

**TIMEX  
SLEEK  
150  
Lap  
Watch**



## TIMEX SLEEK 150 Lap Watch User Guide

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# TIMEX

**TIMEX SLEEK 150 Lap Watch**



## Product Specifications

- **Model:** SLEEK 150
- **Product Code:** ENB-8-B-1054-01
- **Display:** Dot-Matrix LCD with Tap Screen™ Technology
- **Battery:** Lithium-polymer
- **Water Resistance:** 50 meters

## FAQ

### Frequently Asked Questions

- **Q:** Can I replace the battery myself?
  - **A:** No, the watch button cell or coin battery should only be replaced by a jeweler or professional.
- **Q:** Is the watch suitable for individuals with serious heart conditions?
  - **A:** No, it is not recommended for such individuals. Consult your physician before using the watch for exercise programs.
- **Q:** How do I enter Power-Saving mode?
  - **A:** Press and hold the BACK button for four seconds to enter or exit Power-Saving mode.

## SAFETY INFORMATION



1. INGESTION HAZARD: This product contains a button cell or coin battery.
  2. DEATH or serious injury can occur if ingested.
  3. A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
  4. KEEP new and used batteries OUT OF REACH of CHILDREN
  5. Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
  - Even used batteries may cause severe injury or death.
  - Call a local poison control center for treatment information.
  - **Battery type:** lithium metal, CR2025.
  - **Nominal battery voltage:** 3.0 V
  - Non-rechargeable batteries are not to be recharged.
  - Do not force discharge, recharge, disassemble, heat above 158°F (70°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
  - Ensure the batteries are installed correctly according to polarity (+ and -).
  - Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon zinc, or rechargeable batteries.
  - Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
  - Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Thank you for purchasing the TIMEX® IRONMAN® Sleek™ 150 watch! Read this User Guide to learn more about this exciting product.

Be sure to visit <http://www.Timex.com> for the latest product information, instructional videos, and other features.

## IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

1. To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:
  - Do not leave the unit exposed to a heat source or in a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
  - Do not puncture or incinerate the unit.
  - When storing the unit for an extended time, keep it in the 32 to 77°F (0 to 25°C) temperature range.
  - The watch button cell or coin battery is not intended to be replaced by a consumer. Only a jeweler or other professional is to replace the battery.
  - Do not operate the unit outside the -4 to 131°F (-20 to 55°C) temperature range.

- Contact your local waste disposal department to properly recycle or dispose of the unit or its battery.
2. This unit is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning or modifying an exercise program.
  3. Do not attempt to read the unit's display while moving: this is unsafe and distracting, and could result in an accident or collision. Read the display only when you can safely do so. See the instructions for details.

## INTRODUCING THE WATCH

The TIMEX® IRONMAN® Sleek™ 150 watch operates through its control buttons, menu-driven interface, dot-matrix LCD display, and Timex Tap Screen™ technology.



### MAIN (≡↶)

- Opens the main menu, selects a highlighted menu item, or selects the next screen item.

### BACK (↷)

- Returns to the previous level in the menu. Press repeatedly to return to the Time-of-Day display. Press and hold for four seconds to enter/exit Power-Saving mode.

### UP / DOWN (^, v)

- Scrolls to select from displayed items, or rotates through available selections.

### INDIGLO® NIGHT-LIGHT (☼)

- Press to activate the display's INDIGLO® night-light for several seconds.
- Press and hold for four seconds (the watch beeps) to activate (or deactivate) Night Mode®, feature in which any button press turns on the night-light for several seconds.
- Press and hold for ten seconds to turn the night-light off.

## DOT-MATRIX LCD DISPLAY WITH TAP SCREEN™ TECHNOLOGY (TAP)

- Tap the display with one or more fingers to start or stop timing when using the watch's Chronograph, Interval Timer, or Timer.


## STATUS INDICATORS

Various status indicators appear in the watch display according to current function.








- **Row 1:** (left to right): Chronograph, Timer Hourglass, Alarm Clock, Target Timer, Drink Timer, Eat Timer, Lock/Unlock.
- **Row 2:** (left to right): Page Scroll, Run, Stop, Lap, Tap.

## POWER-SAVING MODE

- Press and hold BACK (  ) for four seconds to enter (or exit) Power-Saving mode. The display is off in this mode, but press any key to see the Time-of-Day display for several seconds.
























## NAVIGATING THE MENUS



1. Press MAIN  to open the watch's main menu.
2. Press UP  or DOWN  to highlight menu items.
3. Press MAIN  to select the highlighted item.
4. Press BACK  to exit, finish, or return to the previous menu (depending on the operation), or press repeatedly to return to the Time-of-Day display.

## SETTING UP THE WATCH

Before you can use your watch, you need to set the time and date, and can also configure other watch behaviors.

