



Магазин спортивных часов
и пульсометров

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SUUNTO RUN

USER GUIDE

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1. SAFETY.....	6
2. Getting started.....	8
2.1. Touch screen and buttons.....	8
2.2. Adjusting settings.....	9
2.3. Software updates.....	10
2.4. Suunto app.....	10
2.5. Optical heart rate.....	10
3. Settings.....	12
3.1. General.....	12
3.1.1. Button and screen lock.....	12
3.1.2. Device info.....	12
3.1.3. Time and date.....	12
3.1.4. Language and region.....	13
3.1.5. Unit system.....	13
3.1.6. Power saving.....	13
3.1.7. Reset & power off.....	13
3.2. Bluetooth connectivity.....	14
3.2.1. Airplane mode.....	15
3.2.2. Pair devices.....	15
3.3. Position formats.....	16
3.4. Altimeter.....	17
3.5. Alarms.....	17
3.5.1. Sunrise and sunset alarms.....	17
3.5.2. Storm alarm.....	18
3.6. Stand up reminder.....	18
3.7. Notifications.....	18
3.8. Do Not Disturb mode.....	19
3.9. Tone and vibration.....	19
3.10. Display settings.....	20
3.11. Watch faces.....	20
4. Recording an exercise.....	22
4.1. Sport modes.....	23
4.2. Navigating during exercise.....	23
4.2.1. Find back.....	24
4.3. Training mode.....	24
4.4. Battery power management.....	25
4.5. Multisport exercise.....	26
4.6. Track running.....	26
4.7. Marathon.....	26
4.8. Swimming.....	27

4.9. Autopause.....	27
4.10. Audio feedback.....	27
4.11. Feeling.....	28
4.12. Intensity zones.....	28
4.12.1. Heart rate zones.....	29
4.12.2. Pace zones.....	31
4.12.3. Power zones.....	31
4.12.4. Using HR, pace or power zones when exercising.....	32
4.13. FusedSpeed™.....	32
4.14. FusedAlti.....	33
5. Navigation.....	34
5.1. Routes.....	34
5.2. Points of interest.....	36
5.2.1. Adding and deleting POIs.....	36
5.2.2. Navigating to a POI.....	37
5.2.3. POI types.....	38
5.3. Bearing navigation.....	40
5.4. Altitude navigation.....	41
6. Widgets.....	42
6.1. Control panel.....	42
6.2. Training volume.....	42
6.3. Progress.....	43
6.4. Recovery.....	44
6.5. Logbook.....	44
6.6. Sun & Moon.....	44
6.7. Compass.....	45
6.8. Alti & Baro.....	46
6.9. Steps and calories.....	47
6.10. Heart rate.....	48
6.11. Blood oxygen.....	49
6.12. Sleep.....	49
6.13. Weather.....	51
6.14. Alarm clock.....	51
6.15. Timer.....	52
6.16. Media player.....	53
6.17. Alipay (only in Mainland China).....	54
7. All apps.....	55
7.1. Flashlight.....	55
7.2. Find my phone.....	55
7.3. Breathe.....	55

8. Care and support.....	56
8.1. Handling guidelines.....	56
8.2. Battery.....	56
8.3. Disposal.....	56
9. Reference.....	57
9.1. Compliance.....	57
9.2. CE.....	57

1. SAFETY

Types of safety precautions

 **WARNING:** - is used in connection with a procedure or situation that may result in serious injury or death.

 **CAUTION:** - is used in connection with a procedure or situation that will result in damage to the product.

 **NOTE:** - is used to emphasize important information.

 **TIP:** - is used for extra tips on how to utilize the features and functions of the device.

Safety precautions

 **WARNING:** Keep the USB cable away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The USB cable device connector includes a strong magnet which may interfere with the operation of medical or other electronic devices and items with magnetically stored data.

 **WARNING:** Allergic reactions or skin irritations may occur when the product is in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.

 **WARNING:** Always consult your doctor before beginning an exercise program. Overexertion may cause serious injury.

 **WARNING:** Only for recreational use.

 **WARNING:** Do not entirely rely on the GPS or battery lifetime of the product. Always use maps and other backup material to ensure your safety.

 **CAUTION:** Only use the provided charging cable when charging your Suunto Run.

 **CAUTION:** Do not apply solvent of any kind to the product, as it may damage the surface.

 **CAUTION:** Do not apply insect repellent on the product, as it may damage the surface.

 **CAUTION:** Do not throw the product away, but treat it as electronic waste to preserve the environment.

 **CAUTION:** Do not knock or drop the product, as it may get damaged.

 **CAUTION:** Colored textile straps might bleed onto other fabrics or skin when new or wet.



NOTE: *At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely precise. Calories, heart rate, location, movement detection, shot recognition, physical stress indicators and other measurements may not match the real world. Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.*

2. Getting started

Starting your Suunto Run for the first time is quick and simple.

1. Keep the crown pressed to wake up the watch. The setup wizard starts automatically.
2. Select your language by swiping up or down and tapping on the language.



3. Select your region by swiping up or down and tapping on the region.



4. Pair the watch with your mobile phone to complete initial settings.



NOTE: Make sure the Bluetooth of your phone is turned on.

6. Scan the QR code appearing on the watch screen to download Suunto app if you haven't done so already, or open Suunto app if it is already installed on your phone.
7. Enter the passkey appearing on the watch screen in the field that pops up on your phone.
8. Follow the wizard in Suunto app to complete the settings. For more information, see 2.4. *Suunto app*.



TIP: When the initial setup is done, Suunto Run provides you with a quick guide on how to navigate your watch.

2.1. Touch screen and buttons

Suunto Run has a touch screen, a crown (also referred to as the middle button) and two additional buttons you can use to navigate through displays and features.

Swipe and tap

- swipe up or down to move in displays and menus
- swipe right and left to move backwards and forwards in displays
- tap to select an item

Upper button

- from watch face, press to open the menu for last exercise
- from watch face, long press to open the defined shortcut

Crown/middle button

- press to select an item
- turn to move in displays and menus
- from watch face, turn to open the widget list
- from watch face, press to open the sport mode list
- from watch face, long press to open the Settings menu

Lower button

- press to go back in views and menus
- long press to go back to watch face
- from watch face, long press to open the defined shortcut

While recording an exercise:

Upper button

- press to pause the activity
- long press to change activity

Crown/middle button

- turn to move backwards and forwards in displays
- press to open exercise options

Lower button

- press to mark a lap
- long press to go to the watch face

2.2. Adjusting settings

You can adjust all watch settings directly in the watch.

To adjust a setting:

1. From watch face, keep the crown pressed to open **Settings**.
2. Scroll through the settings menu by swiping up/down or turning the crown.



3. Select a setting by tapping the setting name or pressing the crown when the setting is highlighted. Go back in the menu by swiping right or pressing the lower button.
4. For settings with a value range, change the value by swiping up/down or turning the crown.
5. For settings with just two values, such as on or off, change the value by tapping the setting or by pressing the crown.



2.3. Software updates

Software updates add important improvements and new features to your watch. Suunto Run is updated automatically, if it is connected to Suunto app.

When an update is available and your watch is connected with Suunto app, the software update will be downloaded to the watch automatically. The status of this download can be viewed in Suunto app.

Once the software is downloaded to your watch, the watch will update itself during the night as long as the battery level is at least 20% and no exercise is being recorded simultaneously.

If you want to install the update manually before it happens automatically during the night, navigate to **Settings » General** and select **Software update**.



NOTE: When the update is complete, the release notes will be visible in Suunto app.

2.4. Suunto app

With the Suunto app, you can further enrich your Suunto Run experience. Pair your watch with the mobile app to sync your activities, create workouts, get mobile notifications, insights and more.



NOTE: You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing.

To pair your watch with Suunto app:

1. Ensure your watch Bluetooth is on. Under the settings menu, go to **Connectivity » Discovery** and enable it if it is not already.
2. Download and install Suunto app on your compatible mobile device from the App Store, Google Play in addition to several popular app stores in China.
3. Start Suunto app and turn on Bluetooth if it is not on already.
4. Tap the watch icon in the upper-left of the app screen and then tap “PAIR” to pair your watch.
5. Verify the pairing by typing the code that is displayed on your watch in the app.



NOTE: Some features require an internet connection over Wi-Fi or mobile network. Carrier data connection fees may apply.

2.5. Optical heart rate

Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. Best results for heart rate measurement may be affected by the following factors:

- The watch must be worn directly against your skin. No clothing, however thin, can be between the sensor and your skin.
- The watch may need to be higher on your arm than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the sensor readings.
- When your heart rate is low, the sensor may not be able to provide stable readings. A short warm up of a few minutes before you start the recording helps.

- Skin pigmentation and tattoos block light and prevent reliable readings from the optical sensor.
- The optical sensor may not provide accurate heart rate readings for swimming activities.
- For higher accuracy and quicker responses to changes in your heart rate, we recommend using a compatible chest heart rate sensor such as Suunto Smart Sensor.

