

COROS W331

COROS PACE 3 GPS Sport Watch User Manual

Model: W331 | Brand: COROS

1. INTRODUCTION

The COROS PACE 3 GPS Sport Watch is engineered for athletes who demand precision, comfort, and endurance. This lightweight device offers an array of features to enhance your training and daily life, from accurate GPS tracking to comprehensive health monitoring.



Figure 1: COROS PACE 3 GPS Sport Watch with Ink Nylon Band

2. WHAT'S IN THE BOX

Your COROS PACE 3 package includes:

- COROS PACE 3 GPS Sport Watch

- Charging cable
- User Manual

WHAT'S IN THE BOX

COROS PACE 3	x 1
Charging Cable	x 1
Quick Start Guide	x 1
Product Safety Booklet	x 1



Figure 2: Package Contents

3. SETUP

3.1. Initial Charging

Before first use, fully charge your COROS PACE 3 using the provided charging cable. Connect the cable to the charging port on the back of the watch and a USB power source.

3.2. Power On and Language Selection

Press and hold the top button to power on the watch. Follow the on-screen prompts to select your preferred language. The watch features a responsive touchscreen and a digital dial for navigation.

Video showing the initial setup and language selection on the COROS PACE 3. The user interacts with the digital dial and touchscreen to navigate menus and confirm settings.

3.3. Pairing with the COROS App

Download the COROS app from your smartphone's app store. Open the app and follow the instructions to pair your watch. This will enable data synchronization, route planning, and access to advanced training features.

4. OPERATING YOUR COROS PACE 3

4.1. Comfort and Design

The COROS PACE 3 is designed for 24/7 wear, featuring an 11.7mm ultra-slim profile and a featherweight design (30g with nylon band). This ensures distraction-free comfort during all activities.

THE UNDISPUTED LIGHTWEIGHT CHAMP



Figure 3: Lightweight and Slim Design

4.2. Extended Battery Life

Experience unparalleled endurance with up to 38 hours of continuous GPS tracking or 24 days of daily use on a single charge. This allows for extensive training and adventures 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.

Figure 4: Battery Performance

4.3. Accurate GPS and Navigation

Equipped with a redesigned Dual-Frequency satellite chipset, the PACE 3 provides highly accurate GPS tracks and coordinates, even in challenging environments like high-rise cities. Utilize the ROUTE PLANNER in the COROS App to sync custom routes directly to your watch, and use Breadcrumb navigation to stay on track.



Figure 5: Navigation and Route Planning

4.4. Heart Rate Monitoring

The next-gen optical heart rate sensor provides accurate wrist-based measurements for tracking your workout intensity and overall heart health. This data is crucial for optimizing your training zones.

NEXT-GEN OPTICAL HEART RATE SENSOR



✕ 5 LEDs

⦿ 4 Photodetectors

⌚ Protective Glass

Figure 6: Optical Heart Rate Sensor

4.5. Sleep Tracking

Gain detailed insights into your sleep recovery night after night. The watch tracks 4 stages of sleep and resting heart rate, providing valuable data for optimizing your rest and recovery.

SLEEP TRACKING

Detailed Data On Your Sleep Recovery Night After Night



 4 Stages of Sleep

 Resting Heart Rate

Figure 7: Sleep Tracking Data

4.6. Extensive Activity Modes

The COROS PACE 3 offers a wide range of optimized activity modes, including Run, Trail Run, Bike, Swim, Strength, Snowboard, Ski, and XC Ski. These modes ensure accurate data tracking tailored to your specific sport.

EXTENSIVE ACTIVITY MODES

Optimized For Accurate Measurement



Figure 8: Activity Modes

4.7. Complete Training Solution

Leverage the COROS App for training plans, coaching advice, and in-depth analysis tools. Sync your data to third-party applications like Strava, Nike Run Club, Apple Health, and Health Connect for a holistic view of your fitness journey.

