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Introduction

WARNING
See the Important Safety and Product Information guide in the product box for product warnings and other important information.
Always consult your physician before you begin or modify any exercise program.

Device Overview

| LIGHT | Start to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu. |
| START/STOP | Select to start and stop the timer. Select to choose an option or to acknowledge a message. |
| BACK/LAP | Select to return to the previous screen. Select to record a lap during an activity. |
| DOWN | Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu. |
| UP | Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu. |

GPS Status and Status Icons
For outdoor activities, the status bar turns green when GPS is ready. A flashing icon means the device is searching for a signal or connected device. A solid icon means the signal was found or the device is connected.

Pairing Your Smartphone with Your Device
To use the connected features of the Garmin Swim 2 device, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth™ settings on your smartphone.
1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Bring your smartphone within 10 m (33 ft.) of your device.
3. Select LIGHT to turn on the device.

Training

Going for a Pool Swim
1. From the watch face, select START > Pool Swim.
2. Select your pool size, or enter a custom size.
3. Select START.
4. Start swimming.

The device automatically records swim intervals and lengths.
5. If resting, select LAP to create a rest interval.
The display reverses to white text on a black background, and the rest screen appears.
6. From resting, select LAP to resume swimming and create a new swim interval.

NOTE: You can also use the auto rest feature to have the device automatically create rest intervals (Auto Rest, page 1).
7. Select UP or DOWN to view additional data pages (optional).
8. After you complete your swim, select STOP to stop the activity timer.
9. Select an option:
   • Select Resume to restart the activity timer.
   • Select Save to save the swim and reset the activity timer.
   You can view a summary, or select DOWN to view more data.
   • Select Discard > Yes to delete the swim.

Auto Rest
The auto rest feature is available only for pool swimming. Your device automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the device automatically creates a rest interval. When you resume swimming, the device automatically starts a new swim interval.
You can turn on the auto rest feature in the activity options (Customizing Your Swim Options, page 10).

TIP: For best results using the auto rest feature, minimize your arm motions while resting. If you do not want to use the auto rest feature, you can select LAP to manually mark the beginning and end of each rest interval.

Distance Recording
The Garmin Swim 2 device measures and records distance by completed lengths. The pool size must be correct to display accurate distance (Setting the Pool Size, page 10).

TIP: For accurate results, swim the entire length, and use one stroke type for the entire length. Pause the timer when resting.

TIP: To help the device count your lengths, use a strong push off the wall and glide before your first stroke.

TIP: When doing drills, you must either pause the timer or use the drill logging feature (Training with the Drill Log, page 2).

Training with the Drill Log
The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1 During your pool swim activity, select UP or DOWN to view the drill log screen.
2 Select LAP to start the drill timer.
3 After you complete a drill interval, select LAP.
   The drill timer stops, but the activity timer continues to record the entire swim session.
4 Select a distance for the completed drill.
   Distance increments are based on the pool size selected for the activity profile.
5 Select an option:
   • To start another drill interval, select LAP.
   • To start a swim interval, select UP or DOWN to return to the swim training screens.

Setting a Swim Pace Alert
You can set a target pace for your pool swim. An alert notifies you each time you should turn at the pool wall. For example, if you set a pace target of 2 minutes per 100 m, with a pool length of 25 m, the alert will sound every 30 seconds.

NOTE: Pacing alerts require precise interval timing. For more accurate results when swimming with a pace alert, use the LAP key for rest intervals instead of the auto rest feature.

1 From the watch face, select START > Pool Swim > Options > Alerts > Add New > Pacing.
2 Set the units to meters or yards.
3 Select the time.
   The target pace time appears at the top of the screen.
4 Select START.
   A screen appears indicating how frequently the pacing alert sounds based on the selected pool size.
5 Select BACK twice to return to the timer page.

Editing a Pace Alert During Pool Swimming
1 During your pool swim, hold UP.
2 Select Pacing Alert.
3 Select UP or DOWN to adjust the pace.
4 Select ✔.
   The updated pace time appears.
TIP: To mute the pacing alert, hold UP, and select Mute Pacing Alert.

