

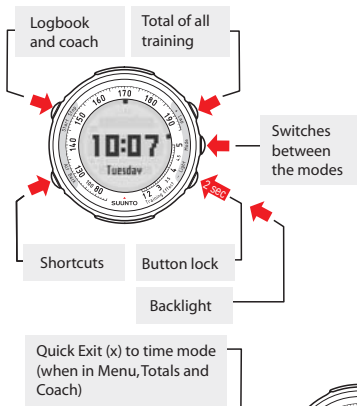
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SUUNTO t4

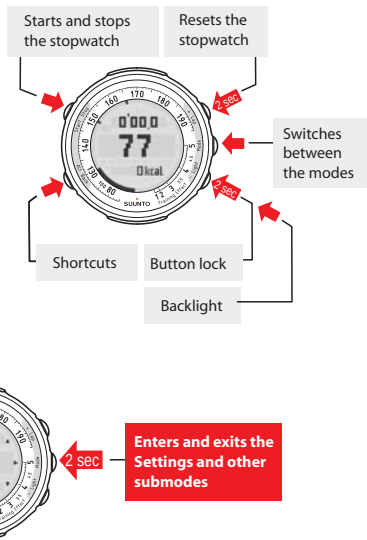
USER'S GUIDE



Time mode



Training / Speed and Distance mode



WELCOME

Congratulations on choosing Suunto t4 as your personal training advisor. The Suunto t4 is a high-precision heart rate monitor designed to make your training as efficient and enjoyable as possible.

Suunto t4 features the unique **Suunto Coach** function that knows exactly what is needed to reach your personal training goals. The Coach recommends the ideal workout sessions based on your current fitness level, your day-by-day situation, and the guidelines of the American College of Sports Medicine. Find more information on Suunto Coach in Section 2.4.

Suunto t4 also displays **Training Effect**, an intelligent measure that tells you in real time how much the workout is improving your condition (see Section 2.5.1). Training Effect gives you the freedom to work-out **without pre-set heart rate (HR) zones** and ensures that every workout you do takes you closer to your targets, even if you don't follow the Coach's recommendations.

Speed and distance data is available with optional Suunto PODs (Peripheral Observation Devices), wirelessly and without interference, through digital transmission.

This user's guide is here to help you get the most out of your training with Suunto t4. Please read through it to make using your new Suunto t4 even more productive.

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1. SUUNTO T4 AT A GLANCE

Time mode



In Time mode you can:

- view the time
- go to log
- go to Totals
- go to Time settings
- connect to pc*

Training mode



In Training mode you can:

- use the stopwatch
- view your heart rate or Training Effect
- set the Training Effect target
- go to Training settings

Speed and Distance mode (if paired with POD)



In Speed and Distance mode you can:

- view average (avg) and maximum speed (Max)
- view distance
- set the Training Effect target
- go to Speed and Distance settings

The Suunto wristop computer displays the icon of each mode on the screen: HR for Training mode, TE for Training Effect in Training mode and SPD for Speed and Distance mode. In Time mode you will see the current time.

NOTE

** In order to connect your device to a PC, an optional Suunto PC POD and Suunto software are required.*

1.1. Navigating in the modes and menus

In any of the modes, a long press of the MODE button will take you to that mode's Settings menu. In Time mode, a short press of the START button will take you to Logbook and a short press of the + button accesses Totals.

The following figure shows the functionality of each of these submodes.

Totals



In Totals you can view the total values of your sessions for:

- this week
- last week
- 6 last months

Logbook



In Logbook you can view your last 15 activities':

- Training Effect
- duration
- calories consumed
- average heart rate
- peak heart rate
- time spent in and out of zones or limits

Settings menu



Each mode has its own settings menu where you can define the settings related to that mode.

You can quick exit Totals and Settings by pressing the START button.

1.2. Button symbols and functions

The buttons are named according to the functions they perform. However, in this user's guide the names are simplified as shown in the table below.

Button names on device	Name in User's Guide
+ / Lap	+
Mode	MODE
- / Light	-
Alt / Back	BACK
Start / Stop	START

In Totals, Logbook, and Coach, small arrows on the screen indicate the buttons that you can navigate with. The buttons' functions depend on the length of the press. A short press is less than 1 second, and a long press is more than 2 seconds. Throughout this user's guide, the following symbols are used to indicate short and long presses.

	Short press
	Long press

1.3. Button lock

You can lock and unlock the buttons in both Time and Training mode by long pressing the - button. When the buttons are locked, you still have access to shortcuts and backlight.



When the buttons are locked, you still have access to shortcuts and backlight.

2. GETTING STARTED

Before you are able to make the most of your Suunto t4, it's worth taking some time to personalize it to suit your individual needs and preferences.

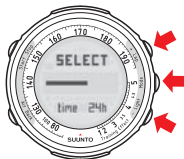
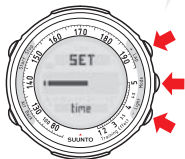
If you have already defined the settings, you can skip to *Section 2.4. Suunto Coach*.

2.1. Setting up Suunto t4

When you press a button on your new Suunto t4 for the first time, you will be asked to define some basic settings. Use the + and - buttons to change the values, accept and move to the next item by pressing the MODE button.

The following figure shows you how to set up your device for the first time.

Adjust with + and – buttons.
Accept with MODE button.

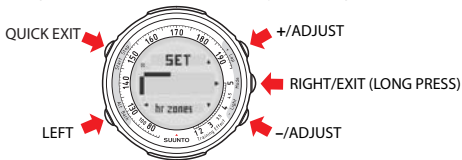


Carry on setting up the time,
date, units and personal settings.
After this Suunto t4 will go into
Time mode and will be ready for
operation.

NOTE

Your maximum heart rate is determined using the formula 210 minus 0.65 times your age, which is automatically calculated from the date of birth that you enter. If you know your real maximum heart rate, you should use that instead of the calculated value.

