you.



After your watch is charged, you can [start your first activity](#).

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

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

## Battery life

When the battery is fully charged, your watch can be used for up to 11 hours of activities that need GPS reception, such as running and cycling. The battery is used more quickly if you do any of the following:

- Use the [Music](#) feature.
- Use the [backlight](#) on your watch frequently or [all the time](#)
- e built-in [heart rate sensor](#).
- Connect the watch to external sensors, such as the [Heart Rate Sensor](#) or [Cadence and Speed Sensor](#).

Your watch will last longer on a battery charge if you turn off [night mode](#) and touch the screen to turn on the back light only when you need it.

## TomTom MySports app

You can download the TomTom MySports app for free from your usual app store or by going to [tomtom.com/app](https://www.tomtom.com/app).

To learn more, go to [TomTom MySports mobile app](#) in this guide.

## Pairing your watch with your phone

To learn more, go to [Phone](#) in this guide.

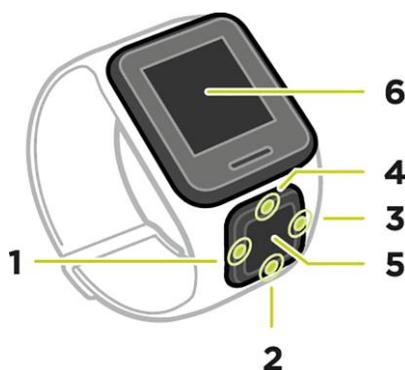
# Your watch

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## About your watch

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

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



1. Press **LEFT** - opens the [ACTIVITY TRACKING](#) screen.
2. Press **DOWN** - opens the [SETTINGS](#) menu.
3. Press **RIGHT** - opens the [ACTIVITIES](#) menu.
4. Press **UP** - opens the [MUSIC](#) screen.
5. GPS receiver. While wearing the watch, the GPS receiver should face upwards.
6. Cover the screen with your palm briefly to turn on the back light.

The clock screen shows the time and date. You can choose to show the time in 12 hour or 24 hour format by pressing **DOWN** to open the [SETTINGS](#) menu, then selecting **CLOCK**.

## Using your watch

Press **UP** or **DOWN** to select items in a menu.

Press **RIGHT** to select an item and open the menu for that item.

Press **LEFT** to exit a menu.

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

If an option in a menu switches on and off, press **UP** or **DOWN** to change the setting.

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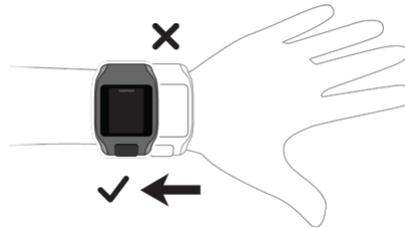
**Important:** Your watch sleeps if it isn't used for a while. Press any button once to wake up your watch. Your watch will then pair with the MySports app automatically and you can carry on using it.

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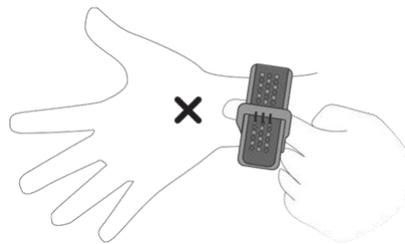
## Wearing your watch

The way you wear your watch is important because it can affect the performance of the Heart Rate Sensor. For more information on how this sensor works, see [The heart rate sensor](#).

- Wear the watch in the normal way, with the watch face on top of your wrist and the bottom of the watch touching your skin, away from the wrist bone.



- Do the strap up so that it is tight to your wrist without being uncomfortable.



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

**Important:** To improve accuracy, KEEP STILL until your heart rate is detected.

## Cleaning your watch

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

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

## The heart rate sensor

If your watch has a built-in heart rate sensor it can help you train more efficiently.

You can choose to use the built-in heart rate sensor or an external sensor if the watch is mounted on your bike handlebars, or not to use a sensor at all.

**Note:** If your watch doesn't have an integrated heart rate monitor, you can also buy a separate chest strap to record the same information.

## How the sensor works

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

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

## Using the heart rate sensor

To get the best performance from the heart rate sensor, see [Wearing your watch](#). Continuous heart rate tracking is switched OFF by default.

**Note:** The sensor cannot measure your heart rate while swimming.

## Removing your watch from the strap

You may want to remove your watch from the wrist strap in order to charge it or before placing it in the holder before using the bike mount.

To remove your watch from the wrist strap, do the following:

1. Press inwards on the TomTom logo whilst holding the watch strap.



2. Remove the watch from the strap.



## Charging your watch using the desk dock

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**Important:** You can also use any USB wall charger to charge your watch. Place your watch in the desk dock and then connect the USB connector from the desk dock to your USB wall charger.

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

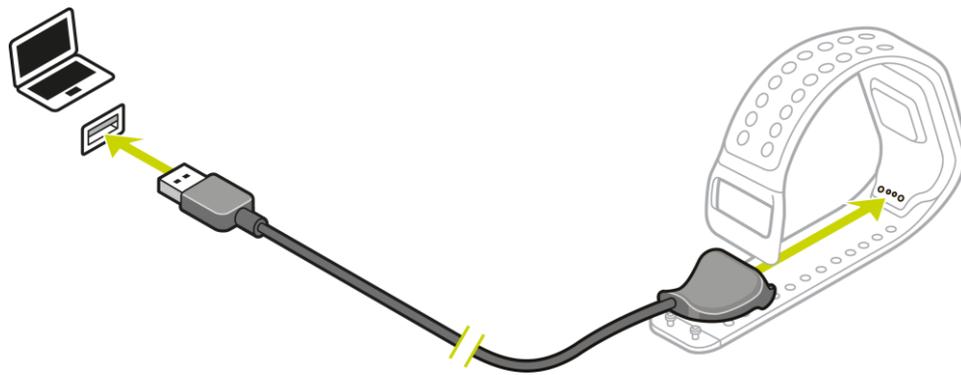
### Removing the watch from the strap

For more information, see [Removing your watch from the strap](#).

### Charging using the desk dock

To place your watch in the desk dock, do the following:

1. Slide the watch into the dock, following the curve of the back of the watch.
2. Push the watch in again until you hear a click and get a full connection.



**Important:** When you place your watch in the dock, you may get one of three types of connection:



Charging using a wall socket or USB socket with no data capabilities.



Full connection including access to MySports.

3. To remove your watch from the desk dock, pull the watch away from the dock, following the curve of the back of the watch.

### Using the bike mount

If you have purchased the bike mount accessory, the mount consists of a holder for your watch and a handlebar strap to attach the clip to your handlebars.

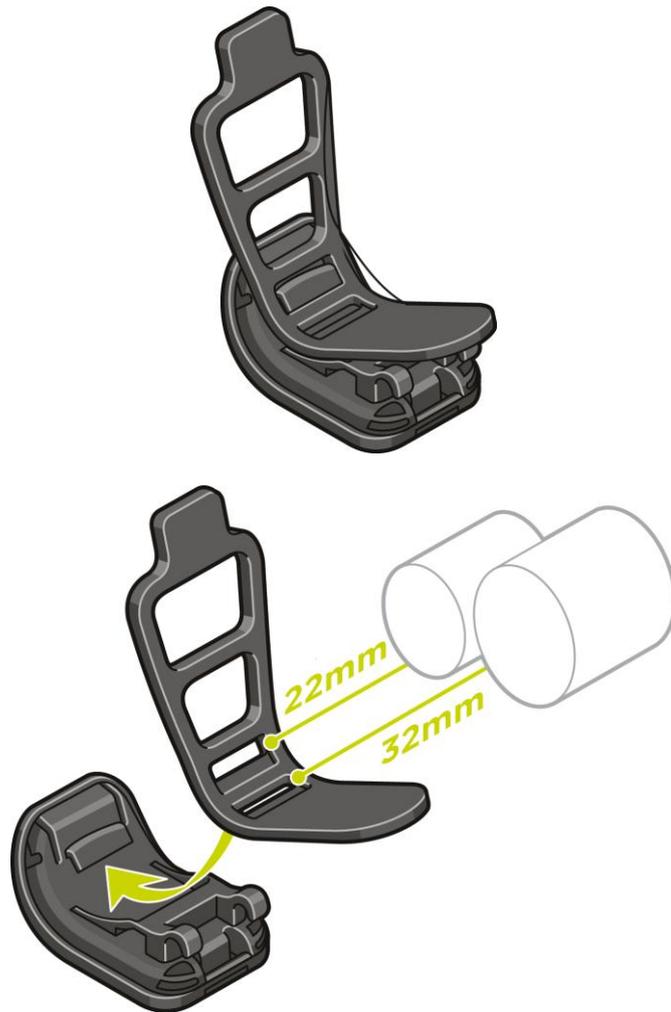
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**Important:** These instructions show you how to attach the holder to the handlebars and THEN insert the watch.

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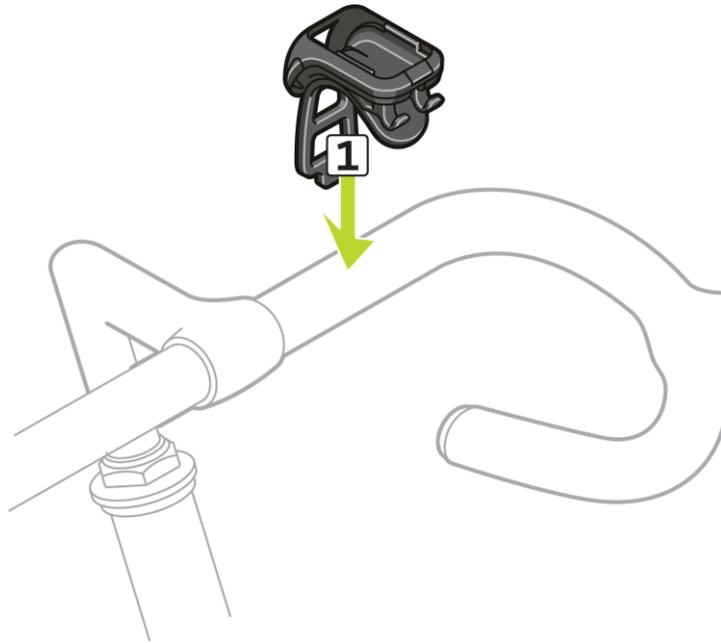
To use the bike mount, do the following:

1. Slide the handlebar strap into the hook at the back of the watch holder. Choose the right length for the size of your handlebars.

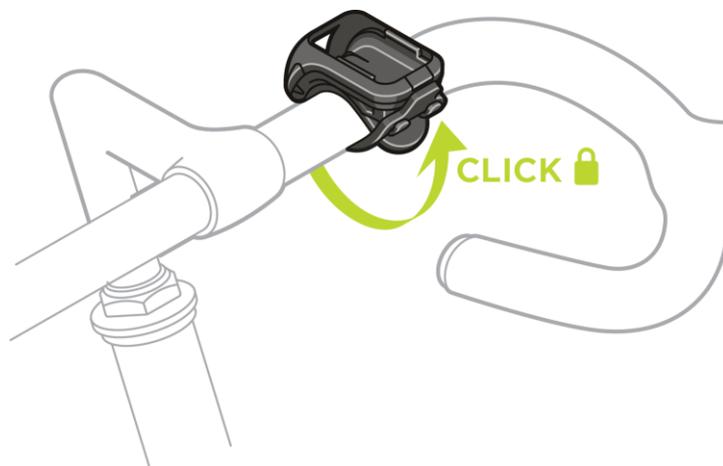


**Tip:** The strap has two holes so that it fits a range of different sizes of handlebars from 22 mm to 32 mm. Select the hole that fits your handlebars best.