1. Press MAIN  to open the watch's main menu.
2. Use DOWN  to highlight SETUP, and press MAIN  to select.
3. Press MAIN  to select TIME, press MAIN  again to select TIME 1, then press MAIN  once more to select TIME.
  - **NOTE:** You can set TIME 2 to a different time zone, and toggle between time zones by pressing and holding UP .
4. Use UP  and DOWN  to set the hour, then press MAIN to highlight minutes.
5. Use the same method to set minutes, seconds, and AM/PM.
6. Press DOWN  to highlight DATE, then press MAIN  to select.
7. Use UP , DOWN , and MAIN  to set the month, day, and year.
8. Press DOWN  to highlight FORMAT, then press MAIN  to select.
9. Use UP , DOWN , and MAIN  to set the hour and date formats.
10. Press BACK  repeatedly to return to the SETUP menu, use DOWN  to highlight SYSTEM, then press MAIN  to select.
11. From the SYSTEM menu, you can set the force needed for tapping the display, enable the Eat Timer, Drink timers, hourly chime, and display contrast.
12. Press BACK  to exit, finish, or return to the previous menu (depending on the operation), or press repeatedly to return to the Time-of-Day display.

## RUNNING WITH A CHRONOGRAPH












The watch's Chronograph function can record up to 99 laps and 50 split times, with a total time of nearly 100 hours.

### WHAT ARE LAP AND SPLIT TIMES?

- Pacing yourself is very important in a running or walking workout. Breaking your workout into small segments such as laps or splits can help you more easily achieve your overall target time.
- Lap time is the length of an individual segment of your workout (usually a repeated segment, such as a lap around a track). Split time is the total elapsed time from the beginning of your workout through the current segment.
- When you "take a split", you have completed timing one segment (such as one lap) of the workout, and are now timing the next segment.
- This figure illustrates lap and split times for a typical workout in which four laps/splits were taken:







LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

## RUNNING A CHRONOGRAPH WORKOUT

1. Press MAIN  to open the main menu. Press MAIN  again to select CHRONO.
2. Press MAIN  or tap the display to start the workout.
3. Press DOWN  or tap the display to mark the lap and split time (  icon appears).
4. Press UP  to scroll through display configurations for lap number, split time, and lap time.
  - **HINT:** Tap firmly using as much of your fingertips as possible.
  - **NOTE:** If you are using Target Time (see below), the display will show AHEAD OF TARGET, ON PACE, or BEHIND TARGET, along with any time difference.
5. Press UP  or BACK , or wait about eight seconds to return to the running Chronograph display.
6. Press MAIN  to pause the workout. Press MAIN  or tap to resume, or press DOWN  to SAVE or DISCARD the workout data.

## USING TARGET TIMES

The watch's Target Time feature lets you set a target pace and optional target distance for your workout. When you take lap splits, the watch then sounds an alert and shows whether you are on, ahead of, or behind your target pace. Use this feature in a workout or a race to make sure you stay on your target pace.

1. Press MAIN  to open the main menu, then use DOWN  and MAIN  to select SETUP > TRG TIME.
2. Use UP , DOWN , and MAIN  to select, enable, and set TRG PACE (target pace), RANGE (+/- tolerance in the target pace), and TRG DIST (optional target distance).









## NOTE

- When target pace and target distance are entered, the watch displays the resulting total expected finish time for the workout as TRG TOTAL FINISH.

## USING THE EAT OR DRINK TIMER

Use the watch's Eat Timer or Drink Timer to remind yourself to eat or drink a specific period after you begin a

workout.

1. Press MAIN  to open the main menu, then use DOWN  and MAIN  to select SETUP > SYSTEM > EAT TIMER or DRINK TMR.
2. Press UP  or DOWN  to select ON. Press MAIN  to select.
3. Use UP , DOWN , and MAIN to set the timer.

## RUN/WALK TRAINING WITH INTERVALS

### BENEFITS OF INTERVAL TRAINING

Interval workouts are powerful tools for targeting and training to improve running speed, endurance, and threshold. Periods of heavy activity such as running interspersed with recovery periods of lesser activity such as walking help you train longer and more intensely. Combining aerobic and anaerobic activity in this way helps you:









- Target workouts for improving speed, cardiovascular and muscular endurance, and other qualities.
- Improve your body's processing of lactic acid.
- Reduce the risk of injury.

**For best results, set up your interval workouts to train for a specific quality:**





- To train for endurance, you might set up a classic 1-mile repeat workout: three or four repetitions of a 1-mile interval at about half-marathon pace, each followed by a 1/4-mile walking recovery.
- To train for speed, you might run sets of 4 x 400m: run a fast 400m interval at slightly more than race pace, followed by a 2-minute slow jog recovery, and repeat both intervals four times.
- To train for speed and endurance, consider the fartlek workout ("speed play" in Swedish), which combines periods of fast and slow running.