Navigating in the Settings menus is very easy. Follow the position of the blinking empty box and you will know exactly where in the Settings menu you are. You can quick exit the Settings menu and go back to the Time mode by pressing START button.



2.2. Activity class (act class)

Important: Your activity class is another one of the settings that you are asked to define when you set up your device for the first time. Your activity class is a measure of your current activity level. By entering your current activity class (1 - 10) into your Suunto t4, the device will be able to give much more accurate calorie consumption information. As the amount and/or intensity of your physical activity increases, the device will automatically increase your activity class based on your recorded heart rate information. Your activity class will also be automatically decreased if, for example, you engage in recreational sports. See the following table for information on determining your activity class.

Activity description		Activity class
No regular participation in recreational sports or heavy physical activity.	Always avoid exertion, whenever possible.	0
	Walk for pleasure, routinely use stairs, occasionally exercise sufficiently to cause heavy breathing or perspiration.	1
Regular participation in recreational sports or work requiring modest physical activity, such as yard work, nordic walking or moderate-intensity cycling.	10 - 60 minutes per week	2
	Over 1 hour per week	3
Regular participation in heavy physical exercise, such as running, aerobic classes or high-intensity cycling.	Less than 30 minutes per week	4
	30 - 60 minutes per week	5
	1 - 3 hours per week	6
	Over 3 hours per week	7
Training daily	5 - 7 hours per week	7.5
	7 - 9 hours per week	8
	9 - 11 hours per week	8.5
	11 - 13 hours per week	9
	13 - 15 hours per week	9.5
	More than 15 hours per week	10

2.3. Time mode

Here you can see the functionality of the buttons used in Time mode. This will help you get started with using the basic functions of your Suunto t4. Additionally, you will find options for the shortcut, which is in the bottom line of the display.



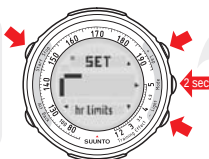
The following figure shows how to enter the Time mode Settings menu and its different items. You can quick exit the Settings menu by pressing the START button.

Entering Settings



Navigating in Settings

Long press the MODE button in Time or Training mode to enter the Settings menu.



Use + and - buttons to toggle between the following setting submenus: alarm, time/date, general and personal. Exit the Settings menu by long pressing the MODE button or by pressing the START button.

NOTE

Remember that you can see where you are within the Settings menu by following the flashing bar in the navigational aid.

Take a look at the following table showing the different Time mode settings and the items you can define in them.

Symbol	Setting	Options							
	Alarm	Alarm: on/off	Alarm time: hour/min						
	Time	Time: hours/ minutes/ seconds	Dual time: hours/ minutes						
	Date	Date: year/ month/ day							
	Personal	Weight	Height	Activity class	Max heart rate	Sex	Date of birth		
	General	Tones: on/off	Heart rate: bpm/ %	Height: cm/ft	Weight: kg/lb	Time: 12h/24h	Date: ddmm/ mmdd	Save: ask/all	Foot, Bike or GPS: /km, mph, /mi, km/h

2.3.1. Alarm settings

In the Alarm menu, you can set the alarm on or off and set the alarm time. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

When the alarm is on, you will see the symbol  in the display.

2.3.2. Time settings

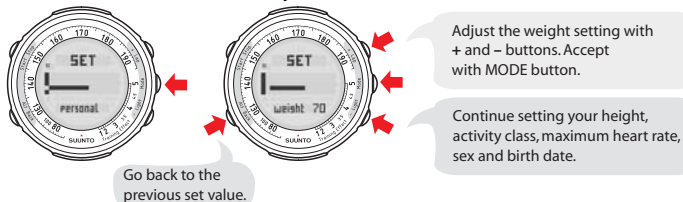
In the Time menu, you can set the time and dual time. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

2.3.3. Date settings

In the Date menu, you can set the day, month, and year. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

2.3.4. Personal settings

In the Personal menu, you can enter personal information such as your weight, height, activity class, maximum heart rate, gender, and date of birth. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.



NOTE

See the table in Section 2.2. Activity class (act class) for information on activity class descriptions.

2.3.5. General settings

In the General menu, you can set the button tones on or off and choose the units and format the information is displayed in. Accept the settings with a short press of the MODE button.

Light

The light can be activated in any mode at any point by short pressing the - button. If you want to use the light in Settings, Logbook, Coach or Totals, the light must be activated before entering them.

NOTE

The light will not work when pairing the Suunto t4 to a POD, or when the heart rate belt is connecting to the heart rate monitor.

Alarm snooze

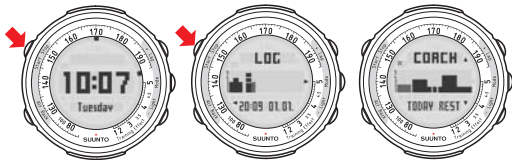
Only the BACK button deactivates the alarm; pressing any other button activates the snooze function, which lasts for 5 minutes. The snooze function can be activated 12 times, after which the alarm will be deactivated until the set time the following day.

Pressing the BACK button switches off the alarm.



2.4. Suunto Coach

The Suunto Coach is your personal training advisor. It generates an ideal training program for the next 5 days, based on your current fitness level and your past week's workouts. The Coach follows the guidelines of the American College of Sport Medicine for exercise prescriptions, ensuring that your training is safe and effective in taking you towards your training goals. You can enter the Coach by short pressing the START button in Logbook. You can quick exit the Coach by pressing the START button.



2.4.1. Initial set-up

The only initial information that Suunto Coach needs is your current activity class. This is asked when you set up your device for the first time, see *Section 2.1. Setting up Suunto t4*. You can also adjust it in the Personal menu of Time mode settings, see *Section 2.3. Time mode*. Even if your activity class is not exactly right, the Coach finds the right level in a few weeks, once you start using your Suunto t4. For the Coach to function correctly, it is important that you always record your workouts with your Suunto t4.