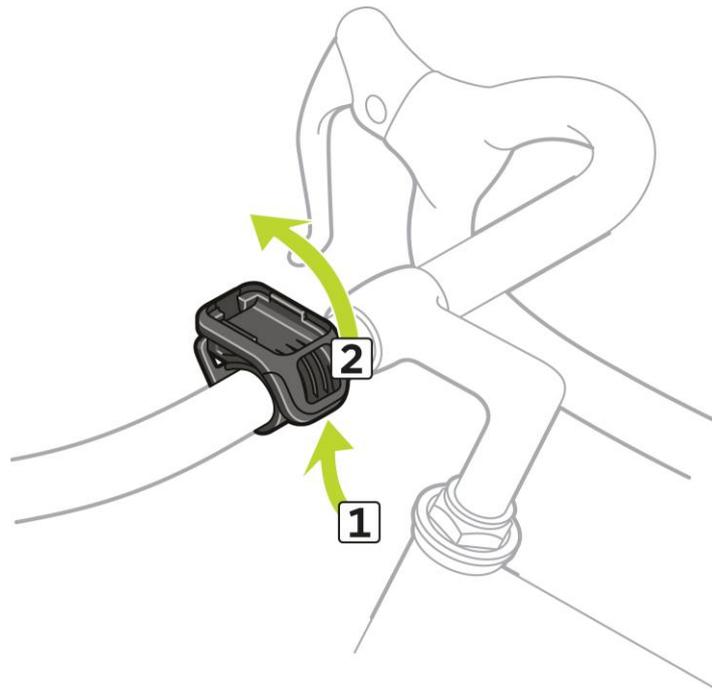
2. Place the watch holder on your handlebar and wrap the strap around the bar.



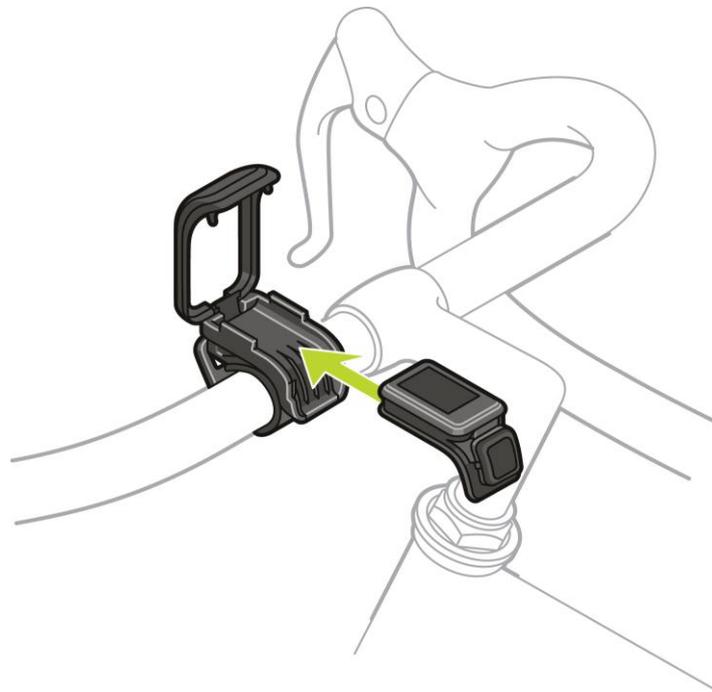
3. Use the clip on the bottom of the holder to attach the handlebar strap. The strap should now be attached securely around the handlebar.



4. Remove your watch from the wrist strap. Open the holder by pressing as shown below. Lift the cover.

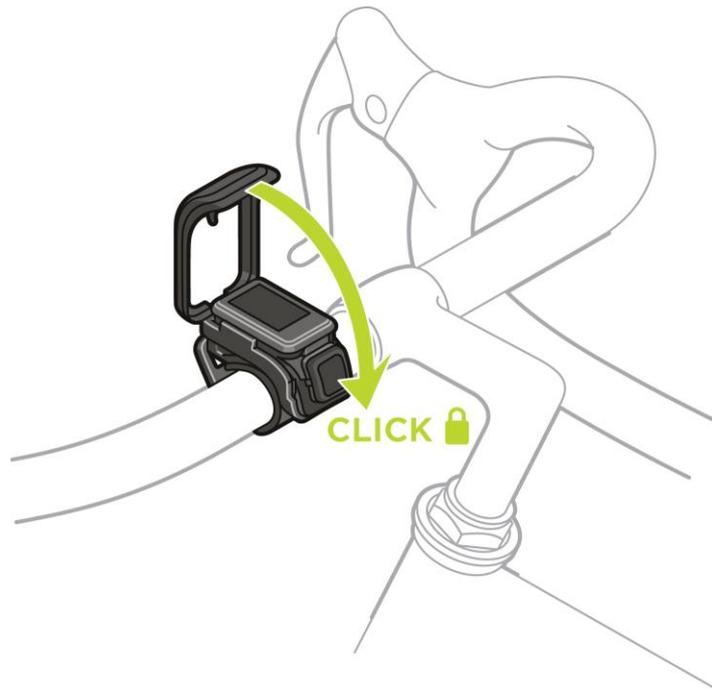


5. Slide your watch into the holder as shown.



6. Make sure your watch clicks securely into place.

7. Close the holder over the top of the watch, ensuring that it clicks as you close it. You are now ready to go cycling!

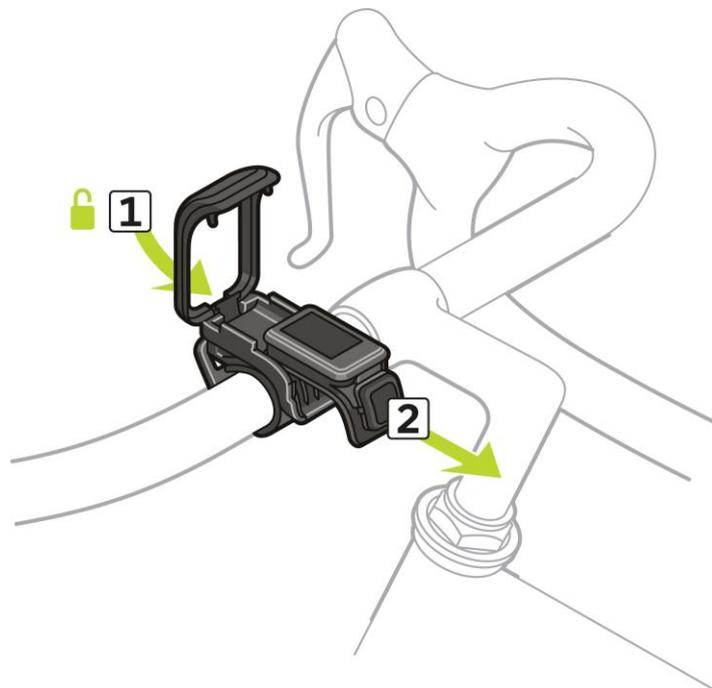


### Removing your watch from the holder

You may want to remove your watch from the holder in order to charge it or while attaching the bike mount to your handlebars.

To remove the watch from the holder, do the following:

1. Open the holder by pressing as shown below and then lift the cover.



2. Push the watch back towards you to unlock it from the holder.

3. Slide the watch out towards you into the palm of your hand.

### Using an O-ring

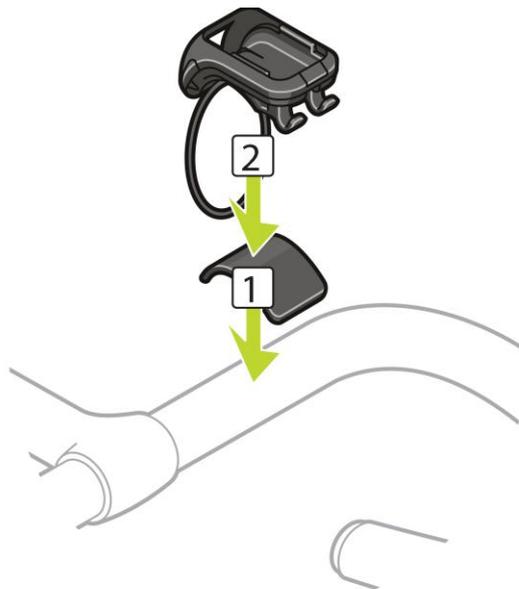
If you lose your bike mount strap, you can use a standard O-ring to mount your watch on your handlebars.

To use an O-ring, do the following:

1. Turn the watch over and insert the O-ring in the hook nearest the front of the watch.



2. Find a piece of rubber, for example, a piece of an old bicycle inner tube. This is needed to sit between the mount and handle bars and prevents slipping.
3. Place the mount onto the handle bars so that the piece of rubber is sandwiched between the mount and the bars.



4. Wrap the O-ring around the handle bars and lift it over the back hooks.



## About screen

From the clock screen, press **DOWN**. Press **UP** until you see **ABOUT** at the top of the menu. Press **RIGHT** to open the About screen.

The About screen shows the following information:

- **BATTERY** - the battery power left on your watch.  
To charge the battery, place the watch in the desk dock and [connect the dock to your computer](#).
- **STORAGE** - the amount of space used up on your watch.  
If you are running out of space, connect your watch to your computer. TomTom MySports Connect transfers the workouts or activities to your computer. You can choose to have activities uploaded automatically to your account on the TomTom MySports website, or another website you have chosen.

**Tip:** The history, which is the summary of your last 10 workouts, remains on your watch. Older workouts are sent to MySports.

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

These symbols are used to show the status of QuickGPSfix:



QuickGPSfix on your watch is up-to-date.



QuickGPSfix on your watch is out-of-date. If the QuickGPSfix information on your watch is out-of-date, your watch still works as usual. It may, however, take longer to get a GPS fix when you want to [start an activity](#).

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

## Performing a reset

### Soft reset

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

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

1. Connect your watch to a wall charger or computer.  
Wait until your watch shows a battery symbol.  
If you are using a computer, wait until MySports Connect finishes updating your watch.
2. Disconnect your watch from the wall charger or computer.  
The software on your watch restarts. This performs a soft reset on your watch.

### Recovery mode

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

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

1. Place your watch in the dock BEFORE you connect the dock to the computer.
2. On your watch, press **DOWN** and keep the button pressed.\*
3. Connect the dock to the computer, keep pressing the button until your watch shows [tomtom.com/reset](http://tomtom.com/reset).
4. Release the button and wait for MySports Connect to show **Update**.
5. Click **Update** in MySports Connect.

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

### Factory reset

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

---

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

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

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

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

---

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

1. Connect your watch to your computer and wait until MySports Connect finishes updating your watch.
2. Expand **SETTINGS** in MySports Connect.
3. Click **FACTORY RESET** at the bottom of MySports Connect.  
MySports Connect downloads the latest version of the software for your watch.
4. Keep your watch connected when the window for MySports Connect closes.  
MySports Connect installs the software on your watch.

5. Keep your watch connected when the window for MySports Connect opens again.
6. Follow the instructions in MySports Connect to setup your watch.

# Route Exploration

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## About viewing trails

**Note:** Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking (TomTom Adventurer)

To view a trail while doing an activity, do the following :

1. Start an activity that uses a trail, for example, trail running.
2. To see your trail, press **RIGHT** and then press **UP** from the Heart Rate Zone screen.

**Tip:** If a trail has been pre-selected, you see it automatically.

You see the full trail displayed as a thin line. You also see the start of the activity marked by a home icon, the start of trail marked by a flag and the end of the trail marked by a finish line icon.



Your position is show by the arrow. The arrow tells you which direction you are facing when standing still and which direction you are headed when moving. A thicker line shows your breadcrumb trail, displaying where you have been.

3. To zoom in, press **RIGHT** to go to a zoomed-in view of your trail and press **LEFT** to zoom back out.



**Tip:** A scale bar is shown at the bottom of the screen and the trail orientation is always North Up.

### Following a new trail

**Note:** Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking (TomTom Adventurer)

You can use your TomTom Adventurer Watch to follow a new trail that has been uploaded to your watch from [MySports](#). During your trail run, you see the same metrics as for a run but with the addition of elevation information.