 **WARNING:** *The optical heart rate feature may not be accurate for every user during every activity. Optical heart rate may also be affected by an individual's unique anatomy and skin pigmentation. Your actual heart rate may be higher or lower than the optical sensor reading.*

 **WARNING:** *Only for recreational use; the optical heart rate feature is not for medical use.*

 **WARNING:** *Always consult a doctor before beginning a training program. Overexertion may cause serious injury.*

 **WARNING:** *Allergic reaction or skin irritations may occur when products are in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.*

3. Settings

The settings menu can be accessed directly if you long press the crown while you are in the watch face view.

 **TIP:** From the watch face, swipe up to get access to all of the watch settings via the **Control panel**.

If you want quick access to certain settings and/or features, you can customize the top and lower button logic (from watch face view) and create shortcuts to your most useful settings/features.

Navigate to the Control panel and select **Customize** followed by **Top shortcut** or **Bottom shortcut** and select what function the top and bottom button will have when long pressed.

3.1. General

3.1.1. Button and screen lock

While recording an exercise, you can lock the buttons and the screen by pressing the crown and toggle **Lock screen** on. Once locked, you cannot perform any action that requires button interaction (create laps, pause/end exercise etc.) or change the display view.

To unlock the buttons and the screen, long press the upper and the lower button simultaneously.

If you want to lock the touch screen but still use the buttons while exercising, toggle the touch screen option off in the exercise settings before you start recording the exercise.

When you are not recording an exercise, the screen becomes inactive and dims after a certain time of inactivity. To activate the screen, press any button.

See 3.10. *Display settings* for information on the screen behavior.

3.1.2. Device info

You can check details of your watch software and hardware from the settings under **General » About**.

3.1.3. Time and date

You can set time and date during the initial startup of your watch. After this, your watch uses GPS time to correct any offset.

Once you have paired with Suunto app, your watch gets updated time, date, time zone and daylight-saving time from mobile devices.

In the **Settings**, under **General » Time / Date**, tap **Auto time update** to toggle the feature on and off.

You can manually adjust time and date from the settings under **General » Time / Date** where you can also change time and date formats.

In addition to the main time, you can use dual time to follow the time at a different location, for example, when you are traveling. Under **General » Time / Date**, tap **Dual time** to set the time zone by selecting a location.

3.1.4. Language and region

You can change your watch language and select the region where you live from the settings under **General » Language**.

3.1.5. Unit system

You can change the unit system of your watch from the settings under **General » Unit system**.

You can use the metric or the imperial system. Once you select one, all the data on your watch will be displayed in the units of the selected system.

3.1.6. Power saving

Your watch includes a power saving option that turns off all vibration and reduces display brightness and the frequency of daily HR measurement to extend battery life during normal daily use. For power saving options while recording activities, see *4.4. Battery power management*.

Enable/disable power saving from the settings under **General » Power saving** or in the **Control panel**.



 **NOTE:** *Power saving is automatically enabled when the battery level reaches 10%.*

3.1.7. Reset & power off

All Suunto watches have two types of reset available to address different issues:

- the first one, the soft reset, also known as the restart.
- the second one, the hard reset, also known as the factory reset.

Restart (soft reset):

Performing a restart on your watch might help with the following situations:

- the device is not responding to any button presses, taps, or swipes (the touch screen is not working).
- the display is either frozen or blank.
- there is no vibration, e.g., during button presses.
- the watch functionalities are not working as expected, e.g., the watch does not record your heart rate (optical heart rate LEDs are not blinking), the compass is not finalizing the calibration process, etc.
- the step counter is not counting your daily steps at all (please note, recorded steps may be shown with a delay in the app).

 **NOTE:** *The restart will end and save any active exercise. Under normal circumstances, the exercise data will not be lost. On rare occasions, a soft reset may cause memory corruption issues.*

You can restart your watch via the **Settings**. Select **General** and scroll down to **Restart**. Confirm your choice by pressing the upper button.

If you cannot access the watch menu, press and hold the upper button for 10 seconds and release it to restart the watch.

There are specific circumstances under which the soft reset might not solve the issue and the second type of reset may be performed. If the above has not helped with the issue you were aiming to solve; the hard reset might help.

The hard reset (factory reset):

The factory reset will restore your watch to the default values. It will erase all data from your watch, including exercise data, personal data and settings that have not been synced to Suunto app. After a hard reset, you must go through the initial setup of your Suunto watch.

Performing a factory reset on your watch may be performed in the following situations:

- a Suunto Customer Support representative has asked you to do so as part of the troubleshooting procedure.
- the soft reset did not solve the issue.
- the battery life of your device is significantly reducing.
- the device is not connecting to GPS and other troubleshooting has not helped.
- the device has connectivity issues with Bluetooth devices (e.g., Smart Sensor or mobile app) and other troubleshooting has not helped.

The factory reset of your watch is done via the **Settings** on your watch. Select **General**, scroll down to **Reset settings** and select it. Initiate the reset by pressing the upper button. All data on your watch will be deleted during the reset.

 **NOTE:** The factory reset deletes the previous pairing information your watch might have had. To start the pairing process with the Suunto app again, we recommend you delete the previous pairing from the Suunto app and your phone's Bluetooth - under Paired devices.

 **NOTE:** Both presented scenarios are to be performed only for emergencies. You should not perform them regularly. If any issue persists, we recommend you either contact our Customer Support or send your watch to one of your authorized service centers.

Power off

If you don't want to use your watch for a while, you can power it off. Go to **Settings**, select **General** and scroll down to **Power off**. Confirm your choice by pressing the upper button.

To wake up the watch, keep the crown pressed.

3.2. Bluetooth connectivity

Suunto Run uses Bluetooth technology to send and receive information from your mobile device when you have paired your watch with the Suunto app. Same technology is also used when pairing headphones, PODs and sensors.

However, if you do not want your watch to be visible for Bluetooth scanners, you can activate or deactivate the discovery setting from the settings under **Connectivity > Discovery**.



The Bluetooth can also be completely turned off by activating airplane mode, see 3.2.1. *Airplane mode.*

3.2.1. Airplane mode

Activate airplane mode when needed to turn off wireless transmissions. You can activate or deactivate airplane mode from the settings under **Connectivity** or in the **Control panel**.



NOTE: To pair anything with your device, you need to first turn off airplane mode if you have it on.

3.2.2. Pair devices

Pair your watch with Bluetooth headphones, Bluetooth Smart pods and sensors to enjoy music and collect additional information when recording an exercise.

Your Suunto Run supports the following types of pods and sensors:

- Heart rate
- Foot



NOTE: You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 3.2.1. *Airplane mode.*

To pair headphones, a pod or a sensor:

1. Go to your watch settings and select **Connectivity**.
2. Select the **Pair devices** option to see the list of compatible device types.
3. Scroll down to see the whole list and tap on the device type you want to pair.



4. Follow the instructions in the watch to complete pairing (refer to headphones, sensor or pod manual if needed), press the middle button to advance to the next step.



If the pod has required settings, you are prompted to enter a value during the pairing process.

Once the pod or sensor is paired, your watch searches for it as soon as you select a sport mode that uses that sensor type.

Once the headphones are paired, they connect to the watch automatically when you turn the headphones on (within Bluetooth connection range).



NOTE: The headphones must be in pairing mode to pair them with the watch.

Each device can be disconnected from the watch or removed from the paired device list if needed. Select the device you want to remove, and tap **Disconnect** to disconnect the devices or **Forget** to remove the device from the list.

3.2.2.1. Calibrating foot pod

When you pair a foot pod, your watch automatically calibrates the pod using GPS. We recommend using the automatic calibration, but you can disable it if needed from the pod settings under **Connectivity > Pair devices > Foot POD**.

3.3. Position formats

The position format is the way your GPS position is displayed on the watch. All the formats relate to the same location, they only express it in a different way.

You can change the position format in the watch settings under **Outdoor > Navigation > Position format**.

Latitude/longitude is the most commonly used grid and has three different formats:

- WGS84 Hd.d°
- WGS84 Hd°m.m'
- WGS84 Hd°m's.s

Other common position formats available include:

- UTM (Universal Transverse Mercator) gives a two-dimensional horizontal position presentation.
- MGRS (Military Grid Reference System) is an extension of UTM and consists of a grid zone designator, 100,000-meter square identifier and a numerical location.

Suunto Run also supports the following local position formats:

- BNG (British)
- ETRS-TM35FIN (Finnish)
- KKJ (Finnish)
- IG (Irish)
- RT90 (Swedish)
- SWEREF 99 TM (Swedish)
- CH1903 (Swiss)
- UTM NAD27 (Alaska)
- UTM NAD27 Conus
- UTM NAD83
- NZTM2000 (New Zealand)

 **NOTE:** Some position formats cannot be used in the areas north of 84° and south of 80°, or outside the countries that they are intended for. If you are outside the allowed area, your location coordinates cannot be displayed on the watch.

3.4. Altimeter

Suunto Run uses barometric pressure to measure altitude. To get accurate readings, you need to define an altitude reference point. This can be your current elevation if you know the exact value. Alternatively, you can use FusedAlti (see 4.14. *FusedAlti*) to set your reference point automatically.

Set your reference point from the settings under **Outdoor > Alti & baro**.



3.5. Alarms

In the **Outdoor** settings of your watch, you can set different adaptive alarm types.

