

Timex T5K523SU

Timex Women's Ironman Triathlon Essential 34mm Watch Instruction Manual

Model: T5K523SU

Brand: Timex

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1. INTRODUCTION

Welcome to your Timex Women's Ironman Triathlon Essential 34mm Watch. This digital watch is designed for active lifestyles, offering a range of features to support your training and daily activities. It combines durability with essential timing functions, making it a reliable companion for athletes and everyday users alike.



Front view of the Timex Women's Ironman Triathlon Essential 34mm Watch, displaying time and date.

2. SETUP

To ensure accurate timekeeping and full functionality, follow these steps to set up your watch:

1. Setting Time and Date:

- Press and hold the **SET/RECALL** button (top left) until "SET" appears on the display.
- Use the **MODE** button (bottom left) to cycle through settings (hour, minute, second, day of week, day of month, month).
- Use the **START/SPLIT** button (bottom right) to adjust the flashing value.
- Press **SET/RECALL** to confirm each setting and move to the next.
- Once all settings are adjusted, press **SET/RECALL** again to exit setup mode.

2. **12/24-Hour Format:** While in time setting mode, you can toggle between 12-hour (AM/PM) and 24-hour (military) time formats using the **START/SPLIT** button when the hour is flashing.
3. **Chime and Beep:** The watch allows you to enable or disable hourly chime and button beep sounds. Access these settings through the setup menu.

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Video demonstrating how to set the time and date on the Timex Ironman Triathlon watch.

3. OPERATING MODES

Your Timex Ironman watch features several modes accessible via the **MODE** button:

- **Time Mode:** Displays current time, day of the week, and date. This is the default display.
- **Chronograph (Stopwatch) Mode:**
 - Press **MODE** until "CHRONO" appears.
 - Press **START/SPLIT** to begin timing.
 - Press **START/SPLIT** again to record a lap time (up to 10 laps). The display will show the current lap time and total elapsed time.
 - Press **STOP/RESET** (top right) to pause the chronograph.
 - Press **STOP/RESET** again to reset to zero.
 - To recall lap times, press **SET/RECALL** while in Chronograph mode.
- **Timer Mode:**
 - Press **MODE** until "TIMER" appears.
 - To set the timer, press and hold **SET/RECALL**. Use **MODE** to select hours/minutes/seconds and **START/SPLIT** to adjust. Press **SET/RECALL** to confirm.
 - Press **START/SPLIT** to begin the countdown.
 - The timer can be set for countdown/stop (CS) or countdown/repeat (CR).
- **Alarm Mode:**
 - Press **MODE** until "ALARM" appears.
 - To set the alarm time, press and hold **SET/RECALL**. Use **MODE** to select hours/minutes and **START/SPLIT** to adjust. Press **SET/RECALL** to confirm.
 - Alarms can be set for daily, weekday, weekend, or weekly with a 5-minute backup snooze.
 - Press **START/SPLIT** to toggle the alarm on/off.
- **Indiglo Night-Light:**
 - Press the **INDIGLO** button (top right) to illuminate the display for easy viewing in low-light conditions.
 - The watch also features a Night-Mode selection for continuous illumination.

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Video showcasing the various functions and modes of the Timex Ironman Triathlon watch.

4. KEY FEATURES

- **Water Resistance:** Rated for 100 meters (330 feet). Suitable for swimming, snorkeling, and showering. **Important: Do not press any buttons while the watch is submerged in water to maintain the water-tight seal.**
- **Durable Construction:** Features a resin case and strap designed to withstand active use.
- **Digital Display:** Clear and easy-to-read digital display with large digits for time and date.

- **10-Lap Memory:** Store and recall up to 10 lap times for tracking performance during workouts.
- **Built-in Setting Reminders:** Helps you remember to set important functions.
- **Forward/Backward Setting:** Simplifies time and date adjustments.



The Timex Women's Ironman Triathlon Essential 34mm Watch worn on a wrist, displaying the time and date clearly.

5. MAINTENANCE

- **Cleaning:** Clean your watch with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Battery Replacement:** The watch uses 1 Lithium Metal battery (included). When the battery needs replacement, it is recommended to take the watch to a professional watch repair shop. Some models may feature specialized screws on the back case, requiring specific tools to ensure the water resistance seal is maintained after battery replacement.
- **Storage:** Store your watch in a cool, dry place away from direct sunlight and extreme temperatures.



Side view of the watch, highlighting the resin case and control buttons.

6. TROUBLESHOOTING

- **Watch Not Functioning:** If the watch stops working, the battery may need replacement. Refer to the "Battery Replacement" section under Maintenance.
- **Difficulty Setting Time/Date:** If the provided instructions are unclear, online resources such as Google or YouTube can offer additional visual guides for setting up this specific model. Search for "Timex Ironman Triathlon Essential T5K523SU setup guide."
- **Water Intrusion:** If water appears inside the watch, immediately take it to a professional watch repair service. Do not attempt to open the watch yourself, as this may void the warranty and cause further damage.

7. SPECIFICATIONS

Feature	Detail
Model Number	T5K523SU
Case Material	Resin
Case Diameter	34.4 Millimeters
Case Thickness	10 Millimeters
Band Material	Resin
Band Width	12 Millimeters
Band Length	7.5 Inches
Display Type	Digital
Movement Type	Quartz
Water Resistance Depth	100 Meters (330 Feet)
Power Source	Battery Powered (1 Lithium Metal battery included)
Special Features	Indiglo Night-Light, 10-Lap Chronograph, Countdown Timer, Alarm, Day/Date Display

8. WARRANTY AND SUPPORT

Your Timex watch is covered by a manufacturer's warranty. For specific warranty details, registration, or to contact customer support, please visit the official Timex website or refer to the warranty card included with your purchase.

For additional assistance or to explore other Timex products, visit the [Timex Store on Amazon](#).