

CALIBRATE THE TIMEX FOOT POD SENSOR

To ensure accurate measurements by a foot pod, you can calibrate the (optional) foot pod either automatically over a known distance, or you can manually enter the calibration factor. These instructions are primarily for the Timex Run Trainer but work with the Global Trainer also.

CALIBRATE THE FOOT POD AUTOMATICALLY

You run a known distance with the foot pod enabled, while the foot pod measures your progress. Once you have progressed more than 0.2 miles / 300 meters, you enter the actual distance you travelled into the Global Trainer / RunTrainer. The watch then calculates the calibration factor of the foot pod by comparing the distance measured with the actual distance you travelled.

1. In Time of Day, Chrono, Interval Timer, or Timer mode, hold RADIO until HOLD FOR SENSOR MENU displays.
2. Press DOWN to select CALIBRATE, and then press SELECT.
3. Press SELECT to open the FOOT POD calibration screen.

NOTE: The foot pod must be synched with the watch in order to calibrate. If NO FOOT POD DATA displays on the watch, make sure the foot pod is synched, and then try again. See the watch instructions to Select ANT+™ Sensors for Your Workout (Run Trainer) or Configure mode for Global Trainer.

4. Begin running a known distance. The distance must be at least 0.2 miles / 300 meters to give the foot pod enough data to calibrate.
1. enough data to calibrate.
5. When you have reached the known distance, stop running, and then press STOP. The ACTUAL DISTANCE screen opens.

NOTE: If NEED MORE DATA displays, the foot pod has not measured at least 0.2 Miles / 300 meters. Continue running until you reach a minimum of 0.2 miles / 300 meters.

6. Press UP or DOWN to change the blinking value, and press NEXT to move to the next value. Continue doing
7. this until the actual distance you ran is entered.
8. Press DONE. The watch compares the measured distance with the distance you entered and assigns a calibration factor.

NOTE: If insufficient or no data has been gathered, the calibration is CANCELED ENTER A CALIBRATION FACTOR

If you have previously calibrated a foot pod and are re-synching it with the watch, you can enter the calibration factor the foot pod used the last time it was synched with the watch to avoid going through the automatic calibration process again.

NOTE: The foot pod must be synched with the watch in order to edit the calibration factor manually.

1. In Time of Day, Chrono, Interval Timer, or Timer mode, hold RADIO until HOLD FOR SENSOR MENU displays.
2. Press DOWN to select CALIBRATE, and then press SELECT.
3. Press DOWN to select FACTOR, and then press SELECT.
4. Press UP or DOWN to change the blinking value, and press NEXT to move to the next value. Continue doing this until the desired calibration factor is entered from 0.1% to 199.9%.

NOTE: The Calibration Factor is determined by taking the KNOWN distance and dividing it by the REPORTED distance (by the Foot Pod).

5. Press DONE.