Buttons

❶ power ⏻
- Press and hold to turn unit on/off.
- Press to turn backlight on/off.

❷ mode
- Press to view Timer or Main Menu.
- Press to exit a menu or page.
- Press and hold to change sports.

❸ lap/reset
- Press to create a new lap.
- Press and hold to reset the timer.

❹ start/stop
- Press to start/stop the timer.

❺ enter
- Press to select options and to acknowledge messages.

❻ ▲▼ arrows
- Press to highlight options.
- Press to scroll through menus and data fields.

Note: If the unit stops responding to button presses, press **mode** and **lap/reset** at the same time to reset the unit.

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❶ Charge the Battery

Charge the Forerunner for three hours before using it. When the battery is fully charged, the battery life is approximately 10 hours. To avoid corrosion, be sure the Forerunner is completely dry before charging.

❶ Snap the Forerunner into the charging cradle.

mini-USB port

cradle

❷ Plug the small end of the AC adapter into the mini-USB port on the cradle. Plug the other end into a standard wall outlet.

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❷ Configure

Press and hold **power ⏻** to turn on the Forerunner. Follow the instructions on the screen.

❸ Acquire Satellites

After you configure the Forerunner, the Locating Satellites page appears. To acquire satellite signals, go outdoors away from tall buildings and trees. Acquiring satellite signals may take 30–60 seconds.

Wait while the Forerunner searches for satellites. For best results, stand still in an open area until the Locating Satellites page disappears. When the Timer page appears, you can start your run or activity.

Locating Satellites...
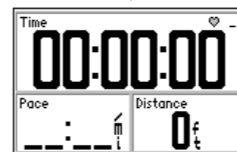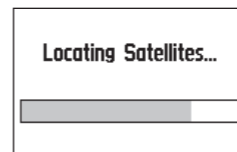
GPS antenna is located here.

Go!

Press **start** to start the timer. During your run, press the ▲▼ **arrows** to view all of the Timer pages. To clear the timer, press **stop**. Then press and hold **reset** until the timer returns to zero.

**Timer pages**
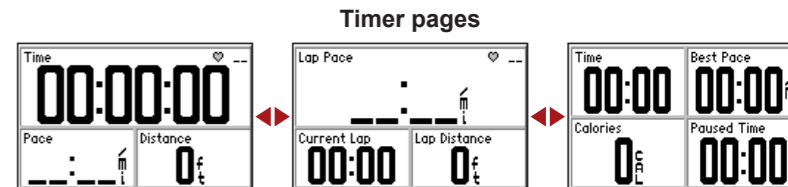
mode

Main Menu

Press **mode** to view the Main Menu. Using the Main Menu, you can set up simple or advanced workouts, view your history data, save locations in memory, and customize the Forerunner.

Heart Rate Monitor

The Forerunner 305 includes a wireless heart rate monitor that you wear directly on your skin, just below your breastplate.

To position the heart rate monitor:

❶ Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.
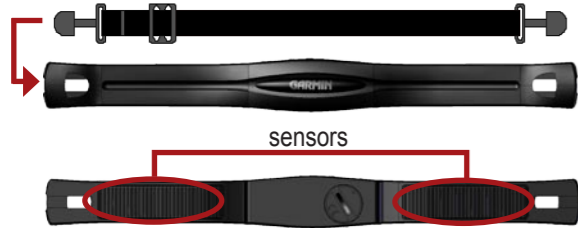
sensors

❷ Wet both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.

WARNING: See the owner's manual in the product box for important battery safety information.

❸ Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

❹ Adjust the strap so it stays in place during your run.

When the heart rate monitor is positioned correctly, the heart rate icon on the Timer page changes from flashing to constant ✳ → ♡. For troubleshooting information, refer to the owner's manual.

heart rate icon

Garmin Training Center®

Use the Garmin Training Center software on your personal computer to plan advanced workouts and courses before you run and then analyze them afterwards. Install Garmin Training Center from the installation disk in the product box. For help using Garmin Training Center, click the **Help** menu in the software or press **F1** on your keyboard.
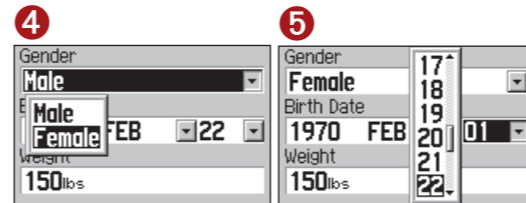
Set Your User Profile

Set your user profile so that the Forerunner can calculate calories correctly. To select an option, press **enter**. To exit any page, press **mode**.

❶
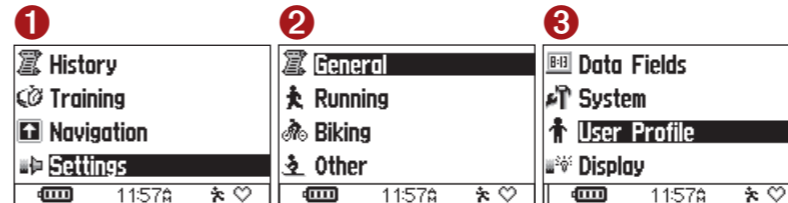
Press **mode** to view the Menu. Select **Settings**.

❷

Select **General**.

❸

Select **User Profile**.

❹

Press **enter**. Select your gender.

❺

Use the ▲▼ **arrows** and **enter** to enter your birth date and weight.

GARMIN™

Forerunner® 205/305

GPS-enabled trainer for runners