Workouts
Your device can guide you through multiple-step workouts that include goals for each workout step, such as distance, reps, stroke type, or other metrics. You can create custom pool swim workouts using Garmin Connect and transfer them to your device.

You can create a scheduled training plan using the calendar in Garmin Connect and send the scheduled workouts to your device.

Following a Pool Swim Workout
Your device can guide you through multiple steps in a workout.

NOTE: Before you can download and use a workout, you must have a Garmin Connect account (Pairing Your Smartphone with Your Device, page 1).

1 From the watch face, select START > Pool Swim > Options > Workouts.
2 Select an option:
   • Select My Workouts to do workouts downloaded from Garmin Connect.
   • Select Critical Swim Speed to determine your anaerobic threshold speed.
   • Select Training Calendar to do or view your scheduled workouts.
3 Follow the on-screen instructions.

Creating a Custom Swim Workout on Garmin Connect
Before you can create a workout on the Garmin Connect app, you must have a Garmin Connect account (Garmin Connect, page 9).

1 From the Garmin Connect app, select ☑ or •••.
2 Select Training > Workouts > Create a Workout.
3 Select Pool Swim.
4 Create your custom workout.
5 Select Save.
6 Enter a name for your workout, and select Save.
   The new workout appears in your list of workouts.

NOTE: You can send this workout to your device (Sending a Custom Workout to Your Device, page 2).

Sending a Custom Workout to Your Device
You can send a custom workout you created using the Garmin Connect app to your device (Creating a Custom Swim Workout on Garmin Connect, page 2).

1 From the Garmin Connect app, select ☑ or •••.
2 Select Training > Workouts.
3 Select a workout from the list.
4 Select ▼.
5 Select your compatible device.
6 Follow the on-screen instructions.

Recording a Critical Swim Speed Test
Your Critical Swim Speed (CSS) value is the result of a time-trial-based test. Your CSS is the theoretical speed you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

1 From the watch face, select START > Pool Swim > Options > Workouts > Critical Swim Speed > Do Critical Swim Speed Test.
2 Select DOWN to preview the workout steps.
3 Select Do Test > START.
4 Follow the on-screen instructions.
   A screen appears with your CSS result.
5 Select Accept or Decline.
Restoring a Personal Record
After you have added a few workouts to the training calendar on your device, you can send them to your device. All scheduled workouts sent to the device appear in the calendar widget. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your device whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

About the Training Calendar
The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar widget. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your device whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Viewing Scheduled Workouts
You can view swim workouts scheduled in your training calendar and start a workout.
1. From the watch face, select START > Pool Swim > Workouts > Training Calendar.
   Your scheduled workouts appear, sorted by date.
2. Select a workout.
3. Select an option:
   • To view the steps for the workout, select View.
   • To start the workout, select Do Workout.
4. Start swimming.
5. Wait until the green status bar appears.
6. Select STOP > Save.

Personal Swim Records
When you complete a swim, the device displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances and longest swim.

Viewing Your Personal Records
1. From the watch face, hold UP.
2. Select History > Records.
3. Select a record.
4. Select View Record.

Restoring a Personal Record
You can set each personal record back to the one previously recorded.
1. From the watch face, hold UP.
2. Select History > Records.
3. Select a record to restore.
4. Select Previous > Yes.
   NOTE: This does not delete any saved activities.

Clearing a Personal Record
1. From the watch face, hold UP.
2. Select History > Records.
3. Select a record to delete.
4. Select Clear Record > Yes.
   NOTE: This does not delete any saved activities.

Clearing All Personal Records
1. From the watch face, hold UP.
2. Select History > Records.
3. Select Clear All Records > Yes.
   NOTE: This does not delete any saved activities.

Swimming in Open Water
You can record swim data including distance, pace, and stroke rate. You can add data screens to the default open water swimming activity (Customizing the Data Fields, page 10).
1. Select START > Open Water.
2. Go outside and wait while the device locates satellites.
3. Select START to start the activity timer.
4. Start swimming.
5. Select UP or DOWN to view additional data pages (optional).
6. After you finish the activity, select STOP > Save.