2.4.2. Training program

The program consists of six different levels: Initial level for beginners, four improvement levels with increasing training volume and intensity, and a maintenance level designed for active endurance sports participants. The Coach defines the starting level of your training program based on your activity class. From the starting level, the Coach takes you toward improved performance, fully adapting to your daily situation.

Program level	Level description	Times/ week	Duration of workout	Total/ week
1	Initial stage	3	25 - 35 mins	1 hour 20 mins
2	Improvement 1	3	25 - 35 mins	1 hour 30 mins
3	Improvement 2	4	30 - 60 mins	3 hours
4	Improvement 3	4	45 - 75 mins	3 hours 45 mins
5	Improvement 4	5	35 - 85 mins	5 hours 15 mins
6	Maintenance	4 - 6	45 - 90 mins	4 hours 45 mins - 6 hours 30 mins

The coach recognizes when you have reached a sufficient fitness level to move to the next program level. To ensure safe and continuous progress, there is a minimum time of four weeks for each level. Note that even though they are closely linked to each other, the training program level is different from your activity class. Both your activity class and program level are shown when you enter the Coach display.

2.4.3. Training sessions

The Coach generates a training program for the next 5 days. The program maintains a balance between workout and rest, and a variation between easy and hard, long and short workouts for the best progress.

Each workout has a target Training Effect and a recommended duration. The Training Effect targets for the next 5 days are shown as a bar graph in the center of the Coach display. To check the exact recommendations for the next days, you can move with + and - buttons.



The Coach display alternates every 2 seconds between the Training Effect target and the duration.



To activate the recommendation as your target workout, press the MODE button and then press START to begin training. Your Suunto t4 starts guiding you to the target Training Effect in the recommended time. See more information about the guidance available during your workout in *Section 4. Training*.

Although the coach gives recommendations about intensity and duration, the sessions are not tightly restricted. To achieve each session's goal you can choose to train at a higher or lower intensity or for more or less time. However, it is worth remembering that improving fitness requires patience, and the recommendations given by the Coach are optimized for progress, based on your own training history.

2.4.4. Automatic program adaptation

The Coach automatically updates the training program to respond to your actual training. It notices if the Training Effect of your previous workouts was above or below target and modifies the goal of the next session accordingly. If you decide to do something else instead of the recommended workout, or even have a longer break in your training, the program continues to adapt.

Following the advice of the Suunto Coach, or at least checking its recommendations regularly, ensures that your training has an optimal rhythm and intensity in all situations. The Coach gives you the confidence that you are training correctly to reach your training goals in a safe and systematic way, and makes your training more interesting. Enjoy using it!

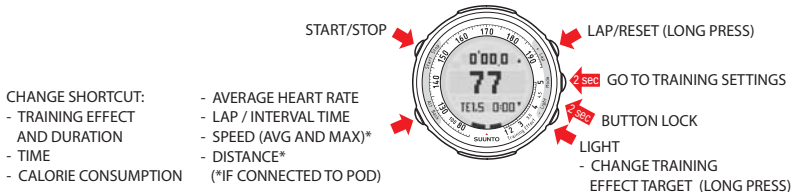


Heart beat analysis technology producing the adaptive training program of Suunto Coach is provided and supported by Firstbeat Technologies Ltd.

2.5. Training mode

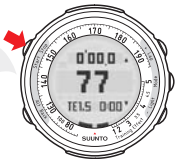
To switch to the Training mode, short press the MODE button.

Here you can see the basic functionality of the buttons used in Training mode as well as options for the shortcut, which is in the bottom line of the display.



The stopwatch is accessed by pressing the START button in Training mode and can be seen in the top row. The information from the training that you time with the stopwatch, such as heart rate and calorie consumption, is stored and can later be seen in Totals and Logbook. **Therefore, you should activate the stopwatch, and ensure you have a heart rate reading, whenever you start a training session.**

Pressing the START button starts the stopwatch.



Pressing the START button again, stops the stopwatch.

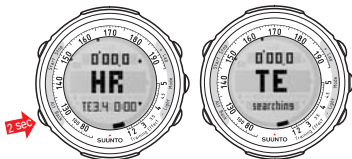


While the stopwatch is running, you can take up to 99 lap times, the first 50 of which are stored in the memory, by pressing the + button.

NOTE *It is not possible to reset the stopwatch while it is running. You must stop it before resetting it.*

NOTE *If the stopwatch is running, and you switch back to the Time mode, the stopwatch will be displayed on the top of the screen. To stop the stopwatch go back to the Training mode.*

To toggle between the Heart Rate view (HR shown in the middle of the screen, before connecting to the heart rate belt) and the Training Effect view (TE shown in the middle of the screen before starting the stopwatch), long press the BACK button.



2.5.1. Training Effect

A unique feature of Suunto t4 is its ability to record and display Training Effect. Training Effect (TE) shows the effect of a workout on your aerobic fitness on a simple one-to-five scale. For the first time, you will know in real time how much your workout is really improving your fitness level. With Training Effect, you can ensure that your workouts always give the intended result.

Please note the difference between training **zone** (temporary training intensity) and Training **Effect** (total load of a workout). In zone training, you try to keep your heart rate at a certain level throughout the whole workout, whereas for Training Effect it is enough just to reach the desired TE value once during the workout.

Measured TE	Description	Result of the workout
1.0 - 1.9	Minor TE	Enhances recovery (short workout) or develops base endurance (over 1 hour session). Ideal for fat burning. Does not improve maximal performance.
2.0 - 2.9	Maintaining TE	Maintains aerobic fitness. Builds base for harder training in the future. Does little to improve maximal performance.
3.0 - 3.9	Improving TE	Improves aerobic fitness if repeated 2–4 times a week. No special recovery requirements.
4.0 - 4.9	Highly improving TE	Rapidly improves aerobic fitness if repeated 1–2 times a week. A few easier exercise sessions (TE 1–2) needed for recovery.
5.0	Over-reaching TE	Dramatic increase in aerobic fitness if adequate recovery is allowed afterwards. High demand for recovery. Increased risk of overtraining if repeated too often.

