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› Timex Ironman GPS Watch TW5M11900 User Manual

## Timex TW5M11900

# Timex Ironman GPS Watch TW5M11900 User Manual

This manual provides detailed instructions for the setup, operation, and maintenance of your Timex Ironman GPS Watch, model TW5M11900.

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## 1. SETUP

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### 1.1 Charging the Device

Before initial use, fully charge your Timex Ironman GPS Watch. The watch charges using a universal micro USB cable, which is commonly used for many electronic devices. Simply plug the micro USB connector into the port on the back of the watch.

A full charge provides up to 12 hours of GPS use. A quick 15-minute charge can provide approximately 1 hour of workout time.



Image: Side view of the Timex Ironman GPS watch, highlighting the micro USB charging port located on the back of the watch face.

## 1.2 Initial Setup and GPS Acquisition

Upon first power-on or after a reset, the watch will guide you through basic settings such as time, date, and user information (weight, height, sex) for accurate calorie tracking. Once these are set, the watch will attempt to acquire a GPS signal. Ensure you are outdoors with a clear view of the sky for faster acquisition.

## 2. OPERATING INSTRUCTIONS

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### 2.1 Basic Navigation

The watch features a menu-based system. Use the side buttons to navigate through options: the up/down arrows to scroll and the central button to select or confirm.

### 2.2 Starting a Workout

1. From the main watch face, press the central button to enter the main menu.
2. Select 'WORKOUTS' using the up/down arrows and press the central button.
3. Choose your desired sport: 'RUN', 'BIKE', or 'SWIM'.
4. Select your timing mode: 'CHRONO' for continuous timing or 'INTERVALS' for structured workouts.
5. The watch will then search for a GPS signal. Once the GPS icon is solid, press the central button again to 'START' your workout.

### 2.3 Customizing Display Screens

You can customize the data fields displayed during your workout for each sport. The watch allows for up to nine fields of data to be shown on your training screens, providing real-time information such as distance, average pace, total time, lap pace, and calories burned.

### 2.4 Using Interval Timer

The interval timer supports up to 99 repetitions of active and rest periods, allowing for highly customizable training

sessions. Access this feature under the 'WORKOUTS' menu when selecting your sport.

## 2.5 Multi-Sport Mode

For multi-sport activities like triathlons, the watch offers a dedicated multi-sport mode. This mode allows you to track swim time, bike speed and distance, running distance and pace, and even transition times between sports with a single button press.

## 3. DATA MANAGEMENT

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### 3.1 Saving Workouts

After completing a workout, press the central button to pause. You will then be prompted to 'SAVE' your workout. Confirm to store the workout data on your watch.

### 3.2 Uploading Data to PC

To upload your workout data to a computer, first download the Timex Connect desktop software from [timex.com/go](https://timex.com/go). Connect your watch to your PC using the micro USB cable. The software will then allow you to transfer your saved workouts.

### 3.3 Sharing Data with Fitness Platforms

The Timex Connect app facilitates sharing your workout data with popular fitness platforms such as Strava, MapMyFitness, DailyMile, RunKeeper, and Endomondo, allowing you to track your progress and connect with other athletes.

Your browser does not support the video tag.

Video: Timex Ironman GPS - Product Introduction. This video provides an overview of the watch's features, including quick GPS fixes, battery life, universal charging, ease of use, interval timer, multi-sport mode, and data sharing capabilities.

## 4. MAINTENANCE

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### 4.1 Cleaning

Regularly clean your watch with a soft, damp cloth to remove sweat, dirt, and debris. Avoid using harsh chemicals or abrasive materials that could damage the watch's finish or components.

### 4.2 Strap Replacement

The watch straps are designed for easy replacement, allowing you to customize the look of your device. A strap changing tool is included with the watch. Refer to the detailed instructions provided with replacement straps for proper installation. Various colors are available to suit your preference.



Image: Close-up view of the watch's silicone strap and metal buckle, demonstrating the design and material.

## 5. TROUBLESHOOTING

### 5.1 Common Issues and Solutions

- **Slow GPS Acquisition:** Ensure you are in an open outdoor area with a clear view of the sky. Avoid tall buildings or dense tree cover.
- **Charging Problems:** Verify the micro USB cable is securely connected to both the watch and a power source (PC or wall adapter). Ensure the charging port is clean and free of debris.
- **Data Upload Issues:** Confirm the Timex Connect desktop software is installed correctly and your PC's operating system is compatible. Try restarting both the watch and the computer.
- **Inaccurate Readings:** Ensure your user information (weight, height, sex) is correctly entered in the watch settings for accurate calorie and other metric calculations.

## 6. SPECIFICATIONS

| Feature                 | Detail                                                                      |
|-------------------------|-----------------------------------------------------------------------------|
| Product Dimensions      | 8 x 1.5 x 0.47 inches                                                       |
| Item Model Number       | TW5M11900                                                                   |
| Department              | unisex-adult                                                                |
| Batteries               | 1 Lithium Metal battery required (included)                                 |
| Date First Available    | July 1, 2017                                                                |
| Manufacturer            | Timex                                                                       |
| Material                | Resin                                                                       |
| Model Name              | Ironman GPS                                                                 |
| Built-In Media          | GPS Watch, Quick Start Guide, Strap Changing Tool, Universal Micro USB Cord |
| Model Year              | 2017                                                                        |
| UPC                     | 753048687558                                                                |
| Connectivity Technology | USB                                                                         |
| Map Types               | Worldwide                                                                   |
| Sport Type              | Running                                                                     |
| Battery Average Life    | 12 Hours (GPS mode)                                                         |
| Mounting Type           | Wrist Mount                                                                 |
| Display Type            | LCD                                                                         |
| Human-Interface Input   | Dial                                                                        |

| Feature                               | Detail                                |
|---------------------------------------|---------------------------------------|
| Compatible Devices                    | Smartphone (for data sync via PC app) |
| Control Method                        | App (Timex Connect)                   |
| Supported Satellite Navigation System | GPS                                   |
| Item Weight                           | 0.11 Pounds (1.76 ounces)             |

## 7. WARRANTY & SUPPORT

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For detailed warranty information, product registration, and additional support resources, please visit the official Timex website:

[Visit Timex Official Website](#)

You may also find FAQs and contact information for customer service on their website.