Swim Information
Swim Terminology
Length: One trip down the pool.
Interval: One or more consecutive lengths. A new interval starts after a rest.
Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.
Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Critical swim speed (CSS): Your CSS is the theoretical speed that you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

Stroke Types
Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (Customizing the Data Fields, page 10).

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</tr>
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<td>Back</td>
<td>Backstroke</td>
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<td>Breast</td>
<td>Breaststroke</td>
</tr>
<tr>
<td>Fly</td>
<td>Butterfly</td>
</tr>
<tr>
<td>Mixed</td>
<td>More than one stroke type in an interval</td>
</tr>
<tr>
<td>Drill</td>
<td>Used with drill logging (Training with the Drill Log, page 2)</td>
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Starting an Activity
When you start an activity, GPS turns on automatically (if required). If you have an optional wireless sensor, you can pair it to the Garmin Swim 2 device (Pairing Your External Heart Rate Monitor, page 16).
1. From the watch face, select START.
2. Select an activity.
3. If the activity requires GPS signals, go outside to an area with a clear view of the sky.
4. Wait until the green status bar appears.
   The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5. Select START to start the activity timer.
   TIP: You can hold DOWN while in an activity to open the music controls (Controlling Music Playback on a Connected Smartphone, page 5).
Tips for Recording Activities
- Charge the device before starting an activity. (Charging the Device, page 13).
- Select LAP to record laps.
- Select UP or DOWN to view additional data pages.

Stopping an Activity
1 Select STOP.
2 Select an option:
   - To resume your activity, select Resume.
   - To save the activity, select Save.
   - To discard the activity, select Discard > Yes.

Training Indoors
You can turn off GPS when you are training indoors or to save battery life. When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs using GPS.
1 From the watch face, select START.
2 Select an activity.
3 Select Options > GPS > Off.
   NOTE: If you select an activity that is typically done indoors, GPS is automatically turned off.

Activity Tracking
The activity tracking feature records your daily step count, distance traveled, intensity minutes, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.
The number of steps taken during the day appears on the steps widget. The step count is updated periodically.
For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Auto Goal
Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal. Each segment on the step bar represents five percent of your daily goal. You can sync your data with the Garmin Connect Mobile app to view your current step count.
If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Using the Move Alert
Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on. (Setting the Device Sounds, page 12).
Go for a short walk (at least a couple of minutes) to reset the move alert.

Turning on the Move Alert
1 From the watch face, hold UP.
2 Select ☰ > Activity Tracking > Move Alert > On.

Intensity Minutes
To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.
The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes
Your Garmin Swim 2 device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.
- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.
- Wear your device all day and night for the most accurate resting heart rate.

Sleep Tracking
While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.
NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms. (Using Do Not Disturb Mode, page 4).

Using Automated Sleep Tracking
1 Wear your device while sleeping.
2 Upload your sleep tracking data to the Garmin Connect site (Garmin Connect, page 9).
   You can view your sleep statistics on your Garmin Connect account.

Using Do Not Disturb Mode
You can use do not disturb mode to turn off the backlight, tone alerts, and vibration alerts. For example, you can use this mode while sleeping or watching a movie.
NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the During Sleep option in the system settings to automatically enter do not disturb mode during your normal sleep hours (System Settings, page 11).
1 Hold LIGHT.
2 Select Do Not Disturb.

Smart Features
Bluetooth Connected Features
The Garmin Swim 2 device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app.
Activity uploads: Automatically sends your activity to the Garmin Connect app as soon as you finish recording the activity.
Find my phone: Locates your lost smartphone that is paired with your Garmin Swim 2 device and currently within range.
Find my watch: Locates your lost Garmin Swim 2 device that is paired with your smartphone and currently within range.
Music controls: Allows you to control the music player on your smartphone.

Phone notifications: Displays phone notifications and messages on your Garmin Swim 2 device.

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to the Garmin Connect app.

Software updates: Allows you to update your device software.

Weather updates: Sends real-time weather conditions and notifications to your device.

Workout downloads: Allows you to browse for workouts in the Garmin Connect app and wirelessly send them to your device.

Manually Syncing Data with Garmin Connect
1  Hold LIGHT to view the controls menu.
2  Select C:

Widgets
Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually (Customizing the Widget Loop, page 11).

