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Garmin Training Center before you connect to your computer. See page 61 to install Garmin Training Center. mini-USB port cradle. 2 Forerunner® 205/305 Owner's Manual GETTING STARTED Acquiring Satellite Signals Before you begin using the Forerunner, you must acquire GPS satellite signals. To acquire satellite signals, go outdoors away from tall buildings and trees. Acquiring satellite ...

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provides improved tracking under trees and near tall buildings. Forerunner 305 also sports a robust ANT+® wireless heart rate monitor with softer, more comfortable chest strap and superior battery life. It eliminates cross-talk with ...

Forerunner® 305 | Garmin

Enter a minimum and maximum pace/speed for that zone. 4. Repeat step 3 for each zone you want to change. Forerunner 205/305 Owner's Manual ®
Setting Heart Rate Zones NOTE: Heart rate zones are a feature of the Forerunner 305 only. Page 56 3.
Select the Zones field. Then select Custom. 4. In any heart rate zone, select a heart rate value you ...

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