

Polar M430

Always ready for your run.

POLAR

Combining best-in-class GPS with advanced running metrics, but now with the freedom of optical heart rate technology, the Polar M430 stands as our flagship running product. With a personalized running program to support your goals for the season and enhanced activity analysis to keep track of your day, the Polar M430 is with you every step of the way.

Key Benefits:

Optical Heart Rate	• Continuous, accurate heart rate without a chest strap via a 6 LED optical sensor.
Integrated GPS	• Speed, distance, pace and route tracking.
24/7 Activity Tracking	• Track your daily activity, including steps, calories and sleep with the guidance to help you reach your activity goal.
Mobile Connectivity	• Seamless communication via Bluetooth Smart to Polar Flow app on your mobile device.
Vibration Alerts	• Be alerted with vibrating smart notifications of incoming calls, messages or during training and periods of inactivity.
Rechargeable Battery	• Three different GPS recording options to choose from allow for 8 hours to nearly 30 hours of training time.



Smart Coaching

Polar's unique Smart Coaching features offer the best possible guidance on how to develop your training as well as helpful feedback on your progress.



Wrist-Based Heart Rate

Display your current heart rate and what heart rate zone you're in, without a chest strap. The M430 is also compatible with the H10 heart rate sensor.



Running Program

Whether training to set a personal best in a 5k or running your first marathon, set a race target and let our online program guide you towards your goal.



Training Benefit

Delivers motivating feedback immediately after the run describing the effect of the training session.



Running Index

Calculated after every run and based on your heart rate and speed data, Running Index allows one to see how efficient their running is.



Fitness Test

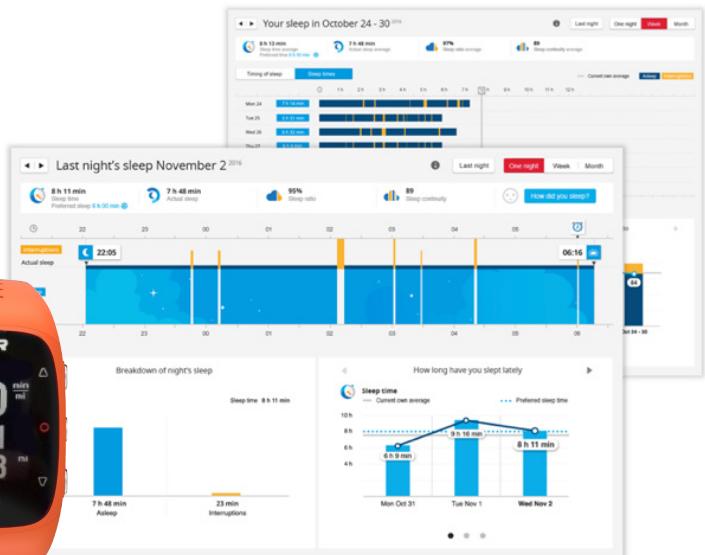
An easy 5 minute test that measures your aerobic fitness. Taking the test regularly allows you to track your progress.

Wrist Based Running Metrics

Running indoors and want to track your speed and distance?

The M430 can do so based on the movement of your wrist!

With its built-in accelerometer, it can provide your pace, distance along with your running cadence, an important tool for developing running efficiency.



Daily Activity

In addition to the active time, steps and calories it records, the M430 will now offer improved sleep analysis, both on the watch and on the Flow website.

With the daily activity guidance it offers and the notifications it provides if stationary for too long, the M430 is perfect for those who want a true 24/7 companion.

Polar M430

- Polar M430 training computer
- Custom USB cable
- Getting started guide

MSRP - \$229.95

In the box

M430 Grey

Item Number: 90064401
UPC Number: 72588203873 5

M430 Orange

Item Number: 90064408
UPC Number: 72588203879 7

M430 White

Item Number: 90064405
UPC Number: 72588203876 6





Polar Flow web service and mobile application

Working towards a fitness goal requires guidance and insight. To meet those goals safely and make your fitness approach a successful one, it is important to utilize tools that will provide the analysis you need to achieve more.

The Polar Flow web service and mobile app consists of a community of people just like you who want to get more out of their exercise. Whether you want to simply keep track of your daily activity or analyze their latest training session, Flow provides the information you'll need to keep you on track.

BEFORE YOUR RUN

Need help training for a race? Use the Polar Running Program to help you along the way! Simply select the distance and date of your race and let Polar guide you towards your goal.

Start program for running event

Choose your event

Schedule your program

Program name: NYC Marathon

When is your event? 11-06-2016

Program starts: 06-01-2016

Your current physical activity level

On average, how often do you train per week?

- Light exercise every now and then
- 1-2 times a week
- 3-4 times a week
- 5-6 times a week**
- More than 8 times a week

On average, how long are your training sessions?

- Under 30 minutes at a time
- 30-45 minutes at a time**
- 45-60 minutes at a time
- More than 60 minutes at a time

On average, how would you describe the intensity of your physical activity? How does it feel for you?

- Very light: no sweating or shortness of breath
- Light: slight sweating and shortness of breath
- Early strenuous: moderate sweating and shortness of breath**
- Strenuous: plenty of sweating and shortness of breath

Diary Recovery Status Balance

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
Medium run 1 h 0 min	Medium run 1 h 0 min	Medium run 1 h 0 min	Interval 0 h 45 min	Interval 0 h 45 min	Core	Long run 1 h 40 min
6	7	8	9	10	11	12
Medium run 1 h 0 min	Strength training	Interval 0 h 45 min	Mobility (static)	Core	Core	Long run 1 h 45 min
13	14	15	16	17	18	19
Medium run 0 h 50 min	Strength training	Interval 0 h 45 min	Mobility (static)	Medium run 0 h 45 min	Core	Long run 1 h 25 min
20	21	22	23	24	25	26
Medium run 0 h 40 min	Strength training	Interval 0 h 30 min	Mobility (static)	Medium run 0 h 40 min	Core	Long run 1 h 10 min

DURING YOUR RUN

With the Running Program active, the watch will guide you through a series of training targets based on your heart rate zones and training background.

Training target

Running Interval

06-15-2016 Wednesday

00:40:00 min Duration

Phases

- 1 Warm-up
- 2 Work
- 3 Work
- 4 Work
- 5 Work

Training time in heart rate zones

HR Zone	Time
5	00:07:30
4	00:07:30
3	00:10:40
2	00:07:10
1	00:07:10

Polar M430 Watch Face

11:00 61 0.13 0.00

1 Warm-up 14:00 2 Work 05:00 3 Work 02:00 4 Work 05:00 5 Work 05:00 6 Work 02:00 7 Work 02:00 8 Cool-down 05:00

AFTER THE RUN

Flow Mobile App

View your exercise data when you want, where you want.

Session Overview

Heart Rate response

Training load

Steady state & tempo training

Training Benefit

136bpm HR avg

159bpm HR max

3.75mi Distance

442kcal Calories

28% Fat burn % of cal

Flow Website

Map showing a running route with a red line and elevation profile.

Weekly calendar for June 2016 showing sessions like 'Medium run 1 h 0 min' and 'Mobility (static)'.

Go to your calendar, select an exercise session and review the important metrics you need to reach your fitness goal.

Accustomed to using a 3rd party service like Strava?

Simply link your two accounts and enjoy the best of both worlds!



Polar can provide, in a clear concise manner, data that is both meaningful and insightful. The interpretation of exercise and activity data along with the recommendations it provides, enables users to achieve more.