You can set an alarm for sunrise and sunset and also for storm alarm. See 3.5.1. *Sunrise and sunset alarms* and 3.5.2. *Storm alarm*.

3.5.1. Sunrise and sunset alarms

The sunrise/sunset alarms in your Suunto Run are adaptive alarms based on your location. Instead of setting a fixed time, you set the alarm for how much in advance you want to be alerted before the actual sunrise or sunset.

The sunrise and sunset times are determined via GPS, so your watch relies on the GPS data from the last time you used GPS.

To set sunset/sunrise alarms:

1. From watch face, keep the crown pressed to enter **Settings**.
2. Scroll to **Outdoor** and enter the menu by tapping on its name or pressing the middle button.
3. Scroll to the alarm that you want to set and select it.



4. Set the desired hours and minutes prior to sunrise/sunset by scrolling up and down with the crown or by swiping up and down on the screen and confirming with the middle button.



5. Press the middle button to confirm and exit.

 **TIP:** You can customize the watch face to show sunrise and sunset times. See 3.11. Watch faces.

 **NOTE:** Sunrise and sunset times and alarms require a GPS fix. The times are blank until GPS data is available.

3.5.2. Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Run sounds an alarm and displays a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

To activate the storm alarm:

1. From watch face, keep the crown pressed to enter **Settings**.
2. Scroll to **Outdoor** and enter the menu by tapping on its name or pressing the crown.
3. Scroll to **Storm alarm** and toggle it on/off by tapping on its name or pressing the crown.

When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm notification lasts for one minute. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).



3.6. Stand up reminder

Regular movement is very beneficial for you. With Suunto Run, you can activate a stand up reminder that reminds you to move around a bit if you have been sitting too long.

From the settings, select **Activity & Training** and toggle on **Stand up reminder**.

If you have been inactive during 2 consecutive hours, your watch will notify you and remind you to stand up and move around a bit.

3.7. Notifications

If you have paired your watch with Suunto app, you can get notifications of, for example, incoming calls and text messages, on your watch.

While pairing your watch with the app, you can confirm if you want to receive mobile notifications on your watch.

You can turn the notifications on and off later from the **Control panel > Notifications** and in Suunto app.

 **NOTE:** Messages received from some apps used for communication might not be compatible with Suunto Run.

When a notification arrives, a pop-up appears on the watch face.



Press the crown to remove the popup. If the message doesn't fit on the screen, turn the crown or swipe up to scroll through the full text.

Notification history

If you have unread notifications or missed calls on your mobile device, you can view them on your watch.

From the watch face, swipe up and select **Notifications** in the **Control panel** and turn the crown to scroll through the notification history.

The notification history is cleared when you check the notifications or if you select **Clear all messages** in the notification settings.

3.8. Do Not Disturb mode

The Do not disturb mode is a setting that mutes all sounds and vibrations and dims the screen, making it a very useful option when wearing the watch in, for example, a theater or any environment where you want the watch to operate as usual, but silently.

To turn on/off the Do not disturb mode:

1. From the watch face, swipe up to open **Control panel**.
2. Scroll down to **Do not disturb**.
3. Tap on the function name or press the crown to activate Do not disturb mode.

If you have an alarm set, it sounds as normal and disables Do not disturb mode unless you snooze the alarm.

You can define Do not disturb settings in the **Focus mode** menu in the watch settings.



Toggle on the **During sleep** option to automatically turn Do not disturb on during the previously defined sleep hours.

You can also set any other schedule for automatically activating the Do not disturb mode according to your needs.

3.9. Tone and vibration

Tone and vibration alerts are used for notifications, alarms and other key events and actions. Tone and vibration can be adjusted from **Settings » Tone & Vibration**.

You can select from the following options for the different notifications, alarms and alerts:

- **Tone:** sound alert
- **Vibration:** vibration alert

- **Tone & Vibration:** sound and vibration alert

For the crown and the buttons, you can select from four options:

- **None:** Pressing any buttons and turning the crown do not trigger sound or vibration.
- **Tone:** Pressing any buttons triggers sound.
- **Vibration:** Turning the crown triggers vibration.
- **Tone & Vibration:** Pressing any buttons triggers sound and turning the crown triggers vibration.

Select your preferred option by pressing the crown.

3.10. Display settings

In the display menu, you can adjust the following features: the level of brightness (**Brightness**), whether the inactive display shows any information (**Always-on display**), whether the display activates when you raise and turn your wrist (**Raise to wake**), after how many minutes of inactivity the screen goes off (**Off screen time**), whether you wear the watch on your left or right wrist (**Wrist**), and whether you wear the watch with the buttons on the left or the right side (**Crown direction**).

The display features can be adjusted from **Settings > Display**.

- The Brightness setting determines the overall intensity of display brightness; Low, Medium or High.

 **CAUTION:** Prolonged use of the high brightness display reduces battery life and may cause screen burn-in. Avoid using high brightness for extended period to lengthen display lifetime.

- The Always-on display setting determines if the inactive display is blank or shows information, for example, the time. Always-on display can be toggled on or off:
 - **On:** The display shows certain information all the time.
 - **Off:** When the display is inactive, the screen is blank.

 **TIP:** You can quickly turn on the Always-on display setting in the Control panel.

 **CAUTION:** The use of Always-on display reduces battery life by about 30%.

- The Raise to wake feature activates the display when raising your wrist to look at the watch.
- The Off screen time setting determines the time after that the screen goes off or in case of inactivity. You can set it to 10, 15, 30 or 60 seconds.
- With the Wrist and Crown direction settings, you can determine if you wear the watch on your left or right wrist, with the buttons on the left or the right side. With these settings, you can change the display orientation and comfortably wear the watch on either wrist.

3.11. Watch faces

Suunto Run comes with several watch faces to choose from.

To change the watch face:

1. Select **Customize** from the **Control panel**.

2. Open **Watch face** by tapping on the menu option or pressing the crown.
3. Swipe up and down to scroll through the watch face previews and tap on the one you want to use or select it by pressing the crown.



4. Swipe up and down to scroll through the watch face color options and select the colors you want to use by pressing the crown.
5. On the **Complications** page, customize the information you want to see on the watch face. Select a complication to edit by tapping on it or move between the complications by turning the crown and edit them after pressing the upper button.



6. Save your setting by pressing the crown.

4. Recording an exercise

In addition to 24/7 activity monitoring, you can use your watch to record your training sessions or other activities to get detailed feedback and follow your progress.

To record an exercise:

1. Put on a heart rate sensor (optional).
2. Press the crown. The sport mode list appears in the screen.
3. Find the sport mode you want to use by swiping up or turning the crown and select the sport mode by pressing the crown.
4. Different sport modes have different options, swipe up or turn the crown to scroll through them and adjust them by pressing the crown.
5. Above the start indicator, a set of icons appears, depending on what you are using with the sport mode (such as heart rate and connected GPS):
 - The arrow icon (connected GPS) flashes gray while searching and turns white once a signal is found.
 - The heart icon (heart rate) flashes gray while searching and once a signal is found, it turns into a white heart attached to a belt if you are using a heart rate sensor or a white heart without the belt if you are using the optical heart rate sensor.
 - If you have a POD or headphones paired and connected, their icon is visible.
 - The battery estimation is visible, that tells you how many hours you can exercise before the battery runs out.

If you are using a heart rate sensor but only the heart icon turns white (meaning that the optical heart rate sensor is active), check that the heart rate sensor is paired, see 3.2.2. *Pair devices*, and try again.

We recommend you to wait for each icon to turn white before starting an exercise for more accurate data. Start the recording by selecting **Start**.



Once the recording is started, the selected heart rate source is locked and cannot be changed during the ongoing training session.

6. While recording, you can switch between displays by turning the crown.
7. Press the upper button to pause the recording.
8. Press the crown to open the list of options.
9. Stop and save by selecting **End**.



NOTE: It is also possible to delete your exercise log by selecting **Discard**.

After you stop the recording, you are asked how you felt. You can answer or skip the question (see 4.11. *Feeling*). The next screen shows a summary of the activity that you can browse through with the touch screen or by turning the crown.

If you made a recording you do not want to keep, you can delete the log entry by scrolling to the bottom of the summary and tapping the delete button. You can also delete logs in the same way from the logbook.



Exercise settings

Before you start recording an exercise, it is worth customizing the settings for the given exercise. From the start screen, scroll down and select **Exercise settings**. You can adjust the following options:

- Battery mode: See 4.4. *Battery power management*.
- Autopause: See 4.9. *Autopause*.
- Post-exercise HR monitoring: If you toggle on this option, the watch keeps monitoring your heart rate for 3 minutes after your exercise recording. This way you can check how your heart rate returns to the normal rate.
- Touch screen: If you toggle on this option, you can use the touch screen during exercise recording. Toggle off the touch screen option if you want to control your watch during the exercise recording only with the buttons.
- Audio feedback: See 4.10. *Audio feedback*.
- Media player: See 6.16. *Media player*.
- Pair devices: See 3.2.2. *Pair devices*.
- Feeling: See 4.11. *Feeling*.