To run a new trail, do the following :

1. Press **RIGHT** from the clock screen and then press **UP** or **DOWN** to select **TRAIL RUN**.
2. Press **DOWN** to go to the **SETTINGS** screen and select **TRAILS**.

**Tip:** Whilst in **SETTINGS**, you can also choose a [training program](#), set [metrics](#), choose a [playlist](#) or switch [splits](#) on or off.

3. Select a trail from the list.

For more information about what you see on the screen, see [About viewing trails](#).

**Note:** It is important to regularly [calibrate the compass](#) to ensure its accuracy.

### Manage trails with MySports

**Note:** Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking (TomTom Adventurer)

You use MySports to preload a trail onto your TomTom GPS Watch for use during an activity and to manage trails.

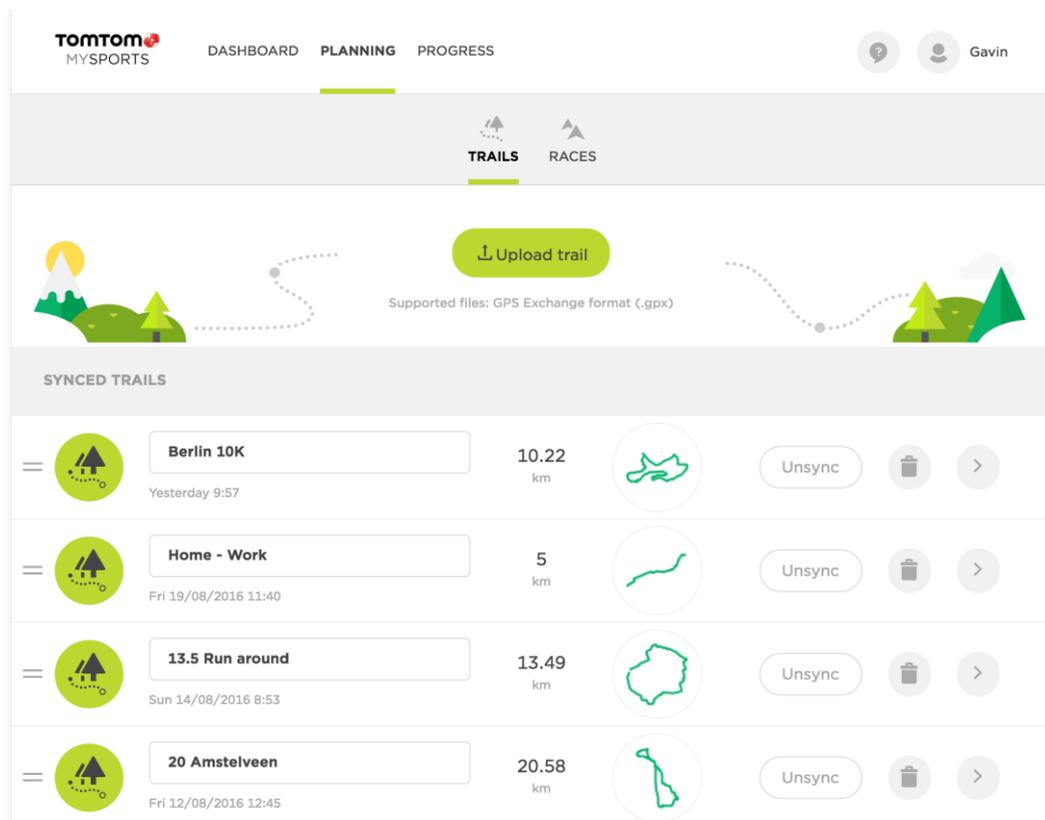
## Upload trails from MySports to your watch

15 trails can be stored on your watch. Any changes are automatically synced using the MySports Mobile app or the MySports website.

### Uploading a trail from a GPX file

To upload a trail to your watch from a .GPX file do the following:

1. Download a GPX file from a third party website such as Strava.com, RidewithGPS.com, Mapmyrun.com etc.
2. Log in to the MySports website.
3. Click on the **Planning** tab.
4. Click **Upload trail**.



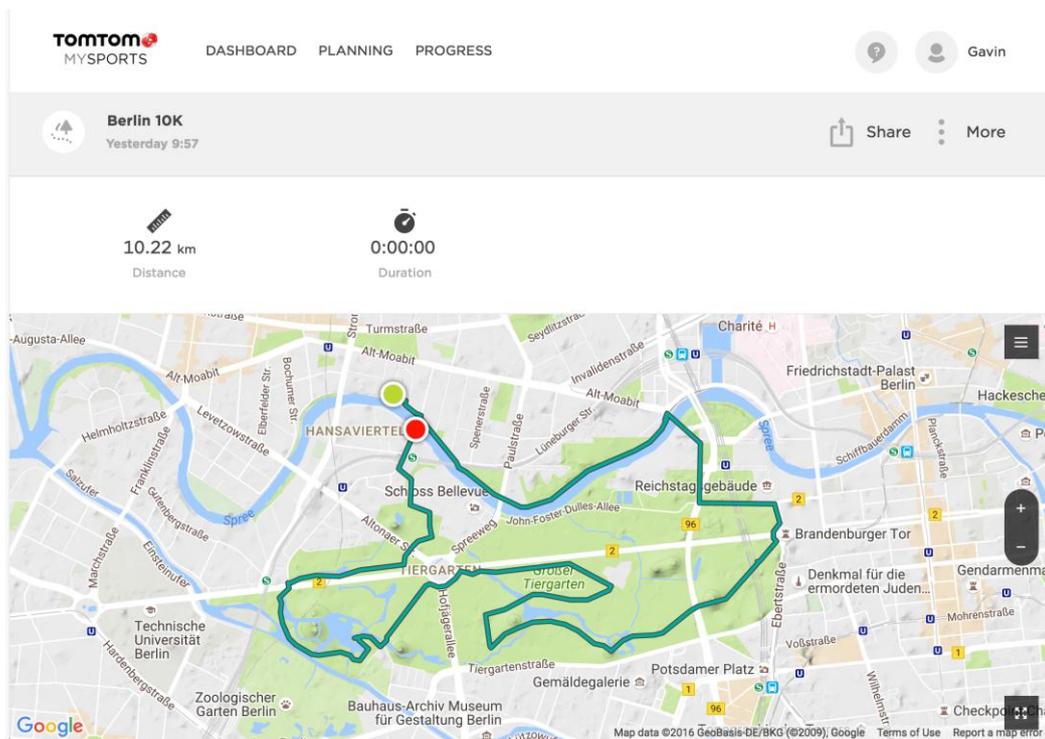
5. Double-click a GPX file on your computer. MySports uploads the trail.
6. Click the name if you want to change it.
7. Connect your watch to your computer. Your trail is automatically uploaded to your watch when a synchronisation is done.

### Converting an activity to a trail

To convert a previous GPS activity to a trail on your watch, do the following:

1. Log in to the MySports website.
2. Open one of your previous GPS activities.

3. Click **More** in the top right hand corner of the screen.



4. Click **COPY TO TRAILS**.  
The trail then appears in the trails list of the **PLANNING** section.
5. Connect your watch to your computer. Your trail is automatically uploaded to your watch when a synchronisation is done.

## Using breadcrumb trails

**Note:** Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking (TomTom Adventurer)

Your TomTom GPS Watch can draw a breadcrumb trail for all activities that use GPS. Breadcrumb trails allow you to see an overview of your route and understand the steps necessary to get back to your starting point.

Breadcrumb trails show the following information:

- Your current GPS position is shown with a chevron in the centre of the screen.
- Your starting point is shown with a home icon.
- The arrow tells you which direction you are facing when standing still and which direction you are headed when moving.
- The breadcrumb trail is shown in a North-up view.
- You can switch between a detailed view and an overview depending on the total length of the breadcrumb trail.

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**Important:** If you are using your watch for the first time, you need to [calibrate the compass](#).

---

To use a breadcrumb trail, do the following :

1. From the Clock screen, press **RIGHT** and choose an activity that uses GPS, for example, running.

2. After starting your activity, press **RIGHT** to review your heart rate if you have a Cardio watch and you'll automatically see the breadcrumb trail.



For more information about what you see on the screen, see [About viewing trails](#).

## Using the compass

**Note:** Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking (TomTom Adventurer)

Your TomTom GPS Watch has a compass so that you can instantly see which direction you are going. This is particularly useful when you are not moving as the rotation of the watch indicates your direction.

1. From the Clock screen, press **RIGHT** and choose an activity that uses GPS, for example, running.
2. After starting your activity, press **RIGHT** from the activity screen, then press **UP**.

**Tip:** If are following a trail, just press UP.

The compass shows your current direction, in this example North East.



The compass works best when the watch is kept level. If the compass doesn't show the correct direction, you need to [calibrate the compass](#).

**Note:** The compass may not work correctly when the watch is close to a magnetic object such as when it is mounted on the steel handlebars of a bicycle.

## Calibrating the compass

It is important to regularly calibrate your compass to maintain its accuracy.

To calibrate your compass, follow these steps:

1. From the Clock screen, press **DOWN** to go to **SETTINGS**.
2. Select **SENSORS** and press **RIGHT**.
3. Select **COMPASS** and press **RIGHT**.
4. Remove your watch from your wrist and rotate the **WATCH** itself around each of the three axes as follows:
  - a. One full rotation sideways.



b. One full rotation forwards.



c. One full rotation with the screen facing you.



Repeat steps a-c until the compass is calibrated. When calibrated the watch gives an alert and shows a tick.

To see a video of how to calibrate your watch, go to <https://youtu.be/6pnQResxJRU>

# Adventurer activity types

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This section of the manual covers features that are specific to the TomTom Adventurer watch.

## Trail running

You can use your TomTom Adventurer Watch for trail running. During your run, you see the same metrics as for a run but with the addition of elevation information as follows:

- 3D distance
- Gradient
- Altitude
- Altitude delta
- Total ascent or climb.

To run a trail, do the following :

1. Wait for a GPS signal and then press **RIGHT** from the clock screen and then press **UP** or **DOWN** to select **TRAIL RUN**.
1. Press **RIGHT** to start your trail run.
2. During your run, scroll up or down to see a range of metrics.
3. To see your trail, press **RIGHT** and then press **UP** from the Heart Rate Zone screen.

**Tip:** If a trail has been pre-selected, you see it automatically.

For more information about what you see on the screen, see [About viewing trails](#).

**Note:** It is important to regularly [calibrate the compass](#) to ensure its accuracy.

**Note:** If your watch gets dirty or wet, clean the holes around the barometer so that it can measure pressure accurately.

## Hiking

You can use your TomTom Adventurer Watch to hike a trail. During your hike, you see information including the following:

- 3D distance
- Gradient.
- Altitude
- Altitude delta
- Total ascent or climb.
- Average pace.

**Tip:** When hiking, your watch has a battery life of up to 24 hours assuming you have updated [QuickGPSfix](#). If you don't use the music feature or 24/7 heart monitoring, you should be able to do several long walks of 6+ hours over a long weekend on a single charge.

To hike a trail, do the following :

1. Press **RIGHT** from the clock screen and then press **UP** or **DOWN** to select **HIKE**.
1. Press **RIGHT** to start your hike.
2. During your hike, scroll up or down to see a range of metrics.
3. To see your trail, press **RIGHT** and then press **UP** from the Heart Rate Zone screen.

**Tip:** If a trail has been pre-selected, you see it automatically.

For more information about what you see on the screen, see [About viewing trails](#).

**Note:** It is important to regularly [calibrate the compass](#) to ensure its accuracy.

**Note:** If your watch gets dirty or wet, clean the holes around the barometer so that it can measure pressure accurately.

## Skiing and snowboarding

**Note:** Available on TomTom Adventurer watches only.

You can use your TomTom Adventurer Watch for skiing and snowboarding. You can get an overview of your whole day on the mountain when using these activities. You see the same information when choosing skiing or snowboarding but if you do both sports in one day, you can keep your stats separate by choosing separate activities.

