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› COROS PACE 2 Sport Watch GPS Heart Rate Monitor User Manual

COROS PACE 2

COROS PACE 2 Sport Watch GPS Heart Rate Monitor User Manual

Model: PACE 2

1. PRODUCT OVERVIEW

The COROS PACE 2 is a lightweight GPS sport watch designed for athletes, offering advanced tracking capabilities and long battery life. It integrates various sensors to provide comprehensive data for diverse activities and daily health monitoring.



Figure 1: COROS PACE 2 Sport Watch, showcasing its sleek design and digital display.

Key Features:

- **Lightweight Design:** Weighing just 29g with the COROS Nylon band, it is among the lightest GPS watches available.
- **Extended Battery Life:** Up to 20 days in regular use and 30 hours in full GPS mode.
- **Customizable Training Modes:** Supports interval, structured, triathlon, and strength training.
- **Advanced Training Features:** Aids in planning, provides instant feedback, and records workout effort, offering a 42-day performance overview.
- **Multi-Sport Support:** Includes modes for running, cycling, swimming, cardio, strength, and water sports.
- **Comprehensive Daily Tracking:** Features an optical heart rate monitor, barometric altimeter, accelerometer, compass, gyroscope, and thermometer for 24/7 heart rate, sleep, step, and calorie tracking.

2. WHAT'S IN THE BOX

- COROS PACE 2 Sport Watch x 1

- Charging Cable x 1
- Synopsis (Quick Start Guide) x 1

WHAT'S IN THE BOX

COROS PACE 2 x 1
Charging Cable x 1
Synopsis x 1



Figure 2: Packaging contents for the COROS PACE 2, showing the watch, charging cable, and instruction manual.

3. SETUP

3.1 Initial Charging

Before first use, fully charge your COROS PACE 2 using the provided charging cable. Connect the cable to the watch's charging port and a USB power source. A full charge provides up to 20 days of regular use or 30 hours in full GPS mode.

3.2 Pairing with the COROS App

Download the COROS app on your smartphone (compatible with all current iPhone models and Android devices). Follow the in-app instructions to pair your watch via Bluetooth. The app allows for seamless data synchronization and watch customization.

3.3 Watch Face Customization

Personalize your watch face through the COROS app. Select from various pre-designed options to display the information most relevant to you.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation (Digital Dial & Buttons)

The COROS PACE 2 features a digital dial and a back button for intuitive navigation. Rotate the digital dial to scroll through menus and data screens. Press the digital dial to select an option. Use the back button to return to the previous screen or reset a function.

Fingertip Simplicity

Easy to operate with the COROS Dial using just one finger



Figure 3: Operating the COROS PACE 2 using the digital dial for easy navigation.

4.2 Activity Tracking

The watch supports a wide range of activities. To start an activity:

1. Rotate the digital dial to access the 'Workout Menu'.
2. Select your desired activity (e.g., Run, Indoor Run, Bike, Pool Swim, Open Water, Strength, Gym Cardio, GPS Cardio, Triathlon, Hike, Trail Run).
3. Wait for GPS signal acquisition (if applicable) and heart rate measurement.
4. Press the digital dial to 'Start' the activity.

Multisport Activity Tracking

From open water swimming to jumping rope, our activity modes are specifically built to provide the most accurate metrics for your sport.



Figure 4: Multi-sport activity tracking interface on the COROS PACE 2.

4.3 Daily Health Monitoring

The PACE 2 continuously tracks vital health metrics:

- **Heart Rate:** Optical sensor provides 24/7 heart rate monitoring.
- **Sleep Tracking:** Monitors sleep stages (awake, REM, light, deep) and duration.
- **Steps & Calories:** Tracks daily steps and estimated calorie burn.
- **Barometric Altimeter:** Measures elevation changes.
- **Compass & Gyroscope:** Aids in navigation and movement detection.

Smart Heart Rate and Sleep Tracking



Figure 5: Sleep tracking feature on the COROS PACE 2, showing sleep stages and duration.

4.4 Advanced Training & Navigation

Utilize the COROS app and Training Hub for advanced features:

- **Training Plans:** Access free training programs created by COROS athletes and coaches.
- **EvoLab Metrics:** Gain insights into training efficiency and readiness.
- **Route Navigation:** Design and upload routes to your watch for easy navigation during outdoor activities.
- **Customizable Activity Screens:** Personalize data fields displayed during workouts.



Figure 6: Navigation features on the COROS PACE 2, showing a route on the watch and companion app.

Your browser does not support the video tag.

Video 1: Official COROS video showcasing the PACE 2 GPS Watch, highlighting its features for athletes who prioritize speed and endurance. This video demonstrates the watch in action during various sports activities.

5. MAINTENANCE

5.1 Water Resistance

The COROS PACE 2 has a water resistance rating of 5 ATM (50 meters), making it suitable for surface water activities like swimming. It is not recommended for diving.



Figure 7: The COROS PACE 2 is water-resistant up to 5 ATM, suitable for swimming and other surface water activities.

5.2 Cleaning and Care

Regularly clean your watch and band with a soft, damp cloth to prevent buildup of sweat and dirt. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

6.1 Heart Rate Sensor Delays

Some users may experience delays in heart rate detection, especially during activities with rapid heart rate

changes. For high-intensity interval training (HIIT), consider using an external chest strap for more accurate and immediate heart rate data.

6.2 Bluetooth Connectivity Issues

If you experience intermittent Bluetooth connectivity with the COROS app, try restarting both your watch and smartphone. Ensure the app is updated to the latest version.

7. SPECIFICATIONS

Feature	Specification
Model Name	PACE 2
Item Weight	29 Grams
Screen Size	1.2 Inches
Display Type	Always-On Memory LCD
Resolution	240 x 240
Battery Life (Regular Use)	Up to 20 Days
Battery Life (Full GPS Mode)	30 Hours
Water Resistance	5 ATM (50 Meters)
Connectivity	Bluetooth
GPS	GPS/QZSS, GLONASS, BeiDou
Sensors	Optical Heart Rate Monitor, Barometric Altimeter, Accelerometer, Compass, Gyroscope, Thermometer
Band Material	Nylon

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The COROS PACE 2 comes with a limited warranty. Please refer to the official COROS website or your purchase documentation for specific terms and conditions.

8.2 Customer Support

For further assistance, troubleshooting, or product inquiries, please visit the official COROS website at [COROS.com](https://www.coros.com). You can also utilize the COROS app for training insights and access to COROS coaches for personalized advice.