4.1. Sport modes

Your watch comes with a wide range of pre-defined sport modes. The modes are designed for specific activities and purposes, from a casual walk outside to a triathlon race.

Before you record an exercise (see 4. *Recording an exercise*), you can view and select from the complete list of sport modes.

You can see your most recently used sport modes on the top of the list. Scroll down for the complete list of more than 30 sport modes.

Each sport mode has a unique set of displays that show different data depending on the selected sport mode. You can edit and customize the data shown on the watch display during your exercise with Suunto app.

Learn how to customize sport modes in *Suunto app (Android)* or *Suunto app (iOS)*.

4.2. Navigating during exercise

You can navigate a route, to a point of interest (POI) or towards a set bearing while you are recording an exercise.

The sport mode you are using needs to have GPS enabled to be able to access the navigation options.

To navigate during exercise:

1. Create a route or POI in Suunto app and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS.
3. Scroll down and select **Navigation**.
4. Select **Navigation target**.
5. Select the route or POI you want to navigate or set a bearing. Then press the upper button to confirm the navigation target.
6. Swipe right or press the lower button to go back to the start view and start your recording as normal.

While exercising, turn the crown to scroll to the navigation display where you will see the route or POI that you selected or the bearing you set. For more information on the navigation display, see 5.1. *Routes* , 5.2.2. *Navigating to a POI* and 5.3. *Bearing navigation*.

While on the navigation display, press the crown to go to the map display and press the upper button to open your navigation options. From the navigation options, you can, for example, select a different route or POI, check your current location coordinates, as well as end navigation.

4.2.1. Find back

If you are using GPS when recording an activity, Suunto Run automatically saves the starting point of your exercise. With Find back, Suunto Run can guide you directly back to your starting point.

To start Find back:

1. Start an exercise with GPS.
2. Turn the crown until you reach the navigation display.
3. When on the navigation display, press the crown.
4. Press the upper button to open the navigation options.
5. Scroll to **Find back** and tap the screen or press the middle button to select.

The navigation guidance is shown in the navigation display.



4.3. Training mode

With Suunto Run, you can customize sport modes according to your own needs for different circumstances. It is possible to set different targets with your Suunto Run when exercising.

If the sport mode you selected has targets as an option, you can adjust them before starting the recording. Scroll down from the exercise start screen and select training mode by pressing the crown. By default, it is set to **Free training**. In the Free training mode, you don't have to set any target, but you can still customize the training mode by adjusting the intensity goal, setting reminders, etc.



To exercise with general target:

1. Before you start an exercise recording, swipe up or turn the crown and select the training mode option.
2. Select **Duration training**, **Distance training** or **Calorie training**.
3. Scroll down and set your target.
4. Scroll down again to adjust training mode settings, such as intensity goal and reminders.
5. Confirm your settings by pressing the upper button.
6. Scroll up and start your exercise.

When you have general targets activated, a target gauge is visible on every data display showing your progress.



You will also receive a notification when you have reached 50% of your target and when your selected target is fulfilled.

Some sport modes have more specific target options, for example **Ascent training** mode and **Ghost runner**.

4.4. Battery power management

Your Suunto Run has a battery power management system that uses intelligent battery technology to help ensure your watch does not run out of power when you need it most.

Before you start recording an exercise (see 4. *Recording an exercise*) you see an estimate of how much battery life you have left in the current battery mode.



There are three predefined battery modes; **Performance** (default), **Endurance** and **Power saving**. Changing between these modes will change the lifetime of the battery but also changes the performance of the watch.

While in the start display, scroll down and select **Exercise settings** > **Battery mode** to change battery mode and see how each mode affects the performance of the watch.



Battery notifications

In addition to the battery modes, your watch uses smart reminders to help you ensure you have enough battery life for your next adventure. Some reminders are preemptive based on, for example, your activity history. You also get notified, for example, when the watch notices you are running low on battery while recording an activity. It will automatically suggest changing to a different battery mode.

 **CAUTION:** Only use the provided charging cable when charging your Suunto Run.

4.5. Multisport exercise

Your Suunto Run has predefined Triathlon sport modes that you can use to track your Triathlon exercises and races but if you need to track another sort of multisport activity, you can easily do so directly from the watch.

To use multisport exercises:

1. Select the sport mode you want to use for the first leg of your multisport exercise.
2. Start recording an exercise as normal.
3. Press the crown and scroll down to enter multisport menu.
4. Select the next sport mode you want to use and press the middle button.
5. Adjust training mode settings
6. Press the upper button to start the recording with the new sport mode.

 **TIP:** You can change sport mode as many times as you need during one single recording, including a sport mode you used previously.

4.6. Track running

You can use your Suunto Run for track running.

When you use the **Track running** sport mode, you can set the running lane length and the watch will automatically correct measurement data if needed. You can update lane length before and during your exercise for the most accurate recording.

4.7. Marathon

The **Marathon** sport mode has a special display so that you can see the most important information at a glance during your race. In the Marathon sport mode you can select 5 km, 10 km, Half Marathon and Marathon distances.

The Marathon display provides you with the following information:

- your current pace
- your current heart rate
- finish time estimated based on your pace
- distance done
- a gauge indicating the distance done, compared to the full distance



4.8. Swimming

You can use your Suunto Run for swimming in pools or openwater.

When you use a pool swimming sport mode, the watch relies on the pool length to determine distance. You can change the pool length as needed under the sport mode options before you start swimming.

Openwater swimming relies on GPS to calculate distance. Because GPS signals do not travel under water, the watch needs to come out of the water periodically, such as with the freestyle stroke, to get a GPS fix.

These are challenging conditions for GPS, so it is important that you have a strong GPS signal before you jump in the water. To ensure good GPS, you should:

- Sync your watch with your online account before you go swimming to optimize your GPS with the latest satellite orbit data.
- After you select an openwater swimming sport mode and a GPS signal is acquired, wait at least three minutes before starting your swim. This gives the GPS time to establish strong positioning.

4.9. Autopause

Autopause pauses the recording of your exercise when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn autopause on/off in the exercise settings in the watch before you start your exercise recording.

If you turn this function on, a pop-up message notifies you when the recording is paused automatically. A list of options open from where you can resume or end the recording.



You can let the recording resume automatically when you start moving again, or resume it manually by pressing the upper button when on the exercise screen.

4.10. Audio feedback

You can get audio feedback with valuable information during your exercise. The feedback can help you to keep track on your progress and give you useful indicators, depending on what feedback options you have selected. The audio feedback comes from your headphones so your watch must be paired with your Bluetooth headphones.

To activate audio feedback before an exercise:

1. Before starting an exercise, scroll down and select **Exercise settings**.
2. Scroll down and toggle **Audio feedback** on.
3. Go back and start your exercise as you normally do.

To activate audio feedback during an exercise:

1. Press the crown to open the list of exercise options.
2. Scroll down and enter the **Options** menu by pressing the crown.
3. Scroll down to find **Audio feedback** option under Sports settings.
4. Toggle **Audio feedback** on.
5. Go back and resume your exercise.

4.11. Feeling

If you are training regularly, following how you feel after each session is an important indicator of your overall physical condition. A coach or personal trainer can also use your feeling trend to track your progress over time.

There are five degrees of feeling to choose from:

- **Poor**
- **Average**
- **Good**
- **Very good**
- **Excellent**

What these options mean exactly are up to you (and your coach) to decide. The important thing is that you use them consistently.

For each training session, you can record how you felt in the watch directly after stopping the recording by answering the '**How was it?**' question.



You can skip answering the question by pressing the middle button.

4.12. Intensity zones

Using intensity zones for exercising helps guide your fitness development. Each intensity zone stresses your body in different ways, leading to different effects on your physical fitness. There are five different zones, numbered 1 (lowest) to 5 (highest), defined as percentage ranges based on your maximum heart rate (max HR), pace or power.

It is important to train with intensity in mind and understand how that intensity should feel. And don't forget, regardless of your planned training, that you should always take time to warm up before an exercise.

The five different intensity zones used in Suunto Run are:

Zone 1: Easy

Exercising in zone 1 is relatively easy on your body. When it comes to fitness training, intensity this low is significant mainly in restorative training and improving your basic fitness when you

are just beginning to exercise, or after a long break. Everyday exercise – walking, climbing stairs, cycling to work, etc. – is usually performed within this intensity zone.

Zone 2: Moderate

Exercising at zone 2 improves your basic fitness level effectively. Exercising at this intensity feels easy, but workouts with a long duration can have a very high training effect. The majority of cardiovascular conditioning training should be performed within this zone. Improving basic fitness builds a foundation for other exercise and prepares your system for more energetic activity. Long duration workouts at this zone consume a lot of energy, especially from your body's stored fat.

Zone 3: Hard

Exercising at zone 3 begins to be quite energetic and feels like pretty hard going. It will improve your ability to move quickly and economically. In this zone, lactic acid begins to form in your system, but your body is still able to completely flush it out. You should train at this intensity at most a couple of times per week, as it puts your body under a lot of stress.