Your watch's interval timer can track times and distances for two workouts of up to eight intervals each. Each interval can be repeated up to 99 times.


### SETTING UP AN INTERVAL WORKOUT

1. Press MAIN  to open the main menu, then use DOWN  and MAIN  to select INTERVALS.
2. Use DOWN  and MAIN  to select SETUP, then WORKOUT 1 or WORKOUT 2.
3. Use UP , DOWN , and MAIN  to select, enable, and set WARMUP time, up to six intervals, and COOL DOWN time.

### RUNNING AN INTERVAL WORKOUT

1. Press MAIN  to open the main menu, then use DOWN  and MAIN  to select INTERVALS > WORKOUT 1 or WORKOUT 2.
  - **NOTE:** You can also select INTERVALS > SETUP to configure WORKOUT 1 or 2 (see above).
2. Press MAIN  to begin timing the workout.







3. The interval timer then begins. The alert sounds at the start of each new interval. Press UP  to rotate through the available interval displays.

- **NOTE:** Use the Drink Timer to remain properly hydrated through your workout.







## RUNNING A TIMER WORKOUT

### SETTING UP A TIMER WORKOUT

Use the watch's Timer for simple workouts of a preset length. You can also use the Timer for purposes such as tracking cooking times, watering the garden, and so on.

1. Press MAIN to open the main menu, then use DOWN  and MAIN  to select TIMERS > SETUP > TIMER 1 or TIMER 2.
2. Use UP , DOWN , and MAIN to set the timer.









### RUNNING A TIMER WORKOUT

1. Press MAIN  to open the main menu, then use DOWN  and MAIN  to select TIMERS > TIMER 1 or TIMER 2.
- **NOTE:** You can also select TIMERS > SETUP to configure TIMER 1 or 2 (see above).
2. Press MAIN to display the timer, then press MAIN  again to start the timer.
3. Press MAIN to pause the workout, then use DOWN  and MAIN  to RESUME or RESET the timer.








### REVIEWING WORKOUTS

- The watch can store up to five Chronograph or Interval Timer workouts. You can then use the Review function to view the data and track your progress.











### REVIEWING THE WORKOUT SUMMARY

1. Press MAIN  to open the main menu, then use DOWN and MAIN  to select REVIEW.
2. Use UP , DOWN , and MAIN  to select the day and time of the workout to review.
3. Use UP  and DOWN  to move through the data displays, or wait for the displays to cycle automatically.
4. Press MAIN  to LOCK or UNLOCK the workout. A locked workout cannot be overwritten.




### LOCKING OR UNLOCKING A WORKOUT

1. Press MAIN to open the main menu, then use DOWN  and MAIN  to select REVIEW.
2. Use UP , DOWN , and MAIN  to select the day and time of the workout to review.
3. Press MAIN, then UP  or DOWN  to select LOCK or UNLOCK, then MAIN again to select.

### DELETING A WORKOUT

1. Press MAIN  to open the main menu, then use DOWN  and MAIN  to select REVIEW.
2. Use UP , DOWN , and MAIN  to select the day and time of the workout to review.
3. Press DELETE, then MAIN , then UP  or DOWN  to select YES, then MAIN  again to delete the workout.

## RESETTING THE WATCH

- The watch can be returned to original factory settings by pressing and holding the UP , DOWN , BACK , and INDIGLO® buttons simultaneously for about four seconds.

**NOTE:** Resetting the watch deletes all of your settings and workout (even if locked).

## WATER RESISTANCE

- The TIMEX® IRONMAN® Sleek™ 150 watch is water resistant to 100 meters (328 ft).

Water-Resistance Depth	p.s.i.a. *Water Pressure Below Surface
100m/328 ft	86

\*pounds per square inch absolute

**WARNING:** To maintain water resistance, do not press any buttons under water.

- The watch is water-resistant only as long as its lens, push buttons, and case remain intact.
- The watch should not be used for diving.
- Rinse the watch with fresh water after exposure to salt water or perspiration.

## OTHER SAFETY AND PRECAUTION NOTICES

### RECYCLE

- Always return your used electronic products, batteries, and packaging materials to dedicated collection points.

## WARRANTY


### TIMEX® INTERNATIONAL WARRANTY

- [www.timex.com/pages/warranty-repair](http://www.timex.com/pages/warranty-repair)

Register your product at [www.timex.com](http://www.timex.com)

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## Documents / Resources

	<a href="#">TIMEX SLEEK 150 Lap Watch</a> [pdf] User Guide SLEEK 150 Lap Watch, SLEEK 150, Lap Watch, Watch
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## References

- [T Watches from Timex | Digital, Analog, & Water Resistant Watches | Timex US](#)
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