When skiing or snowboarding, your watch can detect when you are on a run or in a lift.

To go skiing or snowboarding, do the following :

1. Press **RIGHT** from the clock screen and then press **UP** or **DOWN** to select **SKI** or **SNOWBOARD**.

1. Whilst on a run, press **UP** or **DOWN** to cycle through a range of metrics including:

- Total duration
- Total distance
- Heart rate
- Speed
- Altitude
- Change in Altitude (delta)
- Descent (total cumulative)
- Run count

2. When you are in a lift, your watch shows a summary of your previous run including these metrics:

- Run number
- Maximum speed
- Descent (cumulative for that run)
- Maximum gradient of your trail

Press any button to stop seeing the summary.

**Note:** It is important to regularly [calibrate the compass](#) to ensure its accuracy.

To change the metrics you see while skiing or snowboarding do the following:

1. Press **RIGHT** from the clock screen and then press **UP** or **DOWN** to select **SKI** or **SNOWBOARD**.

2. Press **DOWN** to go to the **SETTINGS** screen and select **METRICS**.

**Tip:** Whilst in **SETTINGS**, you can also choose a [playlist](#) or switch [splits](#) on or off.

1. To learn more, go to: [Choosing which metrics to display](#).

# Activity tracking

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## About activity tracking

You can use your TomTom GPS Watch to track how active you are. Here are some of things you can do:

- Track steps, time spent being physically active, calories burned and distance moved.
- Set a daily goal for one of these metrics on your watch.
- Use a weekly goal that is automatically generated based on your daily goal multiplied by 7.
- See your daily and weekly progress for your set goal.
- Upload your activity tracking metrics to the [TomTom MySports](#) website and [TomTom MySports mobile app](#).

## Activity Tracking Accuracy

Activity tracking aims to provide information to encourage an active and healthy lifestyle. Your watch uses sensors that track your movement. The data and information provided is intended as a close estimation of your activity, but may not be completely accurate, including step, sleep, distance and calorie data.

## Setting a daily activity goal

Activity tracking is switched ON by default and 10,000 steps is automatically pre-set as a goal for you. To change or set an activity tracking goal for the day, do the following:

1. From the Clock screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **TRACKER**.
3. Select **GOALS**.
4. Select the goal you want to set: **STEPS**, **TIME**, **CALORIES** or **DISTANCE**.
5. Press **RIGHT**.
6. Set your goal for, for example, the number of steps you want to achieve.
7. Press **RIGHT** to go back to the **TRACKER** screen.
8. Press **LEFT** twice to go back to the clock screen.

**Tip:** Some examples of typical goals are 30 minutes of active time per day or 10,000 steps per day.

**Note:** Unless you have an alarm switched on, when you reach a goal you see a badge on the watch screen and hear an alert.

## Switch off activity tracking

To switch activity tracking off, do the following:

1. From the Clock screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **TRACKER**.
3. Select **GOALS**.
4. On the **GOALS** screen, select **OFF**.

## Monitoring your activity

To see how active you have been, do the following:

1. From the Clock screen, press **LEFT** to see how you are progressing towards your goal.
2. Press **UP** or **DOWN** to see distance, time, or calories, depending on the goals you have set.
3. To see steps per week, press **LEFT** again.
4. Press **RIGHT** twice to go back to the Clock screen.

# Sleep tracking

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## About sleep tracking

You can track how much you sleep using your TomTom GPS Watch. Here are some of things you can do:

- Track your how long you are sleeping for each day, week, month or year.
- You can upload your sleep tracking metrics to the [TomTom MySports](#) website and [TomTom MySports mobile app](#).

Your watch measures sleep based on motion and it makes an assumption that when you are not moving after a certain time in the afternoon, you are asleep.

The day 'resets' at 16:00 and your watch starts counting a new 'night' at that point.

## Activity Tracking Accuracy

Activity tracking aims to provide information to encourage an active and healthy lifestyle. Your watch uses sensors that track your movement. The data and information provided is intended as a close estimation of your activity, but may not be completely accurate, including step, sleep, distance and calorie data.

## Tracking your sleep

To track your sleep, you need to wear your TomTom GPS Watch when you sleep.

Sleep tracking on switched ON by default but you change this setting in [TRACKER](#) in the **SETTINGS** menu.

To see how long you slept the previous night, press **LEFT** from the Clock screen, then press **UP**.

Press **LEFT** to see your cumulative amount of sleep for that week.

## Monitoring sleep using the mobile app

You can upload your sleep activity to both [TomTom MySports](#) and the [TomTom MySports mobile app](#).

### Viewing your sleep activity on the mobile app

1. On your phone or tablet, select **Progress**.
2. Select the **Sleep** panel.
3. Swipe to move between graphs showing today's sleep time and yesterday's sleep time.
4. Select **Day** or **Week** or **Month** or **Year** to show graphs of your sleep for that time period.

# Music

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## About music

You can store and play music on your TomTom GPS Watch and listen to it during your activities. After you have paired your headset and started an activity, you see a music screen.

- Pairing headphones to watch
- Wearing your headphones
- [Putting music on your watch](#)
- Playing music

**Note:** Music is not available on all watch models.

## Charging supplied headphones

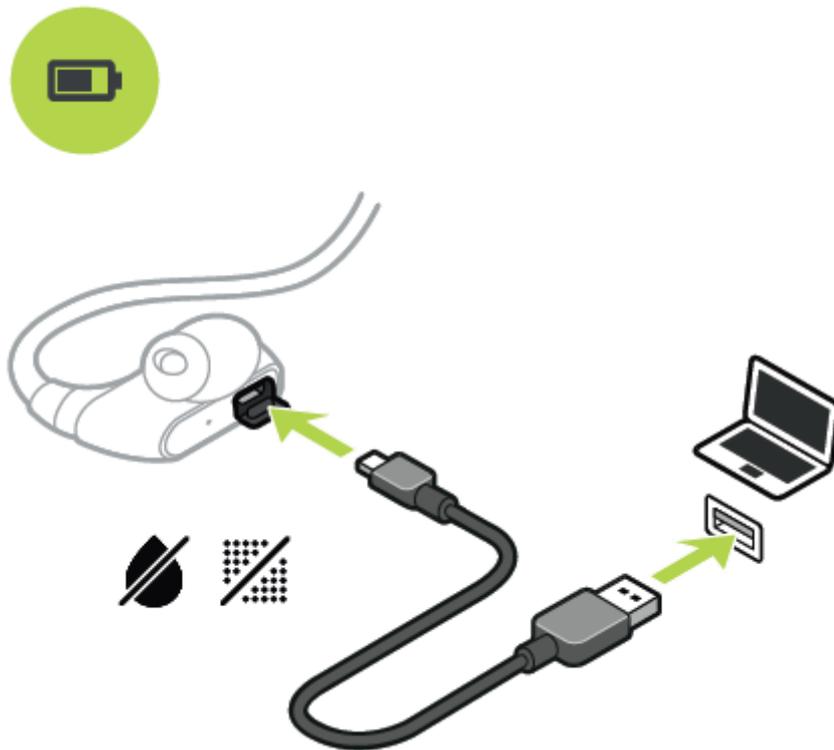
Some TomTom GPS watches are supplied with their own headphones for listening to music.

**Tip:** The headphones are supplied with approximately a 50% battery charge.

**Note:** The headphones can also be charged using a computer USB port but you cannot use the headset as computer headphones.

To charge the headphones supplied with your watch, do the following:

1. Open the USB socket cover.
2. Connect the USB cable.
3. Plug the other end of the USB cable into your computer or a wall charger and switch the power supply on.  
Your headphones are now charging. They take 2.5 hours to charge from empty.



**Note:** When the USB socket cover is open, be careful not to get dirt, sand or water etc. in the socket.

### Pairing headphones to watch

Some TomTom GPS watches are supplied with their own headphones for listening to music. Alternatively you can use most Bluetooth headsets or speakers to listen to music played on your watch.

**Tip:** If you wish to use or buy your own headphones, search for the 'Headphone Compatibility' FAQ at [tomtom.com/support](https://www.tomtom.com/support) to see a list of compatible headphones.

To pair your supplied Bluetooth headphones with your watch, do the following:

1. Switch the headphones **OFF**.
2. To enter pairing mode, hold the centre button down on the headset control for **10 seconds**.

**Tip:** Blue and red lights alternately flash when the headphones are in pairing mode.

You could also put one earbud in one ear so you can hear the audio feedback during pairing.



3. Press **UP** from the Clock screen.  
Your watch searches for headphones.



4. If only one set of headphones is found, pairing starts.

**Note:** If more than one set of headphones are found, move at least 10m away from the other sets of headphones.

5. When pairing between your watch and headphones is successful, a tick appears with the name of your headphones shown.  
You can now start listening to music played on your watch!  
When you start an activity, you see a music screen with your current playlist.

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**Important:** If pairing is not successful, switch OFF your headphones and try again.

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## Changing earbuds

Some TomTom GPS watches are supplied with their own headphones for listening to music.

The supplied headphones come with either the medium or large earbuds fitted, and with other sizes in the box.

To change the earbuds for the supplied headphones so that they are the correct size, pull the bud off the stalk and swap it as shown below:



## Wearing your headphones

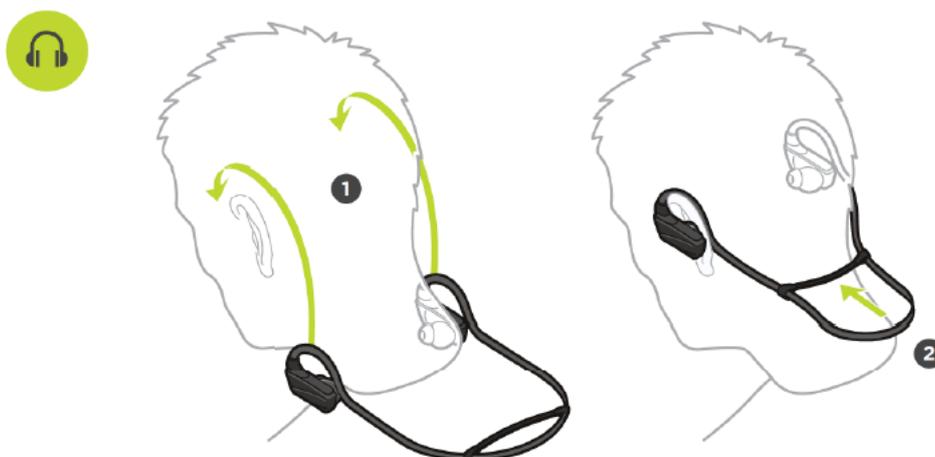
We want to make sure that your headphones are correctly fitted and hence don't interfere when you are doing activities.

To put on the supplied headphones, do the following:

1. Hold the earbuds so that the one marked **L** is on your left and the one marked **R** is on your right.

**Tip:** When **L** and **R** are the right way up, the headphones are ready to be inserted.

2. Lift the headphones up and over your head from **BEHIND** so that the cord sits behind your head and neck. The cables should lie behind your ears as shown below.
3. Fit the earbuds and then tighten the cable to ensure a snug fit.



## Putting music on your watch

You can store and play music on your TomTom GPS Watch and listen to it during your activities. Your watch supports the following music file types:

### MP3

- Sample rate: 16KHz to 48KHz
- Bit rate: 8 kbps to 320 kbps
- Mono/stereo channels and joint stereo.
- Artist, track title and length are displayed for the following languages: English, Czech, Danish, German, Spanish, French, Italian, Dutch, Norwegian, Polish, Portuguese, Finnish and Swedish. Other languages display correctly if the characters used are available in a supported language.