When monitoring your Training Effect, you no longer need to stay within pre-defined heart rate zones because the TE shows the actual result of the workout regardless of what your exact heart rate is. This gives you freedom from the zone alarms while still reaching the desired result.

Suunto t4 shows the Training Effect in two ways. The lower right side of the display shows it as a graph. It is so shown as a number in the center of the screen instead of the heart rate reading. The TE of each workout is defined by the highest number (from 1.1 to 5.0) reached during the workout. The peak TE reached stays visible on the graph. If you want to further increase the effect after a lower intensity period, you need to work-out harder to push the peak higher.

Long pressing the BACK button switches between heart rate and real-time Training Effect.



TE can be shown in the center instead of heart rate.

TE graph + scale

This shortcut shows how much time you still have to the next training effect level. In this example, you need to continue 10 minutes at the current intensity to reach TE 3.2.

If you continue your workout after reaching the target, the bottom row automatically starts showing remaining time to the next TE level, in this case 3.4.

NOTE

When you have reached your targeted Training Effect, the Suunto t4 displays "TE reached" temporarily on the screen and you will hear a beep.



Training Effect reached so far in the workout: 3.8 (Improving)

Peak level. If there has been a period of lower intensity, your current level may be lower. To reach higher TE than 3.8 from this workout, you need to increase the intensity so that this graph pushes the peak mark higher.

Bottom row: Next TE level is 4.0 but you can not reach it with the current intensity. (Time indicator -- means that you have to increase intensity to reach the target.)

To find out more about Training Effect, and how to use it to improve your training, please download Suunto Training Guidebook from www.suunto.com/training.



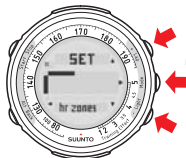
Heart beat analysis technology producing Training Effect is provided and supported by Firstbeat Technologies Ltd.

2.5.2. Training mode settings

The following figure shows how to enter the Training mode Settings menu and its different items.

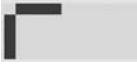


Long press the MODE button in Training mode to enter Training settings menu.



Use + and - buttons to toggle between the following Training setting submenus: heart rate zones, heart rate limits, intervals, pair a POD and general.

Take a look at the following table showing the different Training mode settings and the items you can define in them.

Symbol	Setting	Options							
	Heart rate zones	Heart rate zones: on/off	Zone 1: lower/ upper %	Zone 2: upper %	Zone 3: upper %	Tones: on/off			
	Heart rate limits	Heart rate limits: on/off	Lower limit	Upper limit	Alarm: on/off				
	Interval	Interval 1: on/off	Interval 1: minutes/ seconds	Interval 2: on/off	Interval 2: minutes/ seconds	Warm up: on/off	Warm up: minutes/ seconds		
	Pair a POD	Pair: heart rate belt / Foot POD / Bike POD / GPS POD							
	General	Tones: on/off	Heart rate: bpm/ %	Height: cm/ft	Weight: kg/lb	Time: 12h/24h	Date: ddmm/ mmdd	Save: ask/ all	Foot, Bike or GPS: /km, mph, /mi, km/h

2.5.3. Heart rate zone settings

In the Heart Rate Zone menu, you can define the 3 heart rate zones and set the tones on or off. The 3 heart rate zones are useful in training as they record how much of your training is spent within specific heart rate zones, or if you want to give yourself a long enough warm-up, or keep your heart rate at an optimum level for fat burning.

After training, you can see how much of the session was spent in each zone. Each zone is a range of heart rates expressed as a percentage of your maximum heart rate (which is calculated based on the age you enter in the Personal settings menu). Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

The default heart rates for zones 1-3 are 60-70%, 70-80%, and 80-90% of your maximum heart rate, but if you are following a specially designed training program, enter the zone values that have been tailored towards your individual goals. The benefits of training in each default zone are shown in the following table.

Heart rate zone	Default setting	Main benefit
Zone 1 (Fitness zone)	60 - 70% of maximum heart rate	Improves your basic endurance, and helps you to recover from harder training sessions. Can also be used in weight control (fat burning zone).
Zone 2 (Aerobic zone)	70 - 80% of maximum heart rate	Improves your aerobic capacity. This is the preferred zone if you are training for an endurance event.
Zone 3 (Threshold Zone)	80 - 90% of maximum heart rate	Improves your maximum aerobic capacity and lactate tolerance ability (anaerobic threshold) - meaning your maximum endurance will improve and you'll be able to fight fatigue better.

NOTE

The heart rate zone defaults follow the guidelines of the American College of Sports Medicine for exercise prescription.

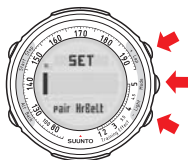
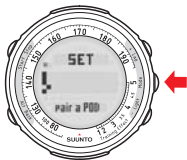
The average heart rate is also a useful measure during training where the heart rate levels vary a lot, such as biking in hilly terrain. In these cases, the target zone limits are less practical than the average heart rate.

2.5.4. Intervals settings

In the Intervals menu, you can set interval 1 and 2 on or off and define their times. You can also set the warm-up timer on or off and define its time. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

2.5.5. Pair a POD settings

In the Pair a POD menu, you can pair your Suunto t4 with your heart rate transmitter belt, Suunto Foot POD, Suunto Bike POD or Suunto GPS POD.



Select the POD you want to pair using + and - buttons.