Zone 4: Very hard

Exercising at zone 4 will prepare your system for competition type events and high speeds. Workouts in this zone can be performed either at constant speed or as interval training (combinations of shorter training phases with intermittent breaks). High-intensity training develops your fitness level quickly and effectively, but done too often or at too high intensity may lead to overtraining, which may force you to take a long break from your training program.

Zone 5: Maximal

When your heart rate during a workout reaches zone 5, the training will feel extremely hard. Lactic acid will build up in your system much faster than it can be removed, and you will be forced to stop after a few minutes at most. Athletes include these maximum-intensity workouts in their training program in a very controlled manner, fitness enthusiasts do not require them at all.

4.12.1. Heart rate zones

Heart rate zones are defined as percentage ranges based on your maximum heart rate (max HR).

By default, your max HR is calculated using the standard equation: $220 - \text{your age}$. If you know your exact max HR, you should adjust the default value accordingly.

Suunto Run has default and activity-specific HR zones. The default zones can be used for all activities, but for more advanced training, you can use specific HR zones for running and cycling activities.

You can select from three HR zone types:

- Max HR zones
- HR reserve zones
- Lactate threshold HR zones

Your default and activity specific heart rate zones will be calculated based on the selected zone type.

Max HR zones

This is the default zone type. We recommend that you use the max HR zone setting in case you do not know your lactate threshold heart rate and your resting heart rate.

1. Go to **Activity & Training > Intensity zones > HR zones > Zone types**.
2. Select the **Max HR zones** option by tapping on it or pressing the crown.
3. Scroll down and select the **Default HR zones for all sports**, the **Running HR zones** or the **Cycling HR zones** option.
4. Tap the max HR (highest value, bpm) or press the crown.



5. Select your new max HR by swiping up or down or by turning the crown.
6. Press the crown to confirm the selected value.
7. On the pop-up screen, confirm if you want or don't want to update all HR zones based on max HR.

HR reserve zones

We recommend that you use the HR reserve zones setting in case you do not know your lactate threshold heart rate but you know your resting heart rate. Your HR reserve value equals to your max HR minus your resting HR value.

1. Go to **Activity & Training > Intensity zones > HR zones > Zone types**.
2. Select the **HR reserve zones** option by tapping on it or pressing the crown.
3. Scroll down and select the **Default HR zones for all sports**, the **Running HR zones** or the **Cycling HR zones** option.
4. Select the max HR at the top of the scale by tapping it or pressing the crown.
5. Select your new max HR by swiping up or down or by turning the crown.
6. Press the crown to confirm the selected value.
7. Select the resting HR at the bottom of the scale by tapping it or pressing the crown.



8. Select your new resting HR by swiping up or down or by turning the crown.
9. Press the crown to confirm the selected value.
10. On the pop-up screen, confirm if you want or don't want to update all HR zones based on HR reserve.

Lactate threshold HR zones

We recommend that you use the Lactate threshold HR zones setting in case you know your lactate threshold heart rate.

1. Go to **Activity & Training > Intensity zones > HR zones > Zone types**.
2. Select the **Lactate threshold HR zones** option by tapping on it or pressing the crown.
3. Scroll down and select the **Default HR zones for all sports**, the **Running HR zones** or the **Cycling HR zones** option.

4. Tap the lactate threshold heart rate (LTHR) value or press the crown.



5. Select your new lactate threshold HR by swiping up or down or by turning the crown.
6. Press the crown to confirm the selected value.
7. On the pop-up screen, confirm if you want or don't want to update all HR zones based on lactate threshold HR.

4.12.2. Pace zones

Pace zones work just like HR zones but the intensity of your training is based on your pace instead of your heart rate. The pace zones are shown either as metric or imperial value depending on your settings.

Suunto Run has five default pace zones that you can use or you can define your own.

Pace zones are available for running.

Set pace zones

Set your activity specific pace zones from the settings under **Activity & Training > Intensity zones > Running pace zones**.

1. Swipe or turn the crown and select pace zones.
2. Swipe up/down or turn the crown and press the crown when the pace zone you want to change is highlighted.



3. Select your new pace zone by swiping up/down or by turning the crown.
4. Press the crown to select the new pace zone value.
5. Swipe right or press the lower button to exit the pace zones view.

4.12.3. Power zones

Power meter measures the amount of physical effort needed to perform a certain activity. The effort is measured in watts. The main advantage gained with a power meter is precision. The power meter reveals exactly how hard you really work and how much power you produce. It is also easy to see your progress when analyzing the watts.

Power zones can help you train with the correct power output.

Suunto Run has five default power zones that you can use or you can define your own.

Set activity specific power zones

Set your activity specific power zones from the settings under **Activity & Training > Intensity zones > Running power zones** or **Cycling power zones**.

1. Tap the activity (running or cycling) that you want to edit or press the crown when the activity is highlighted.

2. Swipe up or turn the crown and select power zones.



3. Swipe up/down or turn the crown and select the power zone you want to edit.
4. Select your new power zone by swiping up/down or by turning the crown.
5. Press the crown to select the new power value.
6. Swipe right or press the lower button to exit the power zones view.

4.12.4. Using HR, pace or power zones when exercising

 **NOTE:** You need to have a power pod paired with your watch to be able to use power zones when exercising, see 3.2.2. Pair devices.

When you record an exercise (see 4. Recording an exercise), and have selected HR, pace or power as an intensity target, a zone gauge, divided into five sections, is viewed. These five sections are shown around the outer edge of the sport mode display. The gauge indicates the zone you have chosen as an intensity target by lighting up the corresponding section. The small arrow in the gauge indicates where you are within the zone range.



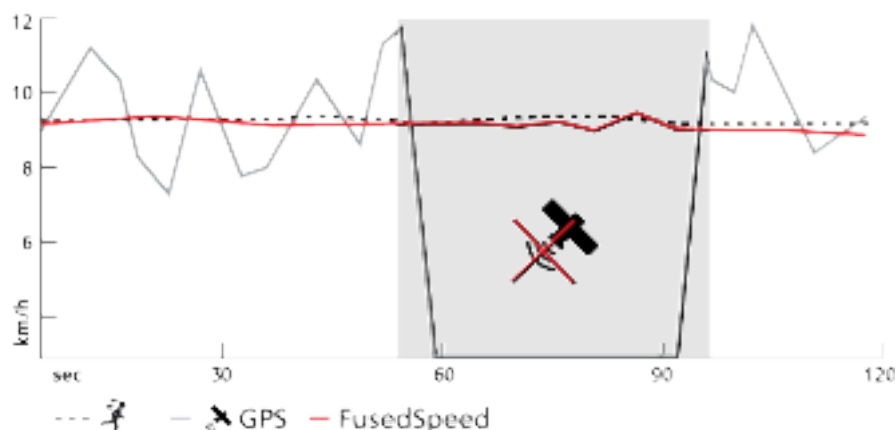
Your watch alerts you when you hit your selected target zone. During your exercise the watch will prompt you to speed up or slow down, if your current HR, pace or power is outside the selected target zone.



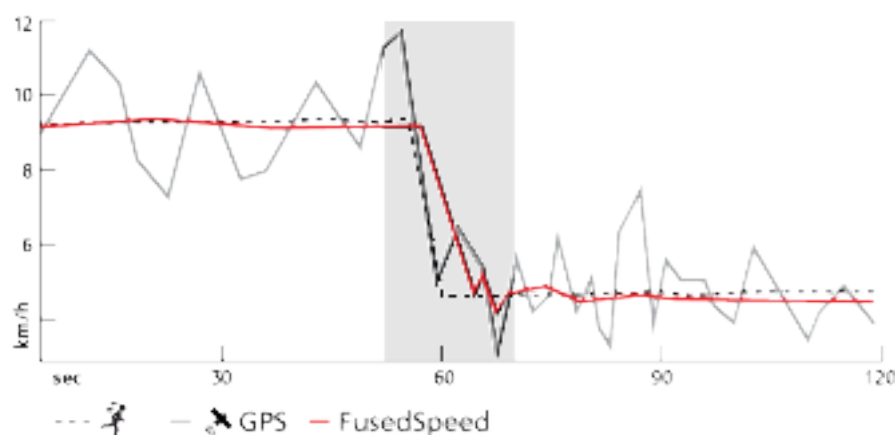
In the exercise summary, you get a breakdown of how much time you have spent in each zone.

4.13. FusedSpeed™

FusedSpeed™ is a unique combination of GPS and wrist acceleration sensor readings for measuring your running speed more accurately. The GPS signal is adaptively filtered based on wrist acceleration, giving more accurate readings at steady running speeds and quicker responses to changes in speed.



FusedSpeed benefits you the most when you need highly reactive speed readings during training, for example, when running on uneven terrain or during interval training. If you temporarily lose the GPS signal, for example, Suunto Run is able to continue showing accurate speed readings with the help of the GPS calibrated accelerometer.



TIP: To get the most accurate readings with FusedSpeed, only glance shortly at the watch when needed. Holding the watch in front of you without moving it reduces the accuracy.

FusedSpeed is automatically enabled for running and other similar types of activities, such as orienteering, floor ball and football (soccer).

4.14. FusedAlti

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.

NOTE: By default, altitude is measured with FusedAlti during exercises that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.