### AAC

- MPEG2 and MPEG4 AAC-LC and HE-AACv2 are supported.
- Sample rate: up to 48KHz
- Bit rate: up to 320 kbps
- Mono/stereo/dual mono are supported.
- Artist, track title and length for AAC is not supported.
- The watch does not support files with DRM of any type.

## Uploading and syncing music

You can upload complete playlists of music from iTunes and Windows Media Player on your computer to your watch.

**Note:** You cannot sync playlists using the MySports mobile app.

To sync music playlists with your watch, follow these steps:

1. Connect your music watch to your computer.  
MySports Connect opens and checks for updates.
2. In MySports Connect, select the **MUSIC** tab.  
MySports Connect scans your computer for music playlists and lists them on the left hand side. If you don't see all of the playlists on your computer in the list, click **SCAN**.
3. Click the + next to a playlist to copy the playlist to your watch.  
You can now play the playlists on your watch.

## How much music fits on the watch?

There is around 3 GB of space for music on your watch. Depending on the size of the tracks, this is enough space for 500 songs.

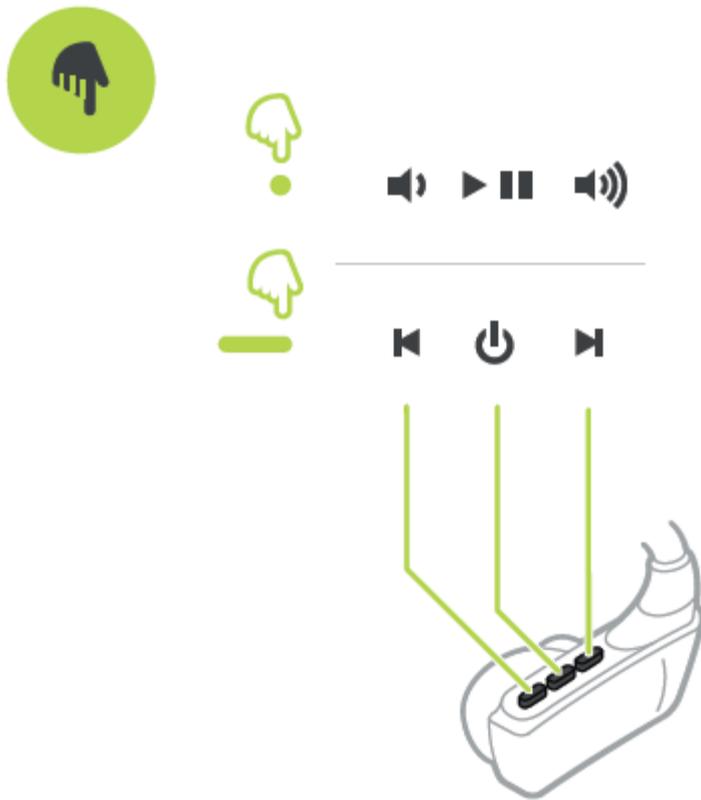
## Playing music

You can store and play music on your TomTom GPS Watch and listen to it during your activities.

### Switching the headphones on and off

1. Press the middle button for 2 seconds to switch on the headphones - the blue light flashes twice.

2. Press the middle button for 3 seconds to switch off the headphones - the red light flashes twice.



### Using the headset controls

To play music using the controls on the supplied headset, do the following:

**PLAY** Press the middle button to play music.

**PAUSE** Press the middle button to pause the music.

**Tip:** You can also press UP on your watch to pause a track.

**VOLUME UP** Press the right-hand button as shown in the image above to increase the volume.

**VOLUME DOWN** Press the left-hand button as shown in the image above to decrease the volume.

**NEXT TRACK** Hold down the right-hand button for 2 seconds to go to the next track.

**PREVIOUS TRACK** Hold down the left-hand button down for 2 seconds to go to the previous track.

### Using the watch

To play music using your watch, do the following:

1. Switch the headphones on following the instructions supplied with your headphones.
2. Press **UP** from the Clock screen.  
A track starts to play.
3. Press **UP** to pause a track.

**Note:** You cannot play music while swimming or using the stopwatch.

4. To select the next song, press **RIGHT**.
5. If more than 3 seconds of the track has played, press **LEFT** to restart the track. Pressing **LEFT** again takes you to the previous song.

**Tip:** When you are carrying out an activity the Music player screen can be found at the very top of the metric list. The same player controls apply.

**Tip:** To select a music playlist, press **DOWN** when you see the **GO** message on starting an activity. You can also select from different Playlists in Settings when you are not doing an activity, or by pressing **DOWN** when paused.

## Backing up music on your watch

To back up the music on your watch, follow these steps.

### Windows

1. Connect your watch to your computer.
2. Press the **Windows logo key** + **E**.
3. Double-click your watch in the Devices with Removable Storage list. Your watch should be listed as **MUSIC**.

**Note:** Your watch might not have a label or name, but only a drive letter.

4. Double-click the MySportsConnect folder.
5. Right-click the Music folder and select **Copy**.
6. Choose a location on your computer where you want to store your backup, right-click it and select **Paste**.

To restore music to your watch, follow these steps:

1. Click on the MySports connect icon in the notification area and click **Exit**.
2. Connect your watch to your computer.
3. Press the Windows logo key.
4. Copy your backed up Music folder back into the MySports Connect folder on your watch.
5. Restart MySports Connect from **All Programs > TomTom**.

### Mac

1. Connect your watch to your computer.
2. Open Finder.
3. Select the watch in the Finder side bar. It should be listed as **MUSIC**.
4. Double-click the MySportsConnect folder.
5. Control-click (right-click) the Music folder and choose **Copy "Music"**.
6. Choose a location on your Mac where you want to store your backup, control-click (right-click) it and select **Paste Item**.

To restore music to your watch, follow these steps:

1. Connect your watch to your computer.
2. Open Finder.
3. Click on the MySports connect icon in the status bar and click **Exit**.
4. Copy your backed up Music folder back into the MySports Connect folder on your watch.
5. Restart MySports Connect from Launchpad or from the Applications folder.

## About the voice coach

When playing music, a voice coach guides you through the important stages of your training.

The voice coach is on by default and you hear the voice coach every time the watch beeps or buzzes with a message that needs your attention. As you are listening to music, the buzzer in the watch cannot be heard so your watch interrupts the music with a brief message.

General prompts:

- Watch ready, Demo mode, Bluetooth not working when swimming.

TrainingPartner prompts:

- Zone: in zone, above zone, below zone.
- Goal: at 50%, 90% 100% and 110% of goal.
- Race: ahead, behind, lost, won.

**Note:** You can switch off the voice coach by pressing **DOWN** to open the **SETTINGS** menu, then select **PROFILE** and press **RIGHT** to open the **PROFILE** menu. Press **VOICE** and select **NONE**.

You can also change the language of the voice coach using the same **VOICE** option within **PROFILE**.

## Headphones troubleshooting

Some TomTom GPS watches are supplied with their own headphones for listening to music.

If you experience gaps or clicks in the music, this may be due to your body blocking the Bluetooth signal between your watch and the headset controls.

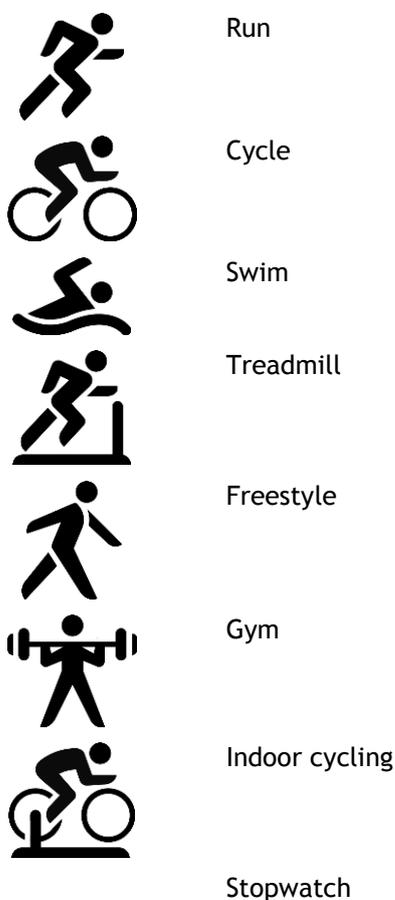
Try wearing the watch on the other wrist to improve the reception and audio quality. The best position for the watch is on the right wrist.

# Activities

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## About activities

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



When you select **RUN**, **CYCLE** or **FREESTYLE**, your watch uses its internal GPS receiver to measure your speed, and to record the route you have taken.

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

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

When you select **INDOOR** for indoor cycling, your watch uses the connected [Cadence and Speed Sensor](#) to show your speed, heart rate information if available and calories burnt vs time.

Select **GYM** to show heart rate information and calories burnt over time. You need an external or internal heart rate sensor for this activity.

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

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

## About calorie estimation

Calories are estimated based on the type of sport, your gender, your weight and the intensity and duration of the exercise.

24x7 calorie estimation is based on your BMI and then adjusted for steps, active time, sports activities, etc., to generate a theoretical total for the day. Heart rate is not used during 24x7 calorie counting because it would drain the watch battery too quickly.

**Note:** Not all activities are available on all watches.

### Running, cycling, swimming, treadmill or indoor cycling

For running, cycling, swimming or treadmill, the calorie calculations are based on metabolic equivalent of task tables (MET or simply metabolic equivalent).

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

### Freestyle or gym

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

### Tracker

The calorie metric measures how many calories you burn during the day including your basal metabolic rate (BMR). Your BMR represents the minimum amount of energy that you need to keep your body functioning, including breathing and keeping your heart beating. Because BMR is included, your calorie metric in the tracker will be higher than your calorie metric in an activity.

## About 24/7 heart rate monitoring

Your TomTom GPS Watch allows you to monitor your heart rate during the day. It takes a reading every 10 minutes for 24/7 tracking versus every second for sports tracking.

**Note:** Continuous heart rate monitoring is only available on watch models with an optical sensor.

### Switching on 24/7 heart rate monitoring on your watch

Continuous heart rate monitoring is OFF by default. To switch on 24/7 heart rate monitoring on your watch, follow these steps:

1. From the Clock screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **TRACKER**.
3. Select **HEART**.
4. Select **ON**.
5. Synchronise your watch by connecting it to MySports Connect on your computer or to the MySports mobile app.

Your watch is now measuring your heart rate when you wear it.

**Note:** 24x7 heart rate monitoring requires software version 1.2.0 or higher.

### Viewing your heart rate on the MySports website

1. Go to [mysports.tomtom.com/app/progress](https://mysports.tomtom.com/app/progress).

2. Click **All sports** and select **Activity tracking**.
3. Click **All** and select **Day**.
4. At the bottom of the page, select **Max Heart Rate**.

#### View your heart rate in the MySports mobile app

**Note:** 24x7 heart rate information is only available in the daily view, day by day.

1. On the **ACTIVITIES** screen, tap **Today**.
2. Below the date, swipe left.
3. Tap **Max Heart Rate**.

#### Starting an activity

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

1. From the clock, press **RIGHT**.
2. Select one of the activities, then press **RIGHT**.
  - **RUN**
  - **CYCLE**
  - **SWIM**
  - **TREADMILL**
  - **GYM**
  - **INDOOR CYCLING**
  - **FREESTYLE**
  - **STOPWATCH**
3. For **RUN**, **CYCLE** and **FREESTYLE** activities, until your watch has a GPS fix you see the message **Please wait**, and the GPS icon flashes in the top left hand corner of the screen. When it's ready to start an activity, your watch shows the message **GO** and the GPS icon stops flashing.



**Tip:** To select a music playlist, press **DOWN** when you see the **GO** message on starting an activity.

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

**Note:** It can take a short time to find your GPS position, especially the first time you use your watch or if the QuickGPSfix information is not up-to-date. Moving does not speed up getting a fix so stay still and wait until your position has been found.

To ensure good GPS reception, make sure you are outdoors with a clear view of the sky. Large objects such as tall buildings can sometimes interfere with reception.

