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Garmin 010-00741-00

Garmin Forerunner 310XT GPS Watch User Manual

Model: 010-00741-00

1. Product Overview

The Garmin Forerunner 310XT is a waterproof GPS-enabled device designed for multi-sport athletes. It accurately tracks your position, distance, pace, and can be paired with various accessories to measure heart rate and power data. Data is wirelessly transferred to your computer for analysis.



Image 1.1: The Forerunner 310XT displaying real-time workout data including heart rate, average pace, and distance covered.

2. Setup

2.1 Charging the Device

Before first use, fully charge the Forerunner 310XT. Connect the charging clip to the device and plug the USB cable into a power adapter or computer USB port. A full charge provides approximately 20 hours of battery life.

2.2 Initial Power-On and Settings

1. Press and hold the **POWER** button (located on the left side) to turn on the device.
2. Follow the on-screen prompts to select your language, time format, and unit preferences.
3. Enter your personal profile information (gender, age, weight, height) for accurate calorie calculations.

2.3 Acquiring GPS Signal

For accurate tracking, the device needs to acquire a GPS signal. Go outdoors to an open area away from tall buildings and

trees. Turn on the device and wait for the GPS icon to become solid, indicating a successful signal acquisition.

2.4 Pairing ANT+ Accessories

The Forerunner 310XT supports ANT+ sensors such as heart rate monitors, speed/cadence sensors, and power meters.

- Ensure the accessory is active and within range of the Forerunner.
- Navigate to the **Settings** menu on the device.
- Select **ANT+** and then choose the type of sensor you wish to pair.
- Select **Search New** to find and connect to the sensor.

3. Operating Instructions

3.1 Button Functions

- **POWER** (left side): Press and hold to turn on/off. Press to access backlight and lock screen.
- **MODE** (left side): Press to cycle through main menus (Training, History, Settings).
- **UP/DOWN Arrows** (right side): Navigate menus and data screens.
- **ENTER** (right side): Select an option or confirm an action.
- **START/STOP** (bottom right): Start and stop the timer for an activity.
- **LAP/RESET** (bottom left): Mark a lap during an activity. Hold to reset the timer and save the activity.



Image 3.1: The Forerunner 310XT showing elapsed time, average pace, and total distance during an activity.

3.2 Starting an Activity

1. Ensure GPS signal is acquired and any desired ANT+ sensors are paired.
2. Press **MODE** to navigate to the **Training** menu.
3. Select the desired sport profile (e.g., Run, Bike, Swim).
4. Press **START/STOP** to begin recording your activity.

3.3 Viewing Data Screens

During an activity, use the **UP/DOWN** arrows to cycle through customizable data screens. Each screen can display up to four data fields, such as distance, pace, time, heart rate, and more.

3.4 Using Auto Lap

The Auto Lap feature automatically records a lap at a specified distance or time interval. This can be configured in the sport profile settings under **Auto Lap**.

3.5 Ending and Saving an Activity

1. Press **START/STOP** to pause the activity.
2. Hold the **LAP/RESET** button for three seconds to save the activity and reset the timer.

3.6 Waterproof Functionality

The Forerunner 310XT is waterproof to a depth of 50 meters, making it suitable for swimming. Note that GPS signal acquisition may be limited underwater.

3.7 Data Transfer to Computer

After an activity, data can be wirelessly transferred to your computer using the included USB ANT Stick. Install the Garmin Connect software on your computer and follow its instructions to upload and analyze your workout data.

4. Maintenance

4.1 Cleaning the Device

Regularly clean the device and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners, which can damage the device's finish and seals. Rinse the device with fresh water after exposure to chlorinated or salt water.

4.2 Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Store the device in a cool, dry place when not in use. Charge the battery regularly, even if the device is not used frequently.

4.3 Water Resistance

Ensure the charging contacts are clean and dry before charging or connecting to a computer. Do not operate buttons underwater to maintain water resistance.

5. Troubleshooting

5.1 GPS Signal Acquisition Issues

- Ensure you are in an open outdoor area with a clear view of the sky.
- Wait a few minutes for the device to locate satellites.
- Ensure the device's software is up to date.

5.2 ANT+ Sensor Pairing Problems

- Verify the sensor's battery is not depleted.
- Ensure the sensor is active and within range of the Forerunner.
- Try re-pairing the sensor through the device's settings.

5.3 Device Not Responding

If the device becomes unresponsive, perform a soft reset by holding the **POWER** button for 10-15 seconds until the device turns off. Then, restart it normally.

5.4 Data Transfer Issues

- Ensure the USB ANT Stick is properly connected to your computer.
- Verify that the Garmin Connect software is installed and running.
- Check for any software updates for Garmin Connect or the device firmware.

6. Specifications

Model Number	010-00741-00
Product Dimensions	2.1 x 0.8 x 2.2 inches
Item Weight	2.54 ounces
Battery Type	1 Lithium Ion battery (included)
Battery Life	Up to 20 hours
Water Rating	50 meters (5 ATM)
Display Resolution	160 x 100 pixels
Connectivity	USB (via ANT Stick)
Special Features	GPS, Multi-sport modes, ANT+ compatibility

7. Warranty Information

The Garmin Forerunner 310XT comes with a **one-year limited warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. For full terms and conditions, please refer to the official Garmin warranty policy available on their website.

8. Support

For additional support, detailed manuals, software updates, and customer service, please visit the official Garmin website. You can find FAQs, video tutorials, and contact information for technical assistance there.

Note: Product specifications and features are subject to change without notice.

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