5. Navigation

With your Suunto Run, you have several navigation options. Find the **Navigation** widget in the **All Apps** menu or on the list of your selected widgets.

You can use your watch to navigate in various ways. You can, for example, use it to orient yourself in relation to magnetic north, navigate a route or to a point of interest (POI).

To use the navigation feature:

1. Swipe up from watch face or turn the crown to go to the **Navigation** widget in the All Apps menu or on the list of your selected widgets and enter it.
2. The watch starts searching for your current location. Once found, the display shows an arrow pointing to magnetic north, your location and the nearby POIs and waypoints if there are any.



 **NOTE:** If the compass is not calibrated, you are prompted to calibrate the compass when you enter the widget.

3. Turn the crown to open the compass view.



4. Press the crown for a map view where you can zoom in and out by turning the crown.



5. Press the upper button to open the list of navigation options such as checking the coordinates of your current location or selecting a route to navigate.



6. Press the lower button to exit the Navigation widget.

5.1. Routes

You can use your Suunto Run to navigate routes. Plan your route with Suunto app and transfer it to your watch with the next sync.

To navigate on a route:

1. Swipe up from watch face or turn the crown to go to the **Navigation** widget in the All Apps menu or on the list of your selected widgets and enter it.
2. In the map display, press the upper button.
3. Press the crown to select the **Navigation target** option.
4. Scroll to **Routes** and press the crown to open your list of routes.
5. Scroll to the route you want to navigate to and press the crown.



6. Scroll down for the route details.
7. Start the navigation by pressing the upper button.



NOTE: If you only navigate a route without recording an exercise, nothing will be saved or logged in Suunto app.

8. If you want to stop navigating, press the upper button to open navigation options and select the **End navigation** option. Confirm ending the navigation by pressing the upper button.



While you are on the route navigation display, you have the following options:

- turn the crown to go to the altitude view
- press the crown to go to the map view where you can zoom in and out by turning the crown
- press the upper button to open navigation options (for example, check route details, select another route to navigate, save POIs and turn on and off breadcrumb view and POI display)

Navigation guidance

As you navigate a route, your watch helps you stay on the correct path by giving you additional data in the navigation guidance field at the bottom of the screen and sending you notifications as you progress along the route.

For example, if you go more than 100 m (330 ft) off route, the watch notifies you that you are not on the right track, as well as lets you know when you are back on route.

The guidance field shows the distance to the next waypoint (if there are no waypoints on your route, the distance to the end of the route is shown). Once you approach a waypoint or POI on the route, you get an informative popup showing the distance to the next waypoint or POI.



 **NOTE:** If you are navigating a route that crosses itself, such as a figure-8, and you make a wrong turn at the crossing, your watch assumes you are intentionally going in a different direction on the route. The watch shows the next waypoint based on the current, new direction of travel. So, keep an eye on your breadcrumb trail to ensure you are going the right way when you are navigating a complicated route.

Turn-by-turn navigation

When creating routes in Suunto app, you can choose to activate turn-by-turn instructions. When the route is transferred to your watch and used for navigation, it will give you turn-by-turn instructions with a sound alert and information on which way to turn.

 **NOTE:** All sport modes with GPS also have a route selection option. See 4.2. Navigating during exercise.

5.2. Points of interest

A point of interest, or POI, is a special location, such as camping spot or vista along a trail, you can save and navigate to later. You can create POIs in Suunto app from a map and do not have to be at the POI location. Creating a POI in your watch is done by saving your current location.

Each POI is defined by:

- POI name
- POI type
- Date and time created
- Latitude
- Longitude
- Elevation

You can store up to 250 POIs in your watch.

5.2.1. Adding and deleting POIs

You can add a POI to your watch either with Suunto app or by saving your current location in the watch.

If you are outside with your watch and come across a spot you want to save as a POI, you can add the location directly in your watch.

To add a POI with your watch:

1. Swipe up or turn the crown and select **Navigation**.
2. From the map display, press the upper button.
3. Select **Your location** by pressing the crown.
4. Wait for the watch to activate GPS and find your location.

5. When the watch displays your latitude and longitude, press the upper button to save your location as a POI and select the POI type.
6. By default the POI name is the same as the POI type (with a running number after it). You can edit the name later in Suunto app.

Deleting POIs

You can remove a POI by deleting the POI from the POI list in the watch or removing it in Suunto app.

To delete a POI in your watch:

1. Swipe up or turn the crown and select **Navigation**.
2. From the map display, press the upper button.
3. Select **Navigation target**.
4. Scroll to **POIs** and press the crown.
5. Scroll to the POI you want to remove from the watch and press the crown.
6. Scroll to the end of the details and select **Delete**.

When you delete a POI from your watch, the POI is not permanently deleted.

To permanently delete a POI, you need to delete the POI in Suunto app.

5.2.2. Navigating to a POI

You can navigate to any POI that is in your watch POI list.



NOTE: When navigating to a POI, your watch uses full power GPS.

To navigate to a POI:

1. Swipe up from watch face or turn the crown to go to the **Navigation** widget in the All Apps menu or on the list of your selected widgets and enter it.
2. In the map display, press the upper button.
3. Press the crown to select the **Navigation target** option.
4. Scroll to **POIs** and press the crown to open your list of POIs.
5. Scroll to the POI you want to navigate to and press the crown.
6. Press the upper button or tap **Navigate**.
7. If you want to stop navigating, press the upper button to open navigation options and select the **End navigation** option. Confirm ending the navigation by pressing the upper button.



NOTE: If you only navigate to the POI without recording an exercise, nothing will be saved or logged in Suunto app.

The POI navigation has two views:

- map view showing your current location relative to the POI and your breadcrumb trail (the track you have traveled)



- POI view with direction indicator and distance to the POI



Turn the crown to switch between views.

In the map view, other POIs nearby are shown in gray. Press the crown to change to the map view where you can adjust the zoom level by turning the crown.

5.2.3. POI types

The following POI types are available in Suunto Run:

	Begin
	End
	Car
	Parking
	Home
	Building
	Hotel
	Hostel
	Lodging
	Bedding
	Camp
	Camping site
	Camp fire
	Aid station
	Emergency
	Waterpoint
	Information

	Restaurant
	Food
	Cafe
	Cave
	Mountain
	Peak
	Rock
	Cliff
	Avalanche
	Valley
	Hill
	Road
	Trail
	River
	Water
	Waterfall
	Coast
	Lake
	Kelp forest
	Marine reserve
	Coral reef
	Big fish
	Marine mammal
	Wreck

	Fishing spot
	Beach
	Forest
	Meadow
	Coast
	Stand
	Shot
	Rub
	Scrape
	Big game
	Small game
	Bird
	Prints
	Crossroads
	Danger
	Geocache
	Sight
	Trailcam

5.3. Bearing navigation

Bearing navigation is a feature that you can use outdoors to follow the target path for a location you see or have found on a map. You can use this feature stand alone as a compass or together with a paper map.



To use bearing navigation without exercising:

1. Scroll to **Navigation** by swiping up or turning the crown from watch face.
2. Press the upper button to open navigation options.
3. Select **Navigation target**.
4. If needed, calibrate the compass by following the on-screen instructions.
5. Point the blue arrow on the screen towards your target location and press the middle button.
6. Follow the blue arrow to the location.
7. Press the upper button and select **End navigation** to end the navigation.

5.4. Altitude navigation

If you are navigating a route that has altitude information, you can also navigate based on ascent and descent using the altitude profile display. While using navigation, turn the crown to switch to the altitude profile display.

The altitude profile display shows you the following information:

- top: your current altitude
- center: altitude profile showing your current position
- bottom: the ascent and descent done



If you stray too far off from the route while using altitude navigation, your watch will give you an **Off route** message in the altitude profile display. If you see this message, scroll to the route navigation display to get back on track before continuing with altitude navigation.

6. Widgets

Widgets give you useful information of your activity and training. Customize your widget list to see the information that matters most to you, whether it's your heart rate, daily step count or the current altitude, at a glance. The widgets are accessible from the watch face by swiping up and down or turning the crown.



The widgets can be turned on and off from the **Control panel** under **Customize > Edit widgets**. Select which widgets you want to use by tapping on the + and - signs next to the widget name or by pressing the crown.

You can add up to six widgets to the list.



You can also select which widgets you want to use in your watch and in which order by turning them on and off and sorting them in Suunto app.

 **TIP:** If an application is not added to your widget list yet, you can find it in the **All Apps** menu.

6.1. Control panel

From the Control panel on the top of the widget list, you can access several data and watch options such as battery level, notifications and the complete settings menu.



From the watch face, swipe up or turn the crown to access the **Control panel**.

The Control panel is always on the top of the widget list, you cannot remove it or move it lower on the list.

6.2. Training volume

You can find the **Training volume** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

The **Training volume** widget provides you with information on the training load and the total duration of your training sessions done on the current week. You can compare your current training volume with that of the past six weeks. This helps you maintain fitness and reduce the risk of injuries.



Training load is calculated based on training duration and intensity. Your Training Stress Score (TSS) indicates how much stress your body is under during training.