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

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

- **RIGHT** - start your activity, once your watch has a GPS fix.
- **DOWN** - select a [training program](#) or set the information displayed while you train.
- **UP** - see your past activities.
- **LEFT** - go back to the list of activities.

Press **RIGHT** to start your activity.

1. When you are doing an activity, your watch shows information, such as the distance, time, pace and heart rate if you have a monitor. Press **UP** and **DOWN** to change the information that you see.
2. You can [pause](#) the activity if you're just taking a break, or [stop](#) the activity completely.

For each type of activity, you can select different [training programs](#), and select to see different information while you are training.

## Pausing and stopping an activity

### Pausing and stopping an activity

During an activity, press and hold **LEFT** to stop the clock and pause your activity.

To restart the activity again, press **RIGHT**.

To stop the activity completely, press **LEFT** to pause the activity, then press **LEFT** again.

### How pause works

If you upload your activity to your MySports account and view it on a map, you see your whole course with the pause shown as a straight line.

GPS tracking stops and the start pause and end pause locations are linked together. When you start your activity again after a pause, your location is known immediately.

The averages shown are calculated for the time that the watch wasn't paused. For example, if you run 5 km, then pause and walk for 2 km, then start and run for another 5 km, you see your entire route, but your average is only valid for the 10 km.

**Tip:** Your watch turns itself off if you leave it paused for too long to prevent draining the battery. We recommend not leaving the watch paused for too long if possible.

## Choosing which metrics to display

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

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

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

### Changing the main metric

As you train, you can change the information shown by the larger figure by moving **UP** and **DOWN**. The text above the main metric shows which information is currently being displayed.

### Setting the minor metrics

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

1. From the activity start screen, press **DOWN** to the **SETTINGS** menu.
2. Select **METRICS**, then press **RIGHT**.
3. Select **DISPLAY**, then press **RIGHT**.
4. Select **LEFT** or **RIGHT** to set the metric shown on the left or the right.
5. Select the metric to be displayed from the list.

The metrics that are available depend on your current activity.

Some examples of metrics available:

- **PACE** - your current pace. For swimming, this is shown in minutes per 100m.
- **AVG PACE** - your average pace for the current activity.
- **HEART RATE** - your heart rate. This metric is only available if you have a [Heart Rate Sensor](#) connected.
- **SPEED, PACE or BOTH** - for activities other than swimming, you can choose to see speed, pace or both metrics at once.
- **SWOLF** - this metric is only given for swimming activities. The SWOLF score is calculated by adding the time in seconds and the number of strokes you make to swim one length of the pool. SWOLF shows your swimming efficiency. The lower the score, the better. The word SWOLF is a mixture of swimming and golf.
- **CALORIES** - Calories for the freestyle activity are based on heart rate. For other activities calories are linked to that specific sport but for freestyle, the watch doesn't know which sport you are doing. Hence when no heart rate measurement is available, calories are not shown for the freestyle activity.

For activity tracking, sports and activities, the calorie metric measures how many calories you burn during the day including your basal metabolic rate (BMR). Your BMR represents the minimum amount of energy that you need to keep your body functioning, including breathing and keeping your heart beating.



### Icons on the screen

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



This symbol shows the strength of GPS reception. While your watch is looking for GPS satellites, the satellite images flashes.



The heart symbol shows that your watch is connected to a [Heart Rate Sensor](#). When your watch is trying to connect to the Heart Rate Sensor, the heart flashes.



The chaining symbol shows that your watch is connected to a [Cadence and Speed Sensor](#). When your watch is trying to connect to the Cadence & Speed Sensor, the chaining flashes.



This symbol shows the [battery status](#).

## Settings for Running

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

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

### Choosing other metrics to display

**Note:** To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

To choose to see just one metric for speed, average speed, pace or average pace, press **DOWN** to the **SETTINGS** menu. Select **METRICS**, then press **RIGHT**. Select **SPEED**, **AVG SPEED**, **PACE** or **AVG PACE**.

To choose to see speed, pace or both metrics, press **DOWN** to the **SETTINGS** menu. Select **METRICS** then press **RIGHT**. Select **SPEED**, then press **RIGHT**. Select **SPEED**, **PACE** or **BOTH**.

## Settings for Outdoor Cycling

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

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

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

### Setting the wheel size for use with a Cadence & Speed Sensor

If you are using a [Cadence and Speed Sensor](#), you should set the **WHEEL SIZE** setting to increase the accuracy of the metrics provided by the sensor. This setting is the circumference of your rear tyre in millimetres (mm).

To set your wheel size, do the following:

1. From the activity start screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **WHEEL SIZE**, then press **RIGHT**.
3. Set the size so it's correct for your rear wheel.

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

[www.bikecalc.com/wheel\\_size\\_math](http://www.bikecalc.com/wheel_size_math)

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

**Note:** To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

## Settings for Swimming

**Note:** TomTom GPS watches are water-resistant. You can swim with these watches. However, the built-in Heart Rate Monitor does not work under water.

Before you start a swimming activity, you should check the **POOL SIZE** setting for the pool where you are swimming. This setting is the length of the pool in metres or yards.

As you swim, your watch registers your strokes and the number of turns you make in the pool. To calculate the distance you have swum and your speed, your watch uses the pool size and the number of turns you have made. If the pool size is not accurate, the metrics for your swimming activity cannot be worked out correctly.

To change the **POOL SIZE** settings, do the following:

1. From the activity start screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **POOL SIZE**, then press **RIGHT**.
3. Set the size so it shows the nominal length of the pool, then move **RIGHT**.
4. Set the fraction size so it shows the additional fraction length of the pool, then move **RIGHT**.
5. Set the measurement unit to metres or yards.
6. Press **RIGHT** to go immediately back to the activity screen.

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

To set which metrics to display do the following:

1. From the activity start screen, press **DOWN** to the **SETTINGS** menu.
2. Select **METRICS**, then press **RIGHT**.
3. Select **DISPLAY**, then press **RIGHT**.
4. Select **LEFT** or **RIGHT** to set the metric shown on the left or the right.
5. Select the metric to be displayed from the list, such as **STROKES** or **LENGTHS**.

## Settings for Treadmill

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

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

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

1. From the clock, press **DOWN** to open the **SETTINGS** menu.
2. Select **PROFILE**, then press **RIGHT**.
3. Select **HEIGHT**, then press **RIGHT**.
4. Set your height.

## Calibrating your watch for Treadmill activities

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

You are not asked to calibrate each single treadmill activity. You get a reminder to do so in the following situations:

- Your activity distance is 400 metres or more.
- Your activity duration is 1 minute or longer.
- Your number of steps is 60 or more.
- You have done less than 6 calibrated runs.

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

**Tip:** You are always asked if you want to change your distance at the end of a treadmill session.

To calibrate your watch, do the following:

1. When prompted to calibrate your watch, pause the treadmill.  
To pause your watch, press **LEFT** during the activity.
2. On your watch, press **DOWN** to open the **SETTINGS** menu.
3. Select **CALIBRATE** then press **RIGHT**.
4. Change the distance to match the distance shown on the treadmill.
5. Press **RIGHT** to go immediately back to the activity screen.

### Choosing other metrics to display

**Note:** To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

To choose to see just one metric for speed, average speed, pace or average pace, press **DOWN** to the **SETTINGS** menu. Select **METRICS**, then press **RIGHT**. Select **SPEED**, **AVG SPEED**, **PACE** or **AVG PACE**.

To choose to see speed, pace or both metrics, press **DOWN** to the **SETTINGS** menu. Select **METRICS**, then press **RIGHT**. Select **SPEED**, then press **RIGHT**. Select **SPEED**, **PACE** or **BOTH**.

### Settings for Gym activities

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

There are a wide range of metrics that you can choose to see while in the gym including calories, heart rate, heart rate zone, and duration.

### Choosing other metrics to display

**Note:** To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

To choose to see just one metric for speed, average speed, pace or average pace, press **DOWN** to the **SETTINGS** menu. Select **METRICS**, then press **RIGHT**. Select **SPEED**, **AVG SPEED**, **PACE** or **AVG PACE**.

To choose to see speed, pace or both metrics, press **DOWN** to the **SETTINGS** menu. Select **METRICS**, then press **RIGHT**. Select **SPEED**, then press **RIGHT**. Select **SPEED**, **PACE** or **BOTH**.

### Settings for Cycle activities

You can log your heart rate and speed when cycling indoors.

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

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

### Setting the wheel size for use with a Cadence & Speed sensor

If you are using a [Cadence and Speed Sensor](#), you should set the **WHEEL SIZE** setting to increase the accuracy of the metrics provided by the sensor. This setting is the circumference of your rear tyre in millimetres (mm).

To set your wheel size, do the following:

1. From the activity start screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **WHEEL SIZE**, then press **RIGHT**.
3. Set the size so it's correct for your rear wheel.

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

[www.bikecalc.com/wheel\\_size\\_math](http://www.bikecalc.com/wheel_size_math)

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

**Note:** To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

## Using the stopwatch

To use the stopwatch, do the following.

1. From the clock, press **RIGHT**.
2. Select **STOPWATCH**, then press **RIGHT**.  
Your watch shows an image of a stopwatch and the word **GO**.
3. Press **RIGHT** to start the stopwatch.  
The stopwatch starts and shows the elapsed time.
4. To pause the stopwatch, press **LEFT**. Press **RIGHT** to resume counting.

**Tip:** When paused, to see more of your previous laps, press **DOWN** and press **UP**.

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

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

Your current lap time, for example lap 12 below, is shown under the total elapsed time. Your previous laps, here laps 11 and 10, are shown under your current lap.



To see more of your previous laps, press **DOWN** and press **UP**.

6. To leave the stopwatch activity, press **LEFT** twice.

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

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

## Training programs

### About training programs

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

- [NONE](#)
- [GOALS](#)
- [INTERVALS](#)
- [LAPS](#)
- [ZONES](#)
- [RACE](#)

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

1. Press **RIGHT** and then select your choice of activity.
2. Press **RIGHT**.
3. Press **DOWN** and select **TRAINING**.
4. Press **RIGHT** and choose a training program.

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

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

### None

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **NONE**

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

### Goals

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **GOALS** > **DISTANCE, TIME** or **CALORIES**

Select this option to set yourself training goals.

You can set yourself three types of goals:

- **DISTANCE** - select this option to set yourself a distance to cover in your activity.
- **TIME** - select this option to set yourself a duration for your activity.
- **CALORIES** - select this option to set yourself a number of calories to burn during your activity. The calories burnt can be calculated more accurately if you set your [profile](#).

### Watching your progress

To see an overview of your progress towards your goal, press **RIGHT** from the activity progress screen.

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



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

### Progress alerts

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

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

### Intervals

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **INTERVALS** > **WARMUP**, **WORK**, **REST**, **# SETS**, or **COOLDOWN**.

Select this option to use interval training.

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

For warmup, work, rest and cooldown, you can set either a time or a distance. For sets, you choose the number of sets you want to include in your interval training program.

**Tip:** If you press **RIGHT** after setting the warmup details, you are then in the correct place to setup the rest of that interval set including work, rest etc.

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



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

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

**Tip:** When you use interval training on the watch, interval sections are marked as laps so you can better track pace and other metrics for each interval section.

## Laps

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **LAPS** > **TIME**, **DISTANCE**, or **MANUAL**.

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

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

- **TIME** - select this option to set a duration for a lap. After you start your activity, your watch alerts you when the time for each lap passes. If you set a lap time of 1 minute, your watch alerts you each minute and the screen shows the number of laps completed.
- **DISTANCE** - select this option to set the length of a lap. After you start your activity, your watch alerts you whenever you reach the target distance for one lap. If you set a lap distance of 400 m, your watch alerts you after each 400 m you cover and the screen shows the number of laps completed.

**MANUAL** - select this option to record yourself when you complete a lap. To mark the end of a lap, cover the screen with your palm. Your watch shows the number of laps completed and alerts you that a lap is complete.