Body Battery ™: Displays your current Body Battery level and a graph of your Body Battery levels for the last several hours.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

Health stats: Displays a dynamic summary of your current health statistics. The measurements includes heart rate, Body Battery level, stress, and more.

Heart rate: Displays your current heart rate in beats per minute (bpm) and a graph of your heart rate.

History: Displays your activity history and a graph of your recorded activities.

Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Last activity: Displays a brief summary of your last recorded activity, such as your last run, last ride, or last swim.

Music controls: Provides music player controls for your smartphone.

My day: Displays a dynamic summary of your activity today. The metrics include timed activities, intensity minutes, steps, calories burned, and more.

Notifications: Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.

Steps: Tracks your daily step count, step goal, and data for previous days.

Stress: Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax.

Weather: Displays the current temperature and weather forecast.

Viewing the Widgets
Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

• From the watch face, select UP or DOWN to view the widgets.

Available widgets include heart rate and activity tracking.

• Select START to view additional options and functions for a widget.

About My Day
The My Day widget is a daily snapshot of your activity. This is a dynamic summary that updates throughout the day. The metrics include your last recorded sport, intensity minutes for the week, steps, calories burned, and more. You can select START to view additional metrics.

Health Stats Widget
The Health Stats widget provides an at-a-glance view of your health data. This is a dynamic summary that updates throughout the day. The metrics include your heart rate, stress level, and Body Battery level. You can select START to view additional metrics.

Viewing the Weather Widget
Weather requires a Bluetooth connection to a compatible smartphone.

1  From the watch face, select UP or DOWN to view the weather widget.
2  Select START to view hourly weather data.
3  Select DOWN to view daily weather data.

Viewing the Controls Menu
The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.

1  From any screen, hold LIGHT.

2  Select UP or DOWN to scroll through the options.

Locating a Lost Mobile Device
You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.

1  Hold LIGHT to view the controls menu.
2  Select ▼.

The Garmin Swim 2 device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength displays on the Garmin Swim 2 device screen. The Bluetooth signal strength increases as you move closer to your mobile device.

3  Select BACK to stop searching.

Controlling Music Playback on a Connected Smartphone
1  On your smartphone, start playing a song or playlist.
2  Hold DOWN from any screen to open the music controls.
3  Select an option:
   • Select ▶ to play and pause the current music track.
   • Select ▶▶ to skip to the next music track.
   • Select ▼▼ to open more music controls, such as volume and previous track.
Enabling Bluetooth Notifications
Before you can enable notifications, you must pair the Garmin Swim 2 device with a compatible mobile device (Pairing Your Smartphone with Your Device, page 1).
1. From the watch face, hold UP.
2. Select 🎉 > Phone > Notifications > Status > On.
3. Select During Activity.
4. Select a notification preference.
5. Select a sound preference.
6. Select Not During Activity.
7. Select a notification preference.
8. Select a sound preference.

Viewing Notifications
1. From the watch face, select UP or DOWN to view the notifications widget.
2. Select START.
3. Select a notification.
4. Select DOWN for more options.
5. Select BACK to return to the previous screen.

Managing Notifications
You can use your compatible smartphone to manage notifications that appear on your Garmin Swim 2 device.

Select an option:
- If you are using an iPhone® device, go to the notifications settings to select the items to show on the device.
- If you are using an Android™ smartphone, from the Garmin Connect app, select Settings > Smart Notifications.

Turning Off the Bluetooth Smartphone Connection
1. Hold LIGHT to view the controls menu.
2. Select 📲, to turn off the Bluetooth smartphone connection on your Garmin Swim 2 device.
   Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

Turning On and Off Smartphone Connection Alerts
You can set the Garmin Swim 2 device to alert you when your paired smartphone connects and disconnects using Bluetooth technology.

NOTE: Smartphone connection alerts are turned off by default.
1. From the watch face, hold UP.
2. Select 🎉 > Phone > Connected Alerts > On.

Syncing Activities
You can sync activities from other Garmin® devices to your Garmin Swim 2 device using your Garmin Connect account.
This allows your device to more accurately reflect your training status and fitness. For example, you can record a ride with an Edge® device, and view your activity details on your Garmin Swim 2 device.
1. From the watch face, hold UP.
2. Select 🎉 > User Profile > Physio TrueUp.
When you sync your device with your smartphone, recent activities from your other Garmin devices appear on your Garmin Swim 2 device.

