



# Timex® Ironman® Run Trainer™

Powered by GPS Technology

Pace and distance powered by GPS gives you the freedom to run anywhere. No more tracks, treadmills or repetitive loops to calculate distance. Just start running, Run Trainer™ watch tells you how far, how fast and how hard you're running. After your run, upload your data to review your performance and map your route online.



**TIMEX IRONMAN**

HOW FAR WILL YOU TAKE IT?™

Powered By





**INDIGLO®**

Activate INDIGLO® Night Light and NIGHT-MODE® feature

**RADIO/BACK (◀)**

Turn on GPS and ANT+™ Receivers in Watch Hold to Show Sensors Menu

**MODE/DONE**

Change Displayed Mode Finalizes Selections



**STOP/RESET (▲)**

Chronograph Operation  
Change Selection  
Navigate Menu

**SET/MENU/SELECT (▶)**

Bring Up Menus  
Make Selection

**START/SPLIT (▼)**

Chronograph Operation  
Change Selection  
Navigate Menu

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## GETTING STARTED

There are lots of great features and customization options on the Run Trainer™ watch. But it can also be incredibly simple to get started.

1. Charge the watch.
2. Set the time and date, and enter your personal information.
3. Step outside to get your GPS signal.
4. Press the RADIO button, and hold the watch still until you lock on the signal. For first use, it may take up to three minutes to acquire a signal. Any future use in the same area will get a GPS signal much faster -- under 30 seconds.
5. Once you have a GPS signal, go to CHRONO mode and press START. Enjoy your run!

## CHARGING THE WATCH

Before using the Timex® Ironman® Run Trainer™ watch for the first time, fully charge the Li-Ion battery. This will take approximately 2 hours. Attach the USB clip to the watch by aligning the stakes on the clip with the two recesses in the watch case back. The metal pins on the clip will then make good contact with the four metal discs on the watch.

The Run Trainer watch can be recharged through a powered computer USB port, and the watch display will confirm that the watch is recharging or fully charged.

## BASIC OPERATION

Press MODE to cycle through the Run Trainer watch modes: CHRONO, INTERVAL TIMER, TIMER, RECOVERY, REVIEW, CONFIGURE, ALARM.

Press RADIO to begin receiving signals from GPS. Press and hold RADIO to bring up the Sensors Menu to link to any available ANT+™ heart rate and foot pod sensors.

Press SET/MENU to show the available setup menus in all watch modes.

## WORKOUT RECORDING

The Run Trainer watch can record up to 15 workouts and recall up to 100 splits/laps for each workout. Workouts can be recorded in CHRONO, INTERVAL TIMER, and TIMER Modes.

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## CHRONO MODE

Once you have locked onto the GPS signal, press START/SPLIT to begin recording your workout and to see live pace and distance data.

Press START/SPLIT to record splits and laps, or set the Run Trainer™ watch for hands-free, automatic recording based on distance or time. Customize the watch with a three or four-line display and a choice of up to 16 data points. Programmable timers remind you to drink and to eat.

## INTERVAL TIMER MODE

Set up to five variable intensity workouts, and repeat up to five segments in sequence. Program a warm-up or cool down period for each workout, and establish alerts for heart rate, pace or speed zones. The workout and the interval names can even be custom-named.

## TIMER MODE

Program a simple countdown timer that can stop, repeat or start the Chrono mode at the end. It counts repetitions and provides a halfway alert during the countdown.

## RECOVERY MODE

When connected to a chest sensor, the watch can track how long it takes for your heart rate to recover after a workout, which is an indicator of fitness level. The Run Trainer watch records the beginning and ending heart rates along with their delta value. Recovery timing begins

automatically with a paused/stopped workout, or it can be manually started in Recovery Mode.

## REVIEW MODE

Review workout results organized by date and time for up to 15 workouts, with up to 100 split/lap times per workout. The watch automatically erases the oldest workout as you record new ones, or you can lock a workout to preserve it in memory for later reference. You can also review your workouts online- see connected page.

## CONFIGURE MODE

The Run Trainer watch is highly customizable to provide users with the level of individualization they need. Set alerts to help manage your pace or speed, or when equipped with an ANT+™ chest sensor or foot pod, set alerts based on heart rate or running cadence. Program alerts for distance or altitude to signal you when you have reached that workout goal.

Refine the calories burned calculations by inputting your age, gender, weight, height, and activity type/level. Recording frequency, GPS data smoothing, and display contrast settings are available to meet each athlete's needs.

## ALARM MODE

Set up to five alarms in the Run Trainer watch and choose from daily, weekday, weekend, one-time, and weekly frequency. Even rename the alarm title to add that extra bit of personalization.

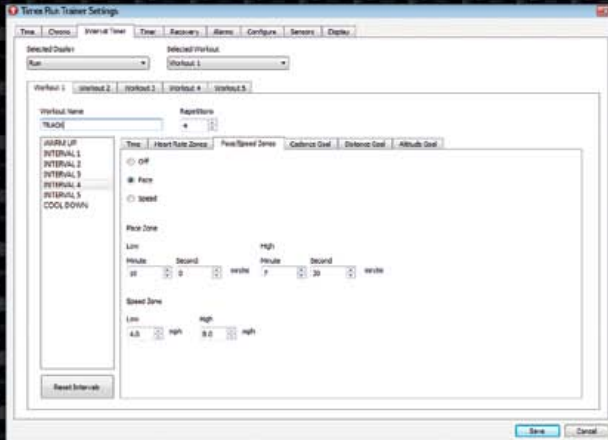
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## CONNECTED

The Timex Device Agent desktop software is the link for the computer capability of Run Trainer™ watch. Select workouts to download and change watch settings or configurations right from your keyboard.

Once the workout data is uploaded, an online training log powered by **TRAININGPEAKS™** provides maps, graphs and analysis of your workout. To download the Timex Device Agent, and to access the free online training log powered by **TRAININGPEAKS™**, go to [TimexIronman.com](http://TimexIronman.com).



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## COMPATIBLE

Run Trainer™ watch is compatible with any ANT+™ Heart Rate or Foot Pod sensors. It also works with the Timex Flex Tech™ Digital 2.4 Heart Rate sensor and the Timex Foot Pod sensor.



Run Trainer™ Speed + Distance  
T5K549



Run Trainer™ Speed + Distance  
with Heart Rate  
T5K575



Timex Foot Pod Sensor  
T5K573

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