## Splits

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **SPLITS**.

Select this option to switch ON or OFF split times for any GPS-based activity. Splits are off by default but when switched on, you get an alert and a split time for your current pace at the end of each mile or kilometre.

Splits can be used with any GPS-based activity or outdoor activity.

**Note:** Split times can be used together with other training modes.

## Zones

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **ZONES** > **PACE, SPEED, HEART** or **CADENCE**.

Select this option to train within a target zone.

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

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

### Setting a zone for Heart and Pace

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



### Setting a zone for Speed and Cadence

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



### Monitoring your progress

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

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

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



### Heart rate zones

**Note:** For your watch to be able to measure your heart rate, it must be connected to a [Heart Rate Sensor](#).

Your watch uses heart rate zone boundaries based on your age. Using [TomTom MySports](#), you can adapt these heart rate zone boundaries and they are then synchronised with your watch.

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

1. Press **RIGHT** from the clock screen and then select your choice of activity.
2. Press **RIGHT**.
3. Press **DOWN** and select **TRAINING**.

4. Press **RIGHT** and choose **ZONES**.
5. Press **RIGHT** and choose **HEART**.
6. Press **RIGHT** and choose from the following heart rate zones:
  - **SPRINT** - select this zone when using interval training.
  - **SPEED** - select this zone for high tempo training to improve your speed and fitness.
  - **ENDURE** - select this zone for moderate to high tempo training to improve your lung and heart capacity.
  - **FAT BURN** - select this zone for moderate tempo training that is great for weight loss.
  - **EASY** - select this zone for easy tempo training, mostly used for warm-up and cool down.
  - **CUSTOM** - select this option to set your own minimum and maximum heart rate.

## Monitoring progress in a heart rate zone

**Note:** For your watch to be able to measure your heart rate, it must be connected to a [Heart Rate Sensor](#).

From the activity progress screen, press **RIGHT** to scroll through graphs showing how close your training is to the zone you set. The graph shows if you are above or below your target zone and by how much, throughout your activity.



The zone you are using is highlighted in white. Press **RIGHT** to see the heart rate zone summary.



This graph, shown above, is a heart rate zone summary. It shows the percentage of time spent in each zone with your current zone highlighted in white.



This graph shows your heart rate over the last 2.5 minutes of activity and the percentage of time spent in each heart rate zone after an activity.

**Tip:** You can view your progress in a heart rate zone even when you are using a Graphical Training Partner like Race or Goal. During training, from the screen showing a [main metric](#), press **RIGHT** to see the graphical training screen. Press **DOWN** to see the heart rate zone screens as described above.

## Recovery

### About heart rate recovery

Heart rate recovery is your heart's ability to return to a normal rate after an activity within a specific amount of time. In general, a faster heart rate recovery from an activity is an indication of an improved fitness level.

Heart rate recovery has two decreasing phases. During the first minute after exercise the heart rate drops sharply. After the first minute, during the resting plateau, the heart rate gradually decreases.

Your TomTom GPS watch shows you the difference between the heart rate at the start and the end of the minute as well as a 'score' for your recovery.

### How do you measure heart rate recovery?

For activities that use a heart rate sensor, your watch shows you how your heart rate is recovering when you pause an activity. After a period of one minute your watch gives a score for your heart rate recovery. The faster your heart rate drops after exercise, the fitter you are.

Monitoring of heart rate recovery works with the built-in Heart Rate Sensor or an external Heart Rate Sensor.

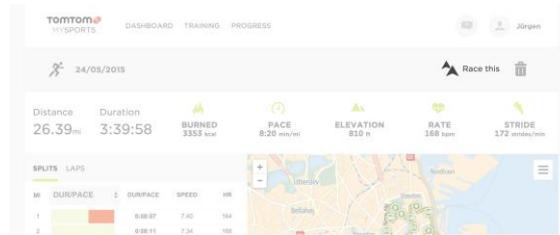
## Race

**How to get there:** Activity screen > Press **DOWN** > **TRAINING** > **RACE** > **RECENT** or **MYSPO RTS**.

Select this option to race against one of your ten most recent activities or race against an activity from the MySports website. You can use race for running, treadmill, freestyle and cycling activities.

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

**Note:** If your watch is already connected to the website and you make changes to your races, the changes won't get synchronised automatically - you need to disconnect and reconnect your watch.



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

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

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

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



Your watch alerts you so you know if you are in front (#1) or behind (#2) in your race. In this example you are 23 metres behind your previous activity and you have a remaining distance to race of 2.3 kilometres.

**Tip:** To get information on adding previous activities to your watch, go to [tomtom.com/support](http://tomtom.com/support) and read the FAQ.

## Activity history

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

1. From the activity start screen, press **UP** to open the **HISTORY** for that type of activity.
2. From the list, select the activity you want to look at. The list shows the date you started the activity and distance covered.
3. Press **RIGHT**.

Information about the activity is shown, for example, fastest pace/speed and the time spent in each heart rate zone. The information available depends on the activity.

## Transferring your activities to TomTom MySports

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

See: [Exporting your activities to other websites and file types](#)

## Exporting your activities to other websites and file types

When you connect your watch to [MySports Connect](#) on your computer or to the [MySports mobile app](#), your new activities are automatically uploaded to MySports. You can also choose to automatically upload your activities to various other websites or file types.

To add more websites or file types in MySports, follow these steps:

1. Go to [mysports.tomtom.com/settings/exporters](https://mysports.tomtom.com/settings/exporters).
2. Click the + next to the exporter you wish to add.
3. To add an exporter for a website, click **Log in** and log into the website.

To add a file type, select a type.

Once a new sports website or file type is added, all new activities are also transferred to that website or file type.

**Note:** Files cannot be generated using the MySports mobile app. You can only generate files by connecting to MySports Connect on your computer.

### Websites

- Endomondo
- Jawbone
- MapMyFitness
- NikePlus
- Runkeeper
- Strava
- TaiwanMySports
- TrainingPeaks

### File types

**Tip:** To get the best results we recommend that you use .FIT files. If this format does not give you the desired results, try .TCX, and then try .GPX.

- GPX - GPS Exchange format. This is an open standard for location data that stores the track and time stamps of your workout. Only locations, elevation and time are stored, no heart rate, cadence or other information can be stored in this file format.
- KML - Google Earth's native file format. Stores location (track) with elevation and time. Heart rate and other sensor information are stored as additional information and are shown as 'labels' in Google Earth
- TCX - Garmin Training Centre file format. This is a file format dedicated to sports and fitness and captures location/elevation, time and all of the sensor data.
- FIT - ANT+/Garmin format, smaller and more advanced than TCX.
- PWX - dedicated format for TrainingPeaks.

# Settings

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## About settings

From the clock screen, press **DOWN** to open the **SETTINGS** menu. These settings determine the overall behaviour of your watch. For each activity, there are also settings related to that activity.

The following settings are available for your watch:

- [CLOCK](#)
- [TRACKER](#)
- [PLAYLISTS](#)
- [SENSORS](#)
- [PHONE](#)
- [AIRPLANE mode](#)
- [OPTIONS](#)
- [PROFILE](#)
- [STANDARDS](#)

These settings are available for activities:

- [Settings for Running](#)
- [Settings for Outdoor Cycling](#)
- [Settings for Swimming](#)
- [Settings for Treadmill](#)
- [Settings for Gym](#)
- [Settings for Indoor Cycling](#)

## Clock

From the Clock screen, press **DOWN** to open the **SETTINGS** menu, then select **CLOCK** and press **RIGHT** to open the **CLOCK** menu.

### ALARM

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

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

### TIME

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

**Tip:** The watch uses a UTC (Coordinated Universal Time) time stamp for 24/7 activity tracking. This is automatically set by the factory, MySports mobile app, MySports Connect or GPS. Based on UTC the watch gets the date. You can only change the date by changing the time.

### 24HR

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

## Tracker

### Switching off activity tracking

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** menu, then select **TRACKER**. Activity tracking is **ON** by default so select **OFF** to switch off activity tracking.

### GOALS

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** menu, then select **TRACKER**. Press **RIGHT** to select **GOALS**.

For more information, see [Setting a daily activity goal](#).

### SLEEP

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** menu, then select **TRACKER**. Press **RIGHT** to select **SLEEP** and then press **RIGHT** again to switch sleep tracking on or off.

**Note:** You cannot set a sleep goal.

## Playlists

You can select a playlist when not doing an activity from the **SETTINGS** menu.

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** menu, then select **PLAYLISTS**.

## Sensors

From the Clock screen press **DOWN** to open the **SETTINGS** menu, then select **SENSORS** and press **RIGHT** to open the **SENSORS** menu.

You can switch on and off two types of sensors:

- **HEART** - this is a built-in or external heart rate sensor.
- **BIKE** - this is a cadence and speed sensor.

You can also calibrate the compass:

- **COMPASS** - this is a built-in compass that needs [calibrating](#) before first use and on a regular basis thereafter to maintain accuracy.

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

You can check if a heart rate sensor is working without having to start an activity. See [Testing a heart rate sensor](#).

## Testing a heart rate sensor

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

1. From the Clock screen, press **DOWN** to open the **SETTINGS** menu.
2. Select **SENSORS** and press **RIGHT** to open the **SENSORS** menu.
3. Select **HEART** and press **RIGHT**.

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

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

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

## Phone

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

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

1. Make sure that your phone or mobile device is close by.
2. On your phone, make sure that Bluetooth is enabled.
3. From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** screen, then select **PHONE** and press **RIGHT**.
4. Press **RIGHT** to start pairing.
5. On your phone, start the MySports Connect app and tap to connect.



6. When the name of your watch appears, select it.
7. On your phone, enter the pin number shown on the watch, then select **PAIR**.  
Your watch is now paired with your phone or mobile device.  
When pairing has been completed, you see a **CONNECTED** message on your watch.



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

If you open the MySports app on your phone and it is trying to connect to your watch, you may need to wake up your watch by moving away from the clock screen. Press **DOWN**, **LEFT** or **RIGHT** from the clock screen.

### Synchronising your activities

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

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** screen, then select **PHONE** and press **RIGHT**.

Select **SYNC**. If automatic uploading is currently switched **OFF**, press **UP** or **DOWN** to switch automatic uploading on.

### Airplane mode

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** screen, select **AIRPLANE mode** and then press **RIGHT**.



Press **UP** or **DOWN** to switch on airplane or flight mode.

When airplane mode or flight mode is switched on, an airplane icon is shown on the clock screen and all Bluetooth connectivity is disabled.

To switch airplane mode off, press **UP** or **DOWN** again.

### Options

From the Clock screen, press **DOWN** to open the **SETTINGS** menu, then select **OPTIONS** and press **RIGHT** to open the **OPTIONS** menu.

#### UNITS

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

#### CLICK

Select **CLICK** to set what your watch does as you move through menus. Your watch can make a clicking sound and you can turn on or off.

## DEMO

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

## NIGHT

Select **NIGHT** to turn the night mode on or off. If the night mode is on, the [backlight](#) comes on and stays on during an activity. When you stop the activity, the light goes off again.

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

## Lock

Select **Lock** to turn the activity lock function on and off. The lock function prevents your current activity being [paused or stopped](#) if you accidentally press **LEFT**.

## Profile

From the Clock screen on your watch, press **DOWN** to open the **SETTINGS** menu, then select **PROFILE** and press **RIGHT** to open the **PROFILE** menu.

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

- **LANGUAGE**
- **VOICE**
- **WEIGHT**
- **HEIGHT**
- **AGE**
- **GENDER**

Information from your profile is used for the following:

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

## LANGUAGE

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

## VOICE

Select **VOICE** to change the language for the [voice coach](#) or to switch it off.

## Standards

To see certification information on your watch, press **DOWN** from the Clock screen to open the **SETTINGS** menu.

