

COROS W331

COROS PACE 3 Sport Watch GPS User Manual

Brand: COROS

Model: W331

INTRODUCTION

The COROS PACE 3 Sport Watch GPS is designed for athletes seeking a lightweight, comfortable, and powerful training companion. It offers extended battery life, accurate dual-frequency GPS, comprehensive heart rate monitoring, and advanced navigation features to support a wide range of activities.



Image: The COROS PACE 3 Sport Watch GPS with a black silicone band, displaying time, battery, steps, and heart rate.

SETUP

What's in the Box

- COROS PACE 3 Sport Watch
- Charging Cable
- Quick Start Guide
- Product Safety Booklet



Image: All items included in the COROS PACE 3 retail packaging.

Initial Setup

1. **Charge the Watch:** Connect the charging cable to the watch and a USB power source. Ensure the watch is fully charged before first use.
2. **Power On:** Press and hold the top button (digital dial) to power on the watch.
3. **Pair with COROS App:** Download the COROS app on your smartphone. Open the app and follow the on-screen instructions to pair your PACE 3 watch. This will sync time, date, and personal settings.
4. **Customize Settings:** Use the COROS app or the watch's interface to customize watch faces, data screens for various activities, and notification preferences.

OPERATING THE COROS PACE 3

Product Overview Video

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Video: An official overview of the COROS PACE 3 Sports watch, highlighting its features and design.

Comfort and Design

The COROS PACE 3 is engineered for maximum comfort and minimal distraction. Its ultra-slim 11.7mm profile and featherweight design (30g with nylon band) make it suitable for 24/7 wear, ensuring it's barely noticeable during activities or sleep.

THE UNDISPUTED LIGHTWEIGHT CHAMP



Image: The COROS PACE 3's side profile highlighting its 11.7mm thickness and 39g weight (with silicone band).

Extended Battery Life

Experience unparalleled endurance with the PACE 3. It offers up to 38 hours of continuous GPS tracking or 17 days of daily use on a single charge, allowing you to focus on your training without frequent recharging.

EXTENDED BATTERY LIFE

38 HRS

Continuous GPS Use

*In Standard GPS Mode

17 DAYS

Continuous Daily Use

Battery claims depend on feature usage such as Daily Stress; actual results will vary.

Image: Visual representation of the COROS PACE 3's impressive battery life for GPS tracking and daily use.

Accurate GPS with Dual-Frequency

Equipped with a redesigned Dual-Frequency satellite chipset, the PACE 3 ensures highly accurate GPS tracks and coordinates, even in challenging urban environments with tall buildings. It also records air pressure and elevation gain for comprehensive outdoor data.

NAVIGATION + ROUTE PLANNER

Breadcrumb Navigation Supported By Dual-Frequency GPS



Image: A runner utilizing the navigation and route planner feature on the COROS PACE 3, supported by dual-frequency GPS.

Next-Gen Optical Heart Rate Sensor

The advanced optical heart rate sensor with 5 LEDs and 4 photodetectors provides accurate wrist-based measurements for tracking sleep, heart rate, and workout intensity, all protected by durable glass.

NEXT-GEN OPTICAL HEART RATE SENSOR



5 LEDs



4 Photodetectors



Protective Glass

Image: Detailed view of the COROS PACE 3's next-generation optical heart rate sensor, showing its components.

Extensive Activity Modes

The PACE 3 offers a wide array of optimized activity modes, including Run, Trail Run, Bike, Swim, Strength, Snowboard, Ski, and XC Ski, ensuring accurate data tracking for your specific training needs.

EXTENSIVE ACTIVITY MODES

Optimized For Accurate Measurement

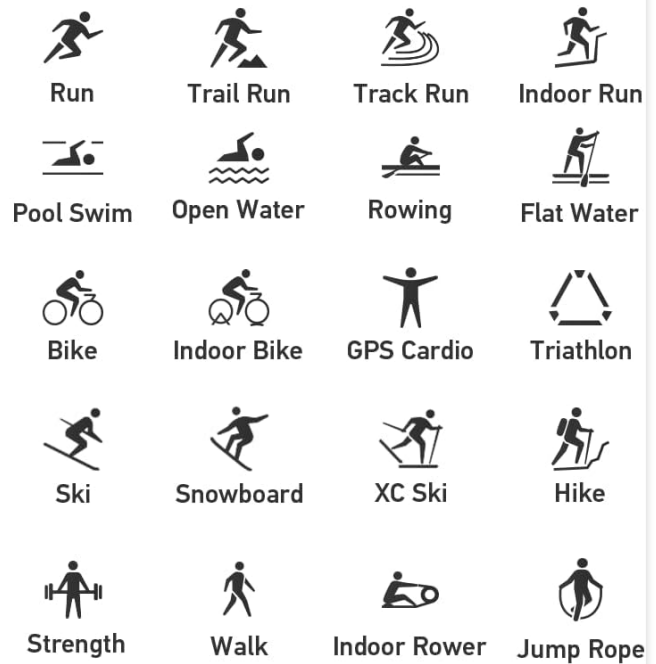


Image: A visual menu of various sports and activity modes supported by the COROS PACE 3.