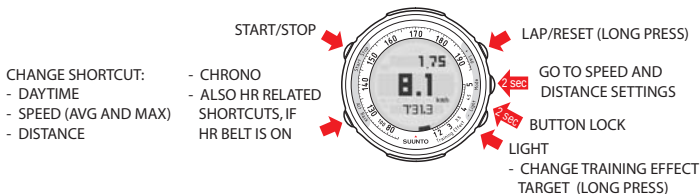
Accept with the MODE button then turn on the POD you want to pair.

NOTE

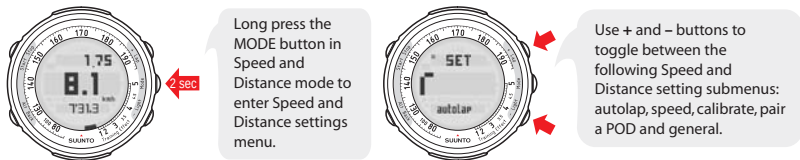
After pairing, or if you should loose the connection to the POD, re-enter Training mode to view the POD's readings.

2.6. Speed and Distance mode

The Speed and Distance mode is available when you have paired an optional speed and distance POD with your Suunto t4. Here you can see the functionality of the buttons used in Speed and Distance mode.



To recap, this figure shows how to enter the Speed and Distance mode settings menu and its different items.



Take a look at the following table showing the different Speed and Distance mode settings and the items you can define in them.

Symbol	Setting	Options											
	Autolap	Autolap: on/off	Distance										
	Speed	Limits: on/off	Lower limit	Upper limit									
	Calibrate	Calibrate: Foot POD/ Bike POD											
	Pair a POD	Pair: heart rate belt / Foot POD / Bike POD / GPS POD											
	General	Tones: on/off	Heart rate: bpm/ %	Height: cm/ft	Weight: kg/lb	Time: 12h/24h	Date: ddmm/ mmdd	Save: ask/all	Foot, Bike or GPS: /km, mph, /mi, km/h				

2.6.1. Autolap settings

In the Autolap menu, you can set the autolap function on or off and set the distance for each lap. When autolap is set on, and you have a paired speed and distance POD, the device beeps and shows total distance, average lap speed, and lap time for 5 seconds with each lap.

2.6.2. Speed settings

In the Speed menu, you can set the speed limit on or off and define the upper and lower speed limits.

2.6.3. Calibrate settings

In the Calibrate menu, you can calibrate your Suunto Foot POD or Suunto Bike POD. An alternative way of calibrating your POD is to run or cycle a known distance, say 10 km, using the POD. If you do not reset the stopwatch after completing the distance, you can correct the distance shown, for example 9.6 km, from the settings. The device will then update the calibration value accordingly. The GPS POD is also listed in the Calibrate menu but the calibration has no effect on the GPS POD measurements. You will need this calibration only if you have, for instance, two Bike PODs for different bikes. You can then pair one of them as GPS POD and use the calibration in the same way as you normally would with Bike POD.

2.6.4. Wireless speed and distance PODs

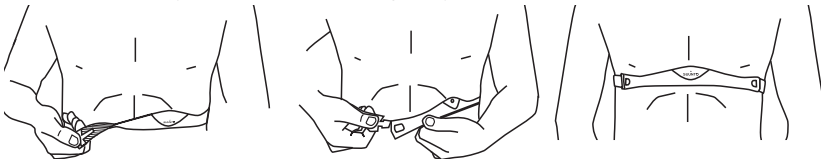
Optional wireless speed and distance PODs are light, easy-to-use, and accurate. Since the devices (Suunto Foot POD, Suunto Bike POD, and Suunto GPS POD) differ from each other, they come with separate user's guides, which you should read for more detailed information on their use. When you have paired and calibrated a speed and distance POD with your Suunto t4, you can take advantage of the Speed and Distance mode, as well as speed and distance-related control functions and information.

3. BEFORE TRAINING

3.1. Putting on the heart rate transmitter belt

The heart rate transmitter belt is an integral part of Suunto t4's functionality, so it's important that you know how to wear it correctly.

We recommend that you wear the transmitter against your bare skin to ensure flawless operation.



- The electrodes must be wet during the exercise. Raise the transmitter a little off your chest and moisten the electrode area on the side in contact with your skin.
- Check that the wet electrode areas are firmly against your skin and that the logo is in a central upright position.
- Enter Training mode. (Your heart rate will not be visible until you enter Training mode.)

Whenever you enter Training mode or start the stopwatch, your Suunto t4 automatically searches for signals from a heart rate belt or paired speed and distance POD.

After switching to Training mode, Suunto t4 displays "HR" while it is seeking the HR belt signal.



Instead of your heart rate, "HR" is shown in the center of the display if no heart rate belt is found.



Once the device has found the signals, your heart rate or speed and distance information will be displayed in the center of the screen.

NOTE

For detailed instructions on how to pair and calibrate your optional speed and distance POD, please refer to the POD's own user's guide.

3.2. Heart rate signal troubleshooting

If you can't see a heart rate signal, make sure you've paired the heart rate transmitter belt, see *Section 2.5.5. Pair a POD settings.*

If you lose the signal, try the following steps to fix the problem.

- Exit and then re-enter Training mode.
- Make sure that you are wearing the heart rate transmitter belt correctly. (See *Section 3.1. Putting on the heart rate transmitter belt*)
- Ensure that the electrode area on the back of the belt is slightly wet.

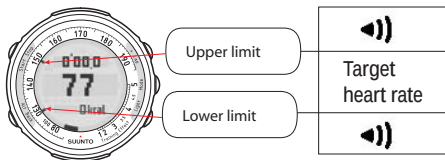
- If you have been using the belt for some time, the battery may need changing. For instructions on how to change the transmitter belt's battery, see *Section 7.3.2. Replacing the battery of the heart rate belt.*

3.3. Heart rate limit settings

In the Heart Rate Limit menu, you can set the heart rate limits on or off, define the upper and lower limits, and set the heart rate alarm on or off. You can set the heart rate limits to help you stay within a defined heart rate range, which you can set to match the goal of your training.