COMPLETE TRAINING SOLUTION



Training Plans



Coaching Advice



Analysis Tools

Figure 9: Training Plan Integration

5. MAINTENANCE

5.1. Cleaning Your Watch

Regularly clean your COROS PACE 3 to maintain its appearance and functionality. Wipe the watch and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device.

5.2. Water Resistance

The COROS PACE 3 is water-resistant up to 5 ATM, making it suitable for swimming and showering. Ensure the charging port is dry before connecting the charging cable.

6. TROUBLESHOOTING

6.1. Watch Not Responding

If your watch becomes unresponsive, try a soft reset by pressing and holding both buttons simultaneously until the COROS logo appears.

6.2. Syncing Issues

Ensure Bluetooth is enabled on your smartphone and the COROS app is open. Try restarting both your watch and smartphone. If issues persist, unpair and re-pair the watch through the COROS app settings.

6.3. GPS Accuracy Problems

For optimal GPS accuracy, ensure you are in an open area with a clear view of the sky. Allow the watch sufficient time to acquire a GPS signal before starting an activity. Dual-frequency GPS helps maintain accuracy in challenging environments.

7. SPECIFICATIONS

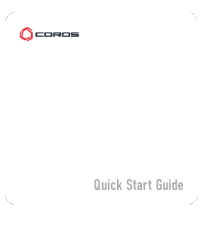
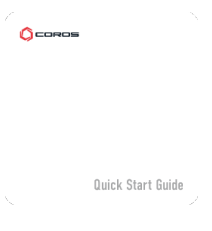

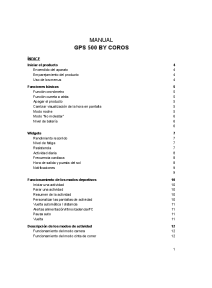

Feature	Detail
Product Dimensions	3.94 x 3.94 x 3.94 inches
Item Weight	3.53 ounces (100 Grams)
Item Model Number	W331
Batteries	1 A batteries required (included)
Standing Screen Display Size	1.2 Inches
Memory Storage Capacity	4 GB
Operating System	AsteroidOS
Special Feature	Bluetooth
Battery Capacity	1.4 Amp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS
Shape	Round

Screen Size	1.2 Inches
Manufacturer	COROS Wearables Inc.
Country of Origin	China
Date First Available	August 20, 2023

8. WARRANTY AND SUPPORT

For detailed warranty information and customer support, please visit the official COROS website or contact their customer service. Keep your proof of purchase for any warranty claims.
Manufacturer: COROS Wearables Inc.
For further assistance, refer to the [COROS Store on Amazon](#).

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>Manual del GPS 500 de COROS: Guía Completa de Funciones y Rendimiento</p> <p>Explora el manual del reloj deportivo GPS 500 de COROS. Cubre desde la configuración inicial y funciones básicas hasta modos deportivos avanzados, análisis de rendimiento, y mantenimiento para atletas.</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>

COROS Heart Rate Monitor User Guide

I. Connect your COROS Heart Rate Monitor

Initial setup

Connect your COROS Heart Rate Monitor to the charging cable. Wait for the light to turn on to confirm the HRM is on or ready.

Connect with the COROS app

1. Ensure that Bluetooth is turned on. Then open the COROS app.
 2. Go to the Settings page and select the "Add HRM".
 3. Scan for HRM until you see the pairing request to connect.
- The COROS Heart Rate Monitor automatically connects to your app if your COROS watches also connected to the COROS app.

Connect with your COROS watch

1. On your COROS watch, go to "Settings".
2. Tap "Bluetooth".
3. Select "Add Bluetooth" to begin searching for available devices.
4. Select your COROS Heart Rate Monitor when it shows up to complete the connection.

Charge your COROS Heart Rate Monitor

[COROS Heart Rate Monitor User Guide - Setup, Usage, and Warranty Information](#)

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.