Sleep Tracking

Gain insights into your recovery with detailed sleep tracking data. The PACE 3 monitors 4 stages of sleep and resting heart rate, providing valuable information night after night.

SLEEP TRACKING

Detailed Data On Your Sleep Recovery Night After Night



Image: The COROS PACE 3 displaying sleep tracking data on its screen and a smartphone app, detailing sleep stages and averages.

Complete Training Solution

Leverage the COROS app for training plans, coaching advice, and analysis tools. Easily build custom routes or search for destinations, then sync navigation directly to your watch. The Breadcrumb navigation feature helps you stay on track during activities.

COMPLETE TRAINING SOLUTION



Training Plans



Coaching Advice



Analysis Tools

Image: The COROS PACE 3 watch integrated with the COROS app, showcasing training plans, coaching advice, and analysis tools.

Water Resistance

The COROS PACE 3 is water-resistant to 5 ATM, making it suitable for swimming and other water-based activities. You can sweat, swim, or shower without concern.

Connecting Third-Party Applications

Sync your activity data directly to popular health and fitness apps such as Strava, Nike Run Club, Apple Health, and Health Connect. You can also control your GoPro and Insta360 cameras directly from your wrist.

MAINTENANCE

To ensure the longevity and optimal performance of your COROS PACE 3, regular maintenance is recommended:

- **Cleaning:** Regularly clean the watch and band with a soft, damp cloth. For silicone bands, mild soap and water can be used. Ensure the watch is completely dry before charging or wearing.

- **Charging Port:** Keep the charging contacts on the back of the watch clean and free of debris to ensure proper charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your COROS PACE 3, try the following common troubleshooting steps:

- **Watch Not Responding:** Try a soft reset by holding down the digital dial for 15 seconds until the COROS logo appears.
- **GPS Signal Issues:** Ensure you are in an open area with a clear view of the sky. Syncing with the COROS app regularly can help update satellite data.
- **Heart Rate Inaccuracy:** Ensure the watch is snug but comfortable on your wrist. Clean the sensor regularly.
- **Syncing Problems:** Check your phone's Bluetooth settings and ensure the COROS app is up to date. Restart both your phone and watch.

For more detailed troubleshooting or specific issues, please refer to the official COROS support website or the comprehensive [User Guide \(PDF\)](#).

SPECIFICATIONS

Feature	Detail
Product Dimensions	4.02 x 4.02 x 4.02 inches
Item Weight	5.3 ounces
Item Model Number	W331
Batteries	1 A batteries required (included)
Battery Life	17 days (standard use), 38 hours (continuous GPS)
Screen Size	1.2 Inches
Connectivity Technology	Bluetooth
Water Resistance	5 ATM
Manufacturer	COROS Wearables Inc.
Country of Origin	China





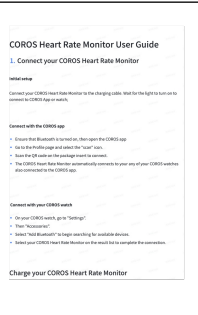

WARRANTY AND SUPPORT

The COROS PACE 3 is manufactured by COROS Wearables Inc. For warranty information, product support, or to contact customer service, please visit the official COROS website or refer to the documentation included with your product.

You can also find the official User Guide [here](#).

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Related Documents - W331

	<p>COROS Quick Start Guide: Get Started with Your Smartwatch</p> <p>A concise guide to downloading the COROS app, creating your account, powering on your device, and pairing it with the app for warranty and safety information.</p>
	<p>COROS Quick Start Guide</p> <p>A concise and SEO-optimized HTML guide for setting up and using COROS devices, covering app download, account creation, device powering on, and pairing.</p>
	<p>COROS PACE GPS MultiSport Watch Quick Start Guide</p> <p>A quick start guide for the COROS PACE GPS MultiSport Watch, detailing its features, specifications, and basic operations including charging, app pairing, and maintenance.</p>
	<p>COROS Heart Rate Monitor Quick Start Guide</p> <p>Get started quickly with your COROS Heart Rate Monitor. This guide covers setup, wearing, pairing with the COROS app and watch, connecting to other devices, and charging.</p>
	<p>COROS Heart Rate Monitor User Guide - Setup, Usage, and Warranty Information</p> <p>Comprehensive user guide for the COROS Heart Rate Monitor, covering connection, battery checking, usage, limited warranty, returns, charging specifications, and important warnings. Learn how to set up and use your COROS Heart Rate Monitor effectively.</p>
	<p>COROS Heart Rate Monitor Quick Start Guide</p> <p>A quick start guide for the COROS Heart Rate Monitor, covering setup, wearing, app connection, watch connection, third-party device connection, and charging. Learn how to get started with your COROS HRM.</p>