While training, your real-time heart rate can be displayed in the center of the screen. If the average heart rate shortcut is selected, your real-time average heart rate of the entire log at that point is displayed in the bottom row as either beats per minute or a percentage of your maximum heart rate. In the Settings menu, you can set alarms to notify you when you go above your set upper heart rate or below the set lower heart rate.

When you have reached the set HR limit, the alarm turns on. If you don't lower the HR within 4 minutes, the alarm turns off automatically.



When the Limit alarm is on, Suunto t4 gives you an alarm when your heart rate rises above the upper limit or drops below the lower limit. The alarm continues for 4 minutes until you return to your target heart rate range.

By checking your average heart rate you can adjust your training intensity to make sure the session is as effective as possible.

4. TRAINING

Once you have your Suunto t4 set up as you like it, it's time to get out and start training. For detailed information on training and tips on how to maximize its effectiveness, download Suunto Training Guidebook from www.suunto.com/training.

There are four alternative ways to use your Suunto t4 in training: following a training program, manually adjusting your training program, training without targets, and using the Speed and Distance displays.

4.1. Following a training program

If you are following a training program designed for you by Suunto t4's Coach function, the device will provide you with guidance to help you reach your Training Effect target in the recommended time while training. Short press the MODE button in Coach and you will enter Training mode. Pressing the START button then initiates a guided training session.



Press MODE to set guided training session – this moves you to the Training mode.

Press the START button to start the guided training.



The stopwatch and the timer of the training start – keeping you informed on how long you should be exercising to reach target Training Effect.

In Training mode, the following information and guidance will be provided if your training intensity is too low or too high.



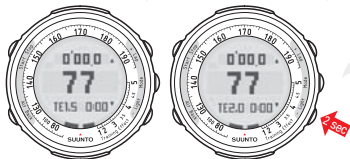
If your pace is too fast, an arrow pointing down will appear telling you to slow down.



If your pace is too slow, an arrow pointing up will appear telling you to speed up.

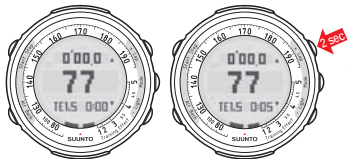
4.2. Manually adjusting your training program

You can increase the Training Effect target by long pressing the - button while the Training Effect shortcut is displayed. This automatically updates the recommended duration of the session.



Long press the - button to increase the Training Effect target.

When the stopwatch has been reset, you can change the target time by long pressing the + button.

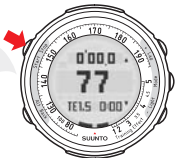


Long press the + button when the Training Effect shortcut is chosen and the stopwatch has been reset, to increase the target time.

4.3. Training without set targets

The stopwatch is activated by short pressing the START button in Training mode. It can be seen in the top row in Training mode. The information from the training that you time with the stopwatch, such as heart rate and calorie consumption, is stored and can later be seen in Totals and Logbook. **Therefore, you should activate the stopwatch, and ensure you have a heart rate reading, whenever you start a training session.**

Pressing the START button starts the stopwatch.



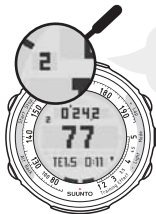
Pressing the START button again, stops the stopwatch.



Pressing the + button, when the stopwatch is running, stores the split time and displays it in the top row of the Suunto t4. It also displays the average heart rate and shows the lap time. After 3 seconds, the display jumps back to the stopwatch.



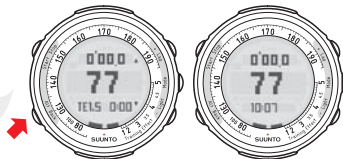
This number indicates the ongoing lap.



While training, the stopwatch displays either the real-time Training Effect or heart rate in the center of the screen. You can switch between the two by long pressing the BACK button.

The information that is displayed while the stopwatch is running depends on the device's settings as well as on whether there is a speed and distance POD connected. The default shortcut, which appears on the bottom row of the display, is the Training Effect target.

Pressing the BACK button changes the shortcut at the bottom of the display. Some shortcuts are only available when connected to speed and distance POD.



After you have stopped the stopwatch, you can reset it by long pressing the + button. The Suunto t4 asks if you want to save the log and resets the stopwatch.



If you answer "no", you will see the following view.



If you answer "yes", the log will be deleted.

The Logbook saves a place for 15 logs. If you choose not to save the most recent log, you will see only 14 previous logs in the Totals.

You can have logs saved automatically. After resetting the stopwatch, go to Time mode settings, select the General menu and the Save submenu, and select "all" instead of "ask".

If your peak heart rate in the most recent session exceeded the maximum heart rate defined in Personal Settings, Suunto t4 will ask if you want to update your maximum heart rate value after resetting the stopwatch and saving your log.

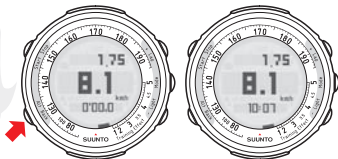


If you want to update your maximum heart rate, press the – button. Pressing the BACK button takes you back to Training mode without updating your maximum heart rate.

4.4. Using the Speed and Distance displays

While training, the Speed and Distance mode provides additional information to help you monitor and adjust your training. The top row displays distance information, the center row displays speed information, (in whichever format was chosen in General settings), and the bottom row displays different information, for example, maximum speed during the lap, depending on the shortcut selected.

Pressing the BACK button changes the shortcut at the bottom of the display.



NOTE

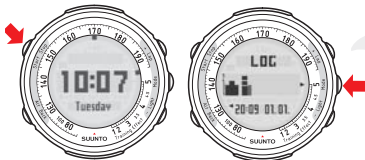
If Autolap is set off, the average speed shown is the average speed from the start of the previous lap and the lap time is the time from the start of the last lap.

