



Forerunner® 910XT

quick start manual



Introduction

WARNING

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

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

About the Battery

WARNING

This product contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Getting Started

When using your Forerunner the first time, complete these tasks.

- 1 Charge the Forerunner ([page 2](#)).
- 2 Turn on the Forerunner ([page 3](#)).
- 3 Put on the optional heart rate monitor ([page 5](#)).
- 4 Go for a run ([page 5](#)).

- 5 Save your run ([page 6](#)).
- 6 Read the owner's manual ([page 10](#)).

Charging the Forerunner

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging.

- 1 Plug the USB connector on the charging clip cable into the AC adapter.
- 2 Plug the AC adapter into a standard wall outlet.
- 3 Align the charging clip posts with the contacts on the back of the Forerunner.
- 4 Clip the charger securely over the face of the Forerunner.



- 5 Charge the Forerunner completely.
A fully charged battery will last up to 20 hours, depending on usage.

Turning on the Forerunner

The first time you use the Forerunner, you are prompted to choose your system settings and enter user profile information.

- 1 Hold **1** to turn on your Forerunner.
- 2 Follow the on-screen instructions.
- 3 Go outdoors to an open area.
- 4 Wait while the Forerunner searches for satellites.

It may take 30–60 seconds to locate satellite signals.

The time of day and date are set automatically.

Keys



| | | |
|---|----------|--|
| ① | 1 | Hold to turn the device on and off. Select to adjust the backlight. Select to view status icons (page 4). Select to search for a compatible weight scale. |
| ② | ▲ ▼ | Select to scroll through menus and settings. Hold to scroll quickly through the settings. Select to scroll through training pages during a workout. |

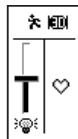
| | | |
|---|-------------------|--|
| ③ | ENTER | Select to turn on the backlight. Select to choose an option and to acknowledge a message. |
| ④ | START/STOP | Select to start and stop the timer. |
| ⑤ | LAP/RESET | Select to mark a new lap. Hold to save your activity and reset the timer. |
| ⑥ | MODE | Select to view the timer and the menu. The map and the compass also appear if they are active. Select to exit a menu or a page. Your settings are saved. Hold to switch sport modes. |

Using the Backlight

- 1 Select **ENTER** to turn on the backlight.

TIP: You can double-tap the device screen to turn on the backlight. This feature is only available in “Run” and “Other” sport modes.

- 2 Use ▲ and ▼ to adjust the backlight level.



This window also displays several status icons.

Icons

A solid icon means the feature is active.

A flashing icon means the device is searching.

| | |
|--|---|
| | GPS is on. |
| | GPS is off. |
| | Timer is running. |
| | Multiple sport activity is in progress. |
| | Battery charge level. |
| | Battery is charging. |
| | Heart rate monitor is active. |
| | Foot pod is active. |
| | Bike sensor is active. |
| | Power sensor is active. |


| | |
|---|--------------------------------------|
|  | Fitness equipment is active. |
|  | Run sport is active. |
|  | Bike sport is active. |
|  | Swim (open or pool) sport is active. |
|  | Other sport is active. |

Putting on the Heart Rate Monitor


NOTE: If you do not have a heart rate monitor, you can skip this task.

NOTE: The Forerunner cannot record heart rate data while swimming.

Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run.

- 1 Connect the heart rate monitor module  to the strap.



- 2 Wet both electrodes  on the back of the strap to create a strong

connection between your chest and the transmitter.




- 3 Wrap the strap around your chest, and connect it.

The Garmin logo should be right-side up.

- 4 Bring the device within range (3 m) of the heart rate monitor.

TIP: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5–10 minutes.

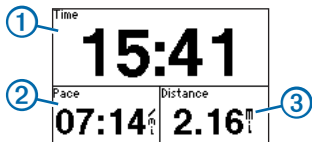
After you put on the heart rate monitor, it is on standby and ready to send data.

When the heart rate monitor is paired, a message appears, and  appears solid on the screen.

Going for a Run

Before you can record history, you must locate satellite signals ([page 3](#)) or pair your Forerunner with an optional foot pod.

- 1 Select **START** to start the timer .



History is recorded only while the timer is running. Your pace ② and distance ③ appear on the timer page.

The data fields shown are the defaults. You can customize the data fields (page 10).

- 2 After completing your run, select **STOP**.

Saving Your Run

- 1 Hold **RESET** to save your run and reset the timer.
- 2 Transfer saved activities to your computer (page 9).

Device Features and Information

- History (page 6)
- Indoor use (page 7)
- Bike mode (page 7)
- Swim features (page 8)

- Triathlon training (page 9)
- Garmin Connect™ (page 9)
- Customization (page 10)
- Troubleshooting (page 10)
- Care and cleaning (page 11)

History

Your Forerunner stores data based on the type of activity, the accessories used, and your training settings. When the Forerunner memory is full, your oldest data is overwritten. A warning message appears on the Forerunner before any data is deleted.

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

| Estimated Memory | Activity Description |
|------------------|---|
| 220 hours | Smart recording with no ANT+™ accessories |
| 160 hours | Smart recording with ANT+ accessories |
| 48 hours | Every second recording with no ANT+ accessories |
| 42 hours | Every second recording with ANT+ accessories |

Viewing History

The history displays the date, time of day, distance, activity time, calories, and average and maximum pace or speed. Swim activities also display stroke and efficiency data. The history can also display heart rate, cadence, and power data if you are using the heart rate monitor, foot pod, cadence sensor, or power meter (optional accessories).