 **TIP:** Please refer to www.suunto.com or *Suunto app* to learn more about Suunto's training load analysis concept.

Scroll down in the widget for more training data. You can check your HR zones and most frequently used sport modes of the current week, adjust goals and review last week's training volume.

6.3. Progress

You can find the **Progress** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

The progress widget provides you with data that helps you to increase your training load over a longer period of time, whether it is the training frequency, duration or intensity.



Every training session gets a Training Stress Score (TSS) (based on the duration and the intensity) and this value is the base for calculating the training load for both short and long-time averages. From this TSS value, your watch can calculate your fitness level (defined as $VO_2\max$), CTL (Chronic Training Load) and also provide you with an estimation on your lactate threshold and a prediction on your running pace on various distances.

Your aerobic fitness level is defined as $VO_2\max$ (maximal oxygen consumption), a widely recognized measure of aerobic endurance capacity. In other words, $VO_2\max$ shows how well your body can use oxygen. The higher your $VO_2\max$, the better you can use oxygen.

The estimation of your fitness level is based on detecting your heart rate response during each recorded running or walking workout. To get your fitness level estimated, record a run with a duration for at least 15 minutes while wearing your Suunto Run.

The widget also views your estimated fitness age. Fitness age is a metric value that reinterprets your $VO_2\max$ value in terms of age.

 **NOTE:** Improvement of $VO_2\max$ is highly individual and it depends on factors such as age, gender, genetics and training background. If you are already very fit, increasing your fitness level will be slower. If you are just starting to exercise regularly, you may see a quick increase in fitness.

 **TIP:** Please refer to www.suunto.com or *Suunto app* to learn more about Suunto's training load analysis concept.

6.4. Recovery

You can find the **Recovery** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

Your recovery data is a good indication of your body's energy levels, which directly influence your capacity to handle stress and cope with the daily challenges.

Stress and physical activity deplete your resources, while rest and recovery restore them. Good sleep is an essential part of ensuring your body has the resources it needs.

In the Recovery widget of your watch, you can see a percentage value that indicates how well your body has recovered since your last training or after an illness or a stressful period. A colored scale below the value also shows the current state of your body. Turn the crown or swipe up for more details and explanation.



When your recovery level is high, you will likely feel fresh and energetic. Going for a run when your resources are high means you'll probably have a great run, because your body has the energy it needs to adapt and improve as a result. However, when your recovery level is low, a good amount of rest is recommended before the next hard workout.

Recovery data is calculated based on three main factors:

- the average of your Heart Rate Variability (HRV) during the last seven days
- your tracked sleep data of the last seven days
- Training Stress Balance (TSB)

6.5. Logbook

Your watch provides an overview of your training activity via a logbook.



In the logbook you can see a summary of your current training week. The summary includes the total duration and an overview of which days you have exercised.

Swiping up gives you information on which activities you have performed and when. Selecting one of the activities, by pressing the crown, provides you with even more details and also the possibility to delete the activity from your logbook.

6.6. Sun & Moon

You can find the **Sun & Moon** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

The widget gives you the time until the next sunset or sunrise, depending on which one comes next.

If you select the widget, you get more details such as the time when the sun rises and sets, and also the current moon phase.



6.7. Compass

Suunto Run has a gyro-assisted compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

You can find the **Compass** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

The compass widget includes the following information:

- Arrow pointing to magnetic north
- Heading cardinal
- Heading in degrees
- Altitude
- Barometric pressure



While you are in the compass widget, you can swipe up from the bottom of the screen to open compass settings. You have the following setting options:

- **Calibrate compass**
- **Declination**
- **Compass unit**

To exit the compass widget, press the lower button.

Calibrating compass

If the compass is not calibrated, you are prompted to calibrate it when you enter the compass widget. You can also calibrate the compass after selecting the **Calibrate compass** option in the compass settings.



 **NOTE:** The compass calibrates itself when in use, but if the watch has been affected by strong magnetic fields or a hard knock, the compass might show the wrong direction. Do a new calibration to resolve this issue.

Setting declination

To ensure correct compass readings, set an accurate declination value.

Paper maps point to true north. Compasses, however, point to magnetic north – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.

The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be found from websites such as www.magnetic-declination.com.

Orienteering maps, however, are drawn in relation to magnetic north. If you are using an orienteering map, you need to turn the declination correction off by setting the declination value to 0 degrees.

You can set your declination value after selecting the **Declination** option in the compass settings.

Compass unit

You can set the compass unit to Degrees or Mils. For changing the compass unit, select the **Compass unit** option in the compass settings.

Compass settings are available also in the watch settings, under **Outdoor > Navigation**.

6.8. Alti & Baro

Your Suunto Run watch constantly measures absolute air pressure using the built-in pressure sensor. Based on this measurement and your altitude reference value, it calculates altitude or air pressure. The data are shown in the **Alti & Baro** widget.

You can find the **Alti & Baro** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

⚠ CAUTION: *Keep the area around the two air pressure sensor holes located at 12 o'clock on the side of your watch free of dirt and sand. Never insert any objects into the holes as this may damage the sensor.*

The widget has three views that can be accessed by swiping up or turning the crown. The first view displays the current altitude.



Swipe up to see the barometric pressure and the barometer trend graph.



Swipe up again to see the temperature.



NOTE: When wearing your watch on your wrist, the sensor is very close to your body and the temperature readings may be influenced by your body temperature. To ensure the temperature readings are correct, attach your watch to your backpack or gear and use a chest HR belt to track your heart rate.

Be sure to have your altitude reference value set correctly. When in the widget, scroll down for setting the altitude manually or auto adjusting it. The altitude of your current location can be found from most topographic maps or major on-line map services such as Google Maps.

Changes in local weather conditions affect altitude readings. If local weather changes often, you should reset the altitude reference value regularly, preferably before starting your next journey.

Automatic alti-baro profile

Weather and altitude changes both cause a change in air pressure. To handle this, Suunto Run automatically switches between interpreting changes in air pressure as altitude or weather changes based on your movement.

If your watch senses vertical movement, it switches to measuring altitude. When you are viewing the altitude graph, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), your watch interprets air pressure changes as weather changes and adjusts the barometer graph accordingly.

6.9. Steps and calories

You can find the **Steps & Calories** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

Your watch counts steps using an accelerometer. The total step count accumulates 24/7, also while recording training sessions and other activities. However, with some specific sports, such as swimming and cycling, steps are not counted.

The top value in the widget shows the total step count for the given day and the bottom value is the estimated amount of active calories you have burned so far during the day.



The colored bars in the widget indicate how close you are to your daily activity goals. These targets can be adjusted to your personal preferences (see below).

You can also check your steps and calories burned over the last seven days by swiping up from the widget.

Your Basal Metabolic Rate (BMR) is the amount of calories your body burns while at rest. These are the calories your body needs to stay warm and perform basic functions like blink your eyes or beat your heart. This number is based on your personal profile, including factors such as age and gender.

Activity goals

You can adjust your daily goals for both steps and calories. Scroll down in the widget to set the daily step and calory goals and to turn target related notifications on or off.



When setting your steps goal, you define the total number of steps for the day.

The total calories you burn per day is based on two factors: your BMR and your physical activity.

When you set a calorie goal, you define how many calories you want to burn in addition to your BMR. These are your so-called active calories.

You can set your step and calory goals also in the watch settings, under **Activity & Training**.

6.10. Heart rate

You can find the **Heart rate** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

The Heart rate widget provides a quick snapshot of your heart rate and a 24-hour graph of your heart rate. The graph is plotted using your average heart rate based on 5-minute time slots.



Below the graph, the range of your heart rate measured during the last 24 hours is visible.

Your resting heart rate from the given day is a good indicator of your recovery state. If it is higher than normal, you probably are not yet fully recovered from your last training session.



If you record an exercise, the daily HR values reflect the elevated heart rate and calorie consumption from your training.

To be able to see the daily HR widget values, the daily HR feature needs to be activated. You can toggle the feature on or off after entering the Heart rate widget and scrolling down to the settings.

With this feature on, your watch activates the optical heart rate sensor on a regular basis to check your heart rate. This slightly increases battery power consumption.



If you want to be notified when your heart rate is too high, you can set a high heart rate alert in the Heart rate widget. Scroll down to the settings and toggle on **High HR alert**. On the next screen, you can set a bpm value. When your HR is at or above the set value for 5 seconds, the watch plays an alert sound and a red screen showing your current HR data also warns you. To confirm the alert, press the crown.



 **NOTE:** Measurement results are for reference only and should not be used as a basis for medical diagnosis.

6.11. Blood oxygen

You can measure your blood oxygen level with the Suunto Run watch.

You can find the **Blood oxygen** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

Blood oxygen level can provide an indication of overtraining or fatigue and the measurement can also be a helpful indicator of high altitude acclimation progress.

Normal blood oxygen levels are between 96% and 99% at sea level. At high altitudes, healthy values can be slightly lower. Successful acclimation to high altitude makes the value increase again.

To measure your blood oxygen level from the Blood oxygen widget:

1. Select **MEASURE NOW**.
2. Hold your hand still while the watch is measuring.
3. If the measuring failed, please follow the in-watch instructions.
4. When the measuring is complete, your blood oxygen value is displayed.