5. AFTER TRAINING

Once you have finished your training, your Suunto t4 can provide you with detailed information on your performance. In this section, we'll look at the Logbook and Totals functions, as well as Suunto's online training community, www.suunto.com/training.

5.1. Training Logbook

Immediately after finishing your training, one of the first things you'll want to do is review all the data recorded during the session. You can see your Training Effect, peak heart rate, average heart rate, how many calories you burned, speed and distance information (if using an optional speed or distance POD) and more in the Logbook submenu. The Logbook can be accessed by short pressing the START button in Time mode. You can use the -, +, MODE and BACK buttons to navigate in the menu.



Press the MODE button to scroll through the logs. Use the + and - buttons to view the summary of a particular log: Training Effect, average and peak heart rate etc. Move back in the summary using the BACK button.

Depending whether you had set the heart rate limits or heart rate zones on or off during the training, the Logbook will display information relating to either heart rate zones or heart rate limits, or neither if both were turned off or your Training Effect was less than 1.1.

The logbook stores all the information from your last 15 training sessions. After 15 logs have been saved, the latest one will overwrite the oldest one. You can also delete all logs by putting the unit into sleep mode. See *Section 5.4. Sleep mode*.

If you are interested in more detailed, long-term analysis, you might be interested in Suunto's PC software. You can use it to view in-depth figures, statistics, and graphical representations of all the training sessions performed with your Suunto t4. Please see www.suunto.com/training for more details.

NOTE

To download your logs to a PC, you will need the Suunto PC POD, which is available as an accessory. The Suunto PC POD enables simultaneous real time monitoring of up to three athletes on a PC screen.

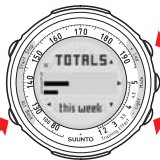
5.2. Training Totals

In addition to detailed information on your last 15 training sessions, Suunto t4 stores all the accumulated data recorded this week (Monday - Sunday), last week, and for the last 6 months. This information can be seen in the Totals submode, which is accessed by short pressing the **+** button in Time mode.

When in the Totals submode, use the **+** and **-** buttons to choose the period you wish the view. The **MODE** and **BACK** buttons are used to view the different totals, for example Training Effect total, calorie consumption totals, and distance totals. The following figure shows how to navigate within the Totals menu. You can quick exit Totals by pressing the **START** button.



Press the + button in Time mode to view the totals of your training. Long press MODE button to exit the Totals.



Pressing the MODE button takes you through your training totals for this week: number of workouts, training time, calories etc.

In each display, you can use the + and – buttons to change between the view for this week, last week, and for each month for the past 6 months.

Press the BACK button to return to the previous display.

NOTE

In the Week view of the Training Effect totals, as in the above figure, each dot represents 15 minutes of training. In the Month view, each dot represents one hour of training.

Once you have reviewed your data, you can exit Totals by long pressing the MODE or BACK button. You can also exit Totals at any time by short pressing the START button (quick exit function).

5.3. Suunto Training World

Suunto Training World, Suunto's training-specific Web site, is dedicated to helping athletes and fitness enthusiasts at all levels achieve their goals. You'll find this site the perfect training partner for running, cycling, aerobics, spinning, walking and the whole range of endurance and team sports.

Whether you're working toward a marathon, or aiming for weight loss and a healthy heart, Suunto Training World is a valuable resource for tips, news and inspiration.

Take a tour of the site at www.suunto.com/training. Learn about new Suunto training products, gather training tips, participate in discussions, keep abreast of training news, and motivate yourself with the stories of Suunto Ambassadors.

5.4. Sleep mode

You can switch your Suunto t4 into sleep mode to save battery and to erase all information in the Suunto Coach, Logbook and Totals. Your personal values will be saved.

Switch to sleep mode by long pressing the START, BACK, + and - buttons simultaneously. To reactivate your Suunto t4, press any button.

6. WARRANTY

For warranty information and additional care and maintenance instructions please refer to the separate "Warranty, Care and Maintenance - Wristop Computers" leaflet.

7. CARE AND MAINTENANCE

Your Suunto t4 is a precision instrument. By following a few common sense points, you can maximize the life of your device. If your Suunto t4 does require servicing, you should take it to your nearest Suunto representative. This section also describes the steps to follow when replacing the battery in both your Suunto t4 and the transmitter belt.

7.1. General instructions

- Only perform the procedures described in this user's guide.
- Never attempt to disassemble or service your Suunto t4.

- Always protect your Suunto t4 from shocks, hard and sharp objects, extreme heat and prolonged exposure to direct sunlight.
- If not in use, store your Suunto t4 in a clean and dry environment at room temperature.
- In order to prevent the face from becoming scratched, the device should not be stored in the bottom of a bag or other place where it could come into contact with hard objects.

NOTE

In case the face becomes scratched, you can use Polywatch cream to eliminate most of the scratches if not all. The Polywatch cream will be available at your authorized Suunto dealer, in most of the watches stores and on Suunto web-shop (www.suunto.com/shop).

- You can wipe your Suunto t4 clean with a cloth lightly moistened with warm water. If there are stubborn stains or marks, you can apply mild soap to the area.
- Do not expose your Suunto t4 to strong chemicals, such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, adhesives and paint, as they will damage the unit's seals, case and finish.

7.2. Water resistance

Your Suunto t4 is water resistant up to 30 m/100 ft and the transmitter belt to 20m/66ft according to ISO 2281 standard (www.iso.ch). This means that you can use your Suunto t4 for swimming and other water sports activities but you must not use it for scuba diving or freediving.

To maintain water resistance and to ensure that the warranty remains valid, we strongly recommend that you have all service, except for battery change, performed by authorized Suunto service personnel.