- 1 Select **MODE > History > Activities**.
- 2 Use **▲** and **▼** to view your saved activities.
- 3 Select an activity.
- 4 Select **View More** to view averages and maximums.
- 5 Select an option:
 - Select **Show Map** to view the activity on a map.
 - Select **View Legs** to view parts of a multisport activity.
 - Select **View Laps** to view lap details.
 - Select **View Ints.** to view interval details.
- 6 Select **▲** or **▼** to scroll through laps.

Deleting History

- 1 Select **MODE > History > Delete > Individual Activities**.
- 2 Use **▲** and **▼** to select an activity.
- 3 Select **Delete Activity**.

Training Indoors

If the Forerunner cannot locate satellites, a message appears asking if you are indoors. You can also manually turn off GPS when you are training indoors.

While the Forerunner is trying to locate satellites, select **ENTER > Yes**.

TIP: For more information about training indoors and GPS settings, see the owner's manual.

Biking with Your Forerunner

- 1 Hold **MODE**.
- 2 Select **Bike > START**.
- 3 After completing your ride, select **STOP**.
- 4 Hold **RESET** to save your ride and reset the timer.

Swimming with Your Forerunner

You can record your swim data including distance, pace, stroke count, and stroke type (pool swim only).

NOTE: The Forerunner cannot record heart rate data while swimming.

- 1 Hold **MODE**.
- 2 Select **Swim > Pool Swim**.
- 3 Select your pool length or enter a custom length.
- 4 If necessary, select **MODE > Settings > Pool Swim Settings > Data Fields** to customize the swim training pages.

For a complete list of the available data fields, see the owner's manual.

- 5 Select **START**.
- 6 If you stop to rest, select **LAP**, and select **LAP** again when you resume swimming.

This creates a rest interval separate from your swim interval.

- 7 After completing your swim, select **STOP**.

- 8 Hold **RESET** to save your data and reset the timer.

Swim Terminology

NOTE: For additional information about open water swimming and swim data fields, see the owner's manual.

- A *length* is one trip down the pool.
- An *interval* in swimming is like a lap in running. You can break your swim into swim intervals and rest intervals.
- A *stroke* is counted every time your arm wearing the Forerunner completes a full cycle.
- Your *swolf* score is the sum of the time for one length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.
- Your swim *efficiency index* is the sum of the time and the number of strokes that it takes to swim 25 meters. This allows you to compare your swim efficiency to another pool or an open water workout. A lower swim efficiency index is better.

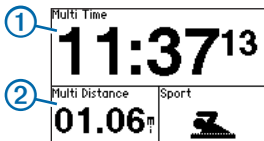
Stroke Types

| | |
|--------|--|
| Free | Freestyle |
| Back | Backstroke |
| Breast | Breaststroke |
| Fly | Butterfly |
| Mixed | More than one stroke type in an interval |

Triathlon Training

If you are participating in a triathlon, you can use **Auto Multisport** to quickly transition to each sport segment.

- 1 Select **MODE > Training > Auto Multisport**.
- 2 If necessary, select **Include Transition** to record transition time separately from the sport segments.
- 3 Select **Start Multisport > START**.



Your total event time ① and total event distance ② appear on the first

page in the training page loop. You can use ▲ and ▼ to view additional training pages for each sport segment.

- 4 Select **LAP** when you complete a segment or transition.

Using Garmin Connect

Garmin Connect is web-based software for storing and analyzing your data.

- 1 Go to www.garminconnect.com.
- 2 Select **Getting Started**.
- 3 Follow the on-screen instructions.

Sending History to Your Computer

Before you can wirelessly send an activity to your computer, you must pair the Forerunner with your computer using the USB ANT Stick™.

- 1 Plug the USB ANT Stick ① into a USB port on your computer.



- 2 Bring your device within range (3 m) of your computer.

When the ANT Agent™ finds your device, the ANT Agent displays the unit ID and asks you if you want to pair.

- 3 Select **Yes**.
- 4 Follow the on-screen instructions.

Customizing Your Device

You can customize your settings for each sport. Each setting is defined in the owner's manual (page 10).

- 1 If necessary, hold **MODE** to change your sport.
- 2 Select **MODE > Settings**.
- 3 Select a setting based on your active sport.

For example, if the Forerunner is set to bike, select **Bike Settings**

- 4 Customize your settings.

The settings are saved for the active sport.

About Data Fields

You can customize data fields on up to four training pages for each sport. For a complete list of the available data fields, see the owner's manual (page 10). The

data fields you customize are saved for the active sport.

Troubleshooting



Getting the Owner's Manual

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

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

Resetting the Device

If the keys or screen stop responding, you may need to reset the device.

- 1 Hold  until the screen goes blank.
- 2 Hold  until the screen turns on.

Updating the Software Using Garmin Connect

Before you can update the device software, you must pair the USB ANT Stick with your computer (page 9).

- 1 Connect the USB ANT Stick to your computer.
- 2 Go to www.garminconnect.com.

If there is new software available, Garmin Connect alerts you to update the software.

- 3 Follow the on-screen instructions.
- 4 Keep your device in range (3 m) of the computer during the update process.

Registering Your Device

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

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

Getting More Information

You can find more information about this product on the Garmin web site.

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

Caring for Your Device

NOTICE

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

Do not use a sharp object to clean the device.

Avoid chemical cleaners and solvents that can damage plastic components.

Caring for the Heart Rate Monitor

NOTICE

You must unsnap the module before cleaning the strap.

- Rinse the strap after every use.
- Hand wash the strap in cold water with a mild detergent after every five uses.
- Do not put the strap in a washing machine or a dryer.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.



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