You can also measure your blood oxygen level during your 6.12. Sleep.

 **WARNING:** Suunto Run is not a medical device and the blood oxygen level indicated by Suunto Run is not intended for diagnosing or monitoring medical conditions.

6.12. Sleep

You can find the **Sleep** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

A good night's sleep is important for a healthy mind and body. You can use your watch to track your sleep and follow how much sleep you get on average.

When you wear your watch while sleeping, Suunto Run tracks your sleep based on accelerometer data.

To track sleep, you have to enable sleep tracking in your watch.

1. From watch face, scroll down and select the **Sleep** widget.
2. Scroll down to the settings and press the crown to enter the **Sleep** menu.
3. Scroll down and toggle on **Sleep tracking**.

You can choose if you want to measure your Blood oxygen and HRV tracking during your sleep.

Once you have enabled sleep tracking, you can also set your sleep target. A typical adult needs between 7 and 9 hours of sleep per day, though your ideal amount of sleep may vary from the norms.

Sleep trends

You can follow your overall sleep trend with the sleep widget. The first view in the sleep widget shows your last sleep and a graph of the last seven days.



If you scroll down in the Sleep widget, you can see a summary of your sleep last night. The summary includes, for example, the total duration of your sleep, as well as the estimated time you were awake (moving around) and the time you were in deep sleep (no movement).

 **NOTE:** All sleep measurements are based on movement only, so they are estimates that may not reflect your actual sleep habits.

You can define several sleep related settings in the Sleep widget:

Sleep target

You can set your ideal sleep duration. If you set the target, your sleep summary will tell you how much more or less you slept than your set target.

 **TIP:** If you set your sleep target already during setting up the watch for the first time, the saved target is shown below Sleep target.

Measuring blood oxygen and heart rate variability (HRV) while sleeping

If you wear your watch during the night, you can get additional feedback on your blood oxygen level and HRV while sleeping. To measure these data, toggle the Blood oxygen and the HRV tracking options on in the tracking settings.

Sleep plan

Scroll down to set up your sleep plan. Set the time you plan to go to bed and to wake up.



Toggle on the Wake up alarm option if you want your watch to wake you up by vibration and playing an alarm sound.

You can use the auto Do Not Disturb setting to automatically enable Do Not Disturb mode while you sleep.

6.13. Weather

The weather widget provides you with information of the current weather. It shows the current temperature, wind speed and direction and current weather type both as text and icon. Weather types can be, for example, sunny, cloudy, rainy etc.



Swipe up or turn the crown to see more detailed weather data such as humidity, air quality and forecast data.

 **TIP:** Make sure that your watch is connected with Suunto app to get the most accurate weather data.

6.14. Alarm clock

Your watch has an alarm clock that can sound once or repeat on specific days. You can find it in the **All Apps** menu and you can add it to the list of your selected widgets.

If you have a sleep plan saved in the **Sleep** menu, you can quickly set a wake up alarm under **Wake up** in **Alarm Clock**. In this menu, you can turn the alarm on or off, edit how often you want it to sound, and modify your sleep plan.

You can set additional alarms besides your sleep plan's wake up alarm:

1. From the watch face, swipe up or down or turn the crown to access the **Alarm Clock** on the widget list or in the **All Apps** menu.
2. Enter the **Alarm Clock**.
3. Scroll down and select **New alarm clock**.

 **NOTE:** Older alarms can be deleted or edited if selected in the list below New alarm clock.

4. Set the hour and minutes.



5. Select how often you want the alarm to sound. The options are:

Once: alarm sounds once in the next 24 hours at the set time

Everyday: alarm sounds at the same time every day of the week

Weekdays: alarm sounds at the same time Monday thru Friday



When the alarm sounds, you can dismiss it to end the alarm, or you can select the snooze option. The snooze time is 10 minutes and can be repeated up to 10 times.



If you let the alarm continue to sound, it will turn off after one minute.

6.15. Timer

Your watch includes a stopwatch and countdown timer for basic time measurement. You can find the timer in the **All Apps** menu and you can add it to the list of your selected widgets.

When you first enter the widget, it shows the stopwatch. After that, it remembers whatever you used last, stopwatch or countdown timer.

Swipe up to open the **SET TIMER** shortcuts menu where you can change the timer settings.

Stopwatch

Start and stop the stopwatch by pressing the upper button. You can resume by pressing the upper button again. Reset by pressing the lower button.



Exit the timer by pressing the lower button.

Countdown timer

In the timer widget, swipe up to open the shortcuts menu. From there you can select a pre-defined countdown time or create custom countdown time.



Stop and reset as needed with the upper and lower buttons.

Exit the countdown timer by pressing the lower button.

6.16. Media player

You can find the **Media player** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

The media player of your watch has two modes: **Bluetooth mode** and **Offline mode**. With the Bluetooth music mode, you can control the music, podcast, and other media played on your phone, while the offline mode is for playing music stored on your watch.

Bluetooth mode

 **NOTE:** You need to pair your watch with your phone before you can use the Bluetooth mode.



In the media player widget, tap play, next track or previous track to control the media played on your phone.

Swipe up or turn the crown to enter the complete setup of the media controls. Select **Media mode** to change to offline mode.

Press the lower button to exit the media control widget.

Offline mode



The offline music mode is for playing the audio content stored on the watch. You can use the offline mode of the media player if you have your Bluetooth headphones connected with your watch. For information on pairing, see 3.2.2. *Pair devices*.

Your watch has one sample song stored by default. To transfer music to your watch, connect it to a computer or a capable mobile phone with the USB (Type-C) charging cable included in the product package. Open the music folder of the watch on the computer or mobile phone and copy the audio files there. The watch supports the following file formats: MP3, FLAC, WAV, AAC.

To start listening to offline music, turn on the headphones that you have paired with your watch, and select Offline mode under **Media mode** in the media player widget. Tap play, next track or previous track to control your media.

Swipe up or turn the crown to see additional options such as volume control, repeat and shuffle mode, library overview. Select **Media mode** to change to Bluetooth mode.

Press the lower button to exit the media player widget.

 **TIP:** Use Suunto app for organizing the audio files stored on your watch and creating custom playlists.

6.17. Alipay (only in Mainland China)

You can find the **Alipay** widget in the **All Apps** menu and you can add it to the list of your selected widgets.

If you connect your watch to the Alipay application on your mobile phone, you can use your watch for offline payment.

 **NOTE:** Alipay is available only in Mainland China.

7. All apps

The **All Apps** menu contains all applications and watch functions and you can access watch settings from here, too.

From watch face, swipe down or turn the crown to access the All Apps menu. After entering the menu, scroll down to see the applications ordered in training, outdoor and general categories.

7.1. Flashlight

Your Suunto Run has a flashlight function with three lighting modes.

To activate the flashlight, swipe up from watch face or scroll down with the crown and select **Control panel** or **All Apps**. Scroll to **Flashlight** and turn it on by tapping on it or by pressing the crown.

The flashlight has the following lighting modes:

- an extra bright white backlight that is constantly on
- a flicker mode
- a bright red backlight that is constantly on

To change the lighting modes, turn the crown or swipe up or down. To turn off the flashlight, press the lower button or swipe right.

7.2. Find my phone

You can use the Find my phone feature to find your phone when you do not remember where you left it. Your Suunto Run can ring your phone if they are connected. As Suunto Run uses Bluetooth to connect to your phone, the phone needs to be in Bluetooth range so that the watch can ring it.

To activate the find my phone feature:

1. From the watch face, swipe up to open **Control panel** or **All Apps**.
2. Scroll down to **Find my phone**.
3. Start ringing your phone by tapping on the function name or pressing the crown.
4. Press the lower button to stop ringing.

7.3. Breathe

If you feel nervous or stressed, the **Breathe** application in your Suunto Run can help you relax your body and mind. You can find the **Breathe** application in the **All Apps** menu.

Launch the application for a guided breathing exercise. Follow the animation as you inhale and exhale. Vibration also helps you keep the rhythm.

Scroll down for setting the breathing exercise duration.

8. Care and support

8.1. Handling guidelines

Handle the unit with care – do not knock or drop it.

Under normal circumstances, the watch does not require servicing. On a regular basis, rinse it with fresh water, mild soap, and carefully clean the housing with a moist, soft cloth or chamois.

Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

8.2. Battery

The duration on a single charge depends on how you use your watch and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.

 **NOTE:** *In case of abnormal capacity decrease due to defective battery, Suunto covers battery replacement for one year or maximum 300 charging times, whichever comes first.*

When the battery charge level is less than 20% and later 5%, your watch displays a low battery icon. If the charge level gets very low, your watch goes into a low power mode and display a charge icon.



Use the supplied USB cable to charge your watch. Once the battery level is high enough, the watch wakes up from lower power mode.

8.3. Disposal

Please dispose of the device in accordance with local regulations for electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.



9. Reference

9.1. Compliance

For compliance related information and detailed technical specifications, see “Product Safety and Regulatory Information” delivered together with your Suunto Run or available at www.suunto.com/userguides.

9.2. CE

Hereby, Suunto Oy, declares that the radio equipment type OW234 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.suunto.com/EUconformity.





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