NOTE

Never push the buttons while swimming or in contact with water. Pressing the buttons while the unit is submerged could cause the unit to malfunction.

NOTE

Even though both the Suunto t4 and the transmitter belt are water-resistant, the radio signal does not carry in water, which makes the communication between Suunto t4 and the transmitter belt impossible.

7.3. Replacing the battery

Your Suunto t4 operates on a 3-Volt lithium cell, type: CR 2032. The life expectancy is approximately 12 months of operation with an average of 4 hours of training a week. The higher your average amount of training hours a week, the shorter the battery's life expectancy will be. Your Suunto t4 will display the symbol  when the battery starts running low.

NOTE

To reduce the risk of fire or burns, do not crush, puncture or dispose of used batteries in fire or water. Only replace them with manufacturer-specified batteries. Recycle or dispose of used batteries properly.

7.3.1. Replacing the battery of the Suunto t4

To replace the battery:

1. Use a coin to open the battery compartment on the back of your device. Ensure that the O ring and all surfaces are clean and dry.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. Slide the battery gently against the contact plate on the side, ensuring that it does not break or bend out of place.
5. When replacing the cover, rotate it carefully counter-clockwise with your thumb in order to align the threads. The cover should rotate easily at first without having to use force. If you have to use force right at the start, the threads are misaligned and may be damaged.

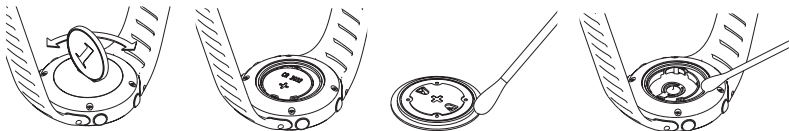
6. Perform the final tightening with a suitably sized coin.

NOTE

The markings on the cover may be left unaligned once the cover has been tightened. If the old cover is undamaged, it does not need to be replaced.

NOTE

If the threads of the battery compartment cover are damaged, please send your device to an authorized Suunto representative for service.



NOTE

Replace the battery with extreme care to ensure that your Suunto t4 remains water resistant. Careless battery replacement may void the warranty.

NOTE

Heavy use of the backlight will significantly reduce battery life.

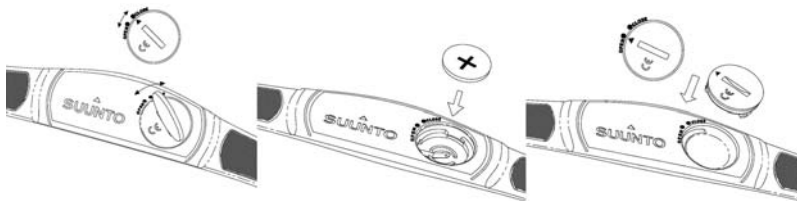
7.3.2. Replacing the battery of the heart rate belt

The average expected battery life of the transmitter belt is 300 hours of use in ideal operating temperatures. If your Suunto t4 does not receive a signal when the transmitter belt is active, you might need to replace the battery.

To replace the battery:

1. Use a coin to open the battery compartment cover on the backside of the transmitter belt. Ensure that the O ring and all surfaces are clean and dry. Do not stretch the O ring.

2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. With the O ring in the correct position, replace the battery compartment cover.



NOTE

We recommend that you replace the battery cover and the O ring simultaneously with the battery to ensure that the transmitter remains clean and water-resistant. Replacement covers are available with replacement batteries.

NOTE

Battery covers of the transmitter belt and Suunto t4 are not interchangeable.

8. TECHNICAL SPECIFICATIONS

General

- Operating temperature: -20°C to +60°C/-5°F to +140°F
- Storage temperature: -30°C to +60°C/-22°F to +140°F
- Weight: 45 g/50 g/65 g (depending on the strap)
- Water-resistance: 30 m/100 ft (ISO 2281)
- User replaceable battery CR2032

Calendar clock

- Resolution: 1 s. Programmed until 2050

Stopwatch

- Stopwatch range: 99 hours. Lap time range: 99 hours. Lap/split times: 50/log
- Resolution: 0.1 s

Heart rate data

- Display range: 30 - 240 bpm
- Heart rate limits: 30 - 230 bpm
- Maximum heart rate for percentage display: 240 bpm

Transmitter belt

- Water-resistance: 20 m/66 ft (ISO 2281)
- Weight: 61 g
- Frequency: 2.465 GHz Suunto ANT compatible
- Transmission range: Up to 10 m/30 ft
- User-replaceable battery: CR2032

9. INTELLECTUAL PROPERTY

9.1. Trademark

Suunto, Suunto t4, Replacing Luck, their logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved. Firstbeat & Analyzed by Firstbeat are registered or unregistered trademarks of Firstbeat Technologies Ltd. All rights reserved.

9.2. Patent notice

This product is protected by the following patents and patent applications and their corresponding national rights: US 11/432,380, US 11/181,836, US 11/169712, FI 20065147, US 11/154,444, US 10/523,156, US 10/515,170 and EU Design 000528005-0001/000528005-0010.

10. DISCLAIMERS

10.1. User's responsibility

This instrument is intended for recreational use only. Suunto t4 must not be used as a substitute for obtaining measurements that require professional or laboratory-quality precision.

10.2. Warnings

If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before you start using a transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when used simultaneously.

Exercise may include some risk, especially for those who have been sedentary. We strongly advise consulting your doctor prior to beginning a regular exercise program.

10.3. CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/ EEC.

10.4. ICES

This Class [B] digital apparatus complies with Canadian ICES-003.

10.5. FCC compliance

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto representative or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

1. This device cannot cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void the warranty.

Tested to comply with FCC standards.

For home or office use.

FCC WARNING: Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.

11. DISPOSAL OF THE DEVICE

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.



CUSTOMER SERVICE CONTACTS

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Suunto website www.suunto.com

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