Select **STANDARDS** and then press **RIGHT** to scroll through the certification information.

# Adding sensors

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## About sensors

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

- **External Heart Rate Sensor** - this measures your heart rate as you train. The external TomTom Heart Rate Sensor is included in some products and available as an accessory for others.
- **Cadence & Speed Sensor** - this measures your cadence and speed as you cycle. The TomTom Cadence & Speed Sensor is included in some products and available as an accessory for others.

## Cadence

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

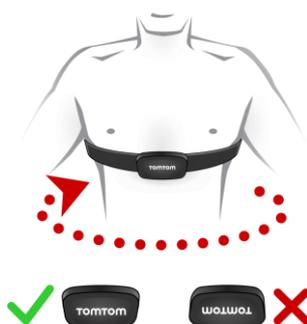
## External Heart Rate Sensor

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

1. Attach the monitor to the strap.



2. Attach the strap around your chest, so the monitor sits just above the base of your chest bone. Make sure the monitor is the right way up so that the word **TomTom** is the right way up for someone standing in front of you.



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

3. From the Clock screen on your watch, press **DOWN**.
4. Select **SENSORS** then press **RIGHT**.

5. Select **HEART**, then press **RIGHT** to turn it on.
6. When you begin an activity, your watch connects to the sensor and you see a heart icon at the bottom of the screen.



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

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

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

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

You can also use a [training program](#) to train to a target [heart rate zone](#).

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

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

## Cadence and Speed Sensor

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



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

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

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

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



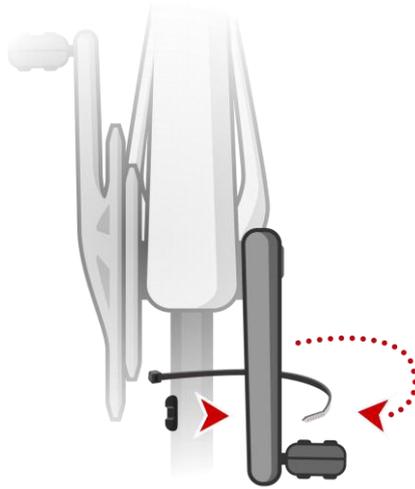
2. Attach the spoke magnet to one of the spokes on your bike. The magnet should face the chainstay where you attached the chainstay sensor.



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

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

4. Attach the crankarm magnet to one of the crankarms on your bike. The magnet should face the chainstay where you attached the chainstay sensor.



**Tip:** Make sure the different parts of the Cadence & Speed Sensor are lined up correctly on your bike. The spoke magnet should pass the main body of the chainstay sensor and the crankarm magnet should pass the tip of the sensor.



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

5. On your watch, [set the wheel size](#) to help increase the accuracy of the metrics provided by the sensor. The wheel size is the circumference of your tyre in millimetres (mm).
6. Move your bike or its crankarm so that at least one of the magnets passes the sensor. This switches on the sensor.
7. From the Clock screen, press **DOWN**.
8. Select **SENSORS**, then press **RIGHT**.
9. Select **BIKE**, then press **RIGHT** to turn it on.
10. When you begin a workout, your watch connects to the sensor and you see an icon of a chainring at the bottom of the screen.



When your watch is trying to connect to the Cadence & Speed Sensor, the chainring flashes. The first time your watch tries to connect to your sensor, if it finds more than one sensor, your watch doesn't know which sensor to connect to. Move to a place where there are no other sensors within range of your watch.

When you have connected to your sensor once, your watch always reconnects to your sensor. When the chainring icon has stopped flashing, your watch is ready to measure your speed and cadence. You can start cycling with no GPS fix but for proper GPS tracking, wait until the GPS icon has also stopped flashing before you start your cycling activity.

**Tip:** When you are using the Cadence & Speed Sensor for cycling activities, you are warned when no speed data is being received from the sensor.

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

You can also use a [training program](#) to train to a target cadence [zone](#).

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

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

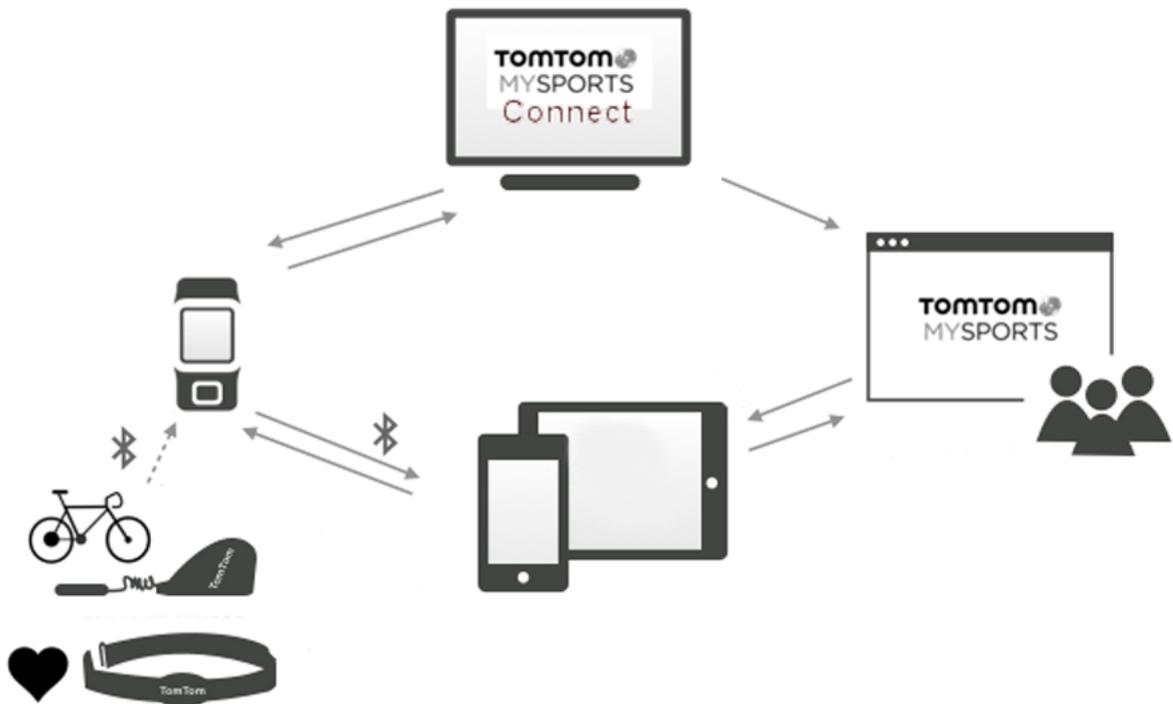
# TomTom MySports account

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

To create an account, click the button in TomTom MySports Connect, or go directly to the website: [mysports.tomtom.com](https://mysports.tomtom.com)

As you can see from the diagram below, you can transfer your activities to your MySports account using either TomTom MySports Connect or the TomTom MySports app.



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

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

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

# TomTom MySports Connect

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TomTom MySports Connect does the following:

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

TomTom MySports Connect can also transfer activity information to your computer in a number of file formats.

See: [Exporting your activities to other websites and file types](#)

- Transfers any settings you make on TomTom MySports to your watch.
- Updates the QuickGPSfix information on your watch.

## Installing TomTom MySports Connect

You can download TomTom MySports Connect for free from here: [tomtom.com/123/](http://tomtom.com/123/)

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

# TomTom MySports mobile app

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The TomTom MySports mobile app does the following:

- Transfers your activity information to your TomTom MySports account automatically when in range of your phone. See: [Exporting your activities to other websites and file types](#)
- Transfers any settings you make on TomTom MySports to your watch.
- Updates the QuickGPSfix information on your watch.
- Provides an alternative to TomTom MySports Connect for transferring activity information to your MySports account and updating QuickGPSfix.

## Supported phones and mobile devices

### iOS

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

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

### Android

The TomTom MySports app requires Bluetooth Smart (or Bluetooth LE) and Android 4.4 or higher to communicate with your watch. A range of Bluetooth Smart enabled Android devices have been tested to confirm their compatibility with the MySports app. Check your phone's compatibility with the MySports app by visiting the [Google Play Store](#).

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**Note:** You can pair your watch with several Android Lollipop or later devices to upload your activities. For compatibility visit the [Google Play Store](#).

**Important:** You must update your MySports mobile app to version 1.3.0 for Android and 1.0.9 for iOS or higher. After this update you need to pair your watch with your smartphone again.

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## Before using the TomTom MySports app

You can download the TomTom MySports app for free from your usual app store or by going to [tomtom.com/app](http://tomtom.com/app).

# Sharing your activities

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You can share MySports activities using the Social Sharing feature of your MySports account.

To start sharing, do the following:

1. Log in to MySports.
2. Select an activity from your MySports dashboard.
3. Click the **Share** button in the top-right corner.
4. Choose, for example, **Facebook** or **Twitter** and add a comment to personalise your post.

# Addendum

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## Warning

### Warning - TomTom GPS watch

The TomTom GPS watch provides you with information that encourages you to adopt a more active lifestyle. The information and data provided is a close estimate of your activity and may not be completely accurate. Data shown can vary per device used or per person and may be dependent on their height, weight, age, build, and activity level. The TomTom GPS watch cannot be relied on or used as a replacement for medical advice. We recommend that you consult your physician before starting a new exercise or fitness plan. See [tomtom.com](http://tomtom.com) for more information.

### Warning - Heart Rate Monitor

This heart rate monitor is not a medical device. Always consult a physician before starting an exercise program. If you have a pacemaker or other implanted electronic device, consult your physician before using this product. The use of this product while exercising might distract from your surroundings or your activity. Interference with the signal from external sources, poor contact with your wrist and other factors may prevent accurate heart rate data readings or transmissions. TomTom disclaims all liability arising from any such inaccuracies.

## Waterproofing

The reliability of the watch when you use it under water depends on water pressure, depth changes, water contamination, water saltiness, water temperature, and other environmental factors. Moving the watch vigorously under water at a depth of 40 m (5 ATM) is not advised. If the watch is subjected to vigorous movement underwater, TomTom cannot guarantee that the watch will still function to its full capacity.

## How TomTom uses your information

Information regarding the use of personal information can be found at:

[tomtom.com/privacy](http://tomtom.com/privacy).

## Battery and Environmental information

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



### WEEE directive

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



### Battery operating temperatures

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

### R&TTE directive

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



### FCC information for the user



THE DEVICE COMPLIES WITH PART 15 OF THE FCC RULES

### Federal Communications Commission (FCC) Statement

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

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

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

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

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

FCC ID: S4L-4REM, S4L-4RFM, S4L-4R0M

IC ID: 5767A-4REM, 5767A-4RFM, 5767A4R0M

#### **FCC RF Radiation Exposure Statement**

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

#### **Responsible party in North America**

TomTom, Inc., 2400 District Avenue, Burlington, MA 01803

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

#### **Emissions information for Canada**

Operation is subject to the following two conditions:

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

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

This Class B digital apparatus complies with Canadian ICES-003. CAN ICES-3(B)/NMB-3(B)

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

#### **IMPORTANT NOTE**

IC Radiation Exposure Statement:

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

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

#### **Regulatory Compliance Mark**



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

#### **Notice for New Zealand**

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

#### **Customer support contact (Australia and New Zealand)**

Australia: 1300 135 604

New Zealand: 0800 450 973

**Accessories supplied with this device**

- USB cable
- Headphones supplied with some models

**Model names**

TomTom GPS: TomTom GPS Watch: 4REM

TomTom GPS Cardio Watch: 4RFM

TomTom GPS Watch Cable: 4R00

TomTom GPS Watch: 4REM, TomTom GPS Cardio Watch: 4RFM, TomTom GPS Watch Cable: 4R00,  
TomTom Bluetooth Sports Headset: 4R0M

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MHei is a trademark of The Monotype Corporation and may be registered in certain jurisdictions.

## **AES code**

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Licence terms:

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## **Calorie calculations**

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

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