Heart Rate Features
The Garmin Swim 2 device has wrist-based heart rate monitoring, and there are several heart rate-related features available in the default widget loop.

NOTICE
You may need to add the widget to your widget loop (Customizing the Widget Loop, page 11).

Heart Rate While Swimming

NOTICE
The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

The device has wrist-based heart rate enabled for swim activities. The device is also compatible with the HRM-Tri™ accessory and the HRM-Swim™ accessory. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

Wearing the Device
- Wear the device above your wrist bone.
- NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while swimming or exercising.

Tips for Erratic Heart Rate Data
If the heart rate data is erratic or does not appear, you can try these tips.
- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ❤ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.
- NOTE: In cold environments, warm up indoors.
- Avoid wearing the device under water or in environments with water temperatures above 80°F (27°C).

Viewing the Heart Rate Widget
The widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.
1. From the watch face, select UP or DOWN to view the heart rate widget.
- NOTE: You may need to add the widget to your widget loop (Customizing the Widget Loop, page 11).
2 Select START to view your average resting heart rate values for the last 7 days.

Broadcasting Heart Rate Data to Garmin Devices
You can broadcast your heart rate data from your Garmin Swim 2 device and view it on paired Garmin devices.

NOTE: Broadcasting heart rate data decreases battery life.
1 From the heart rate widget, hold UP.
2 Select Options > Broadcast Heart Rate.
   The Garmin Swim 2 device starts broadcasting your heart rate data, and a heart icon appears.
   NOTE: You can view only the heart rate widget while broadcasting heart rate data from the heart rate widget.
3 Pair your Garmin Swim 2 device with your Garmin ANT+ compatible device.
   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner’s manual.
   TIP: To stop broadcasting your heart rate data, select any key, and select Yes.

Broadcasting Heart Rate Data During an Activity
You can set up your Garmin Swim 2 device to broadcast your heart rate data automatically when you begin an activity. For example, you can broadcast your heart rate data to an Edge device while cycling, or to a VIRB action camera during an activity.

NOTE: Broadcasting heart rate data decreases battery life.
1 From the heart rate widget, hold UP.
2 Select Options > Broadcast During Activity.
3 Begin an activity (Starting an Activity, page 3).
   The Garmin Swim 2 device starts broadcasting your heart rate data in the background.
   NOTE: There is no indication that the device is broadcasting your heart rate data during an activity.
4 If necessary, pair your Garmin Swim 2 device with your Garmin ANT+ compatible device.
   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner’s manual.
   TIP: To stop broadcasting your heart rate data, stop the activity (Stopping an Activity, page 4).

Setting an Abnormal Heart Rate Alert
You can set the device to alert you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity.
1 From the heart rate widget, hold UP.
2 Select Options > Abnormal HR Alert > Status > On.
3 Select Alert Threshold.
4 Select a heart rate threshold value.
Each time you exceed the threshold value, a message appears and the device vibrates.

Turning Off the Wrist-based Heart Rate Monitor
The default value for the Wrist Heart Rate setting is Auto. The device automatically uses the wrist-based heart rate monitor unless you pair an ANT+ heart rate monitor to the device.

1 From the heart rate widget, hold UP.
2 Select Options > Status > Off.

About Heart Rate Zones
Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals
Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.
• Your heart rate is a good measure of exercise intensity.
• Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (Heart Rate Zone Calculations, page 7) to determine the best heart rate zone for your fitness objectives.
If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Setting Your Maximum Heart Rate
The device uses your user profile information from the initial setup to estimate your maximum heart rate and determine your default heart rate zones. The default maximum heart rate is 220 minus your age. For the most accurate calorie data during your activity, you should set your maximum heart rate (if known).
1 From the watch face, hold UP.
2 Select ☀ > User Profile > Max. HR.
3 Enter your maximum heart rate.

Customizing Your Heart Rate Zones and Maximum Heart Rate
You can customize your heart rate zones based on your training goals. The device uses your user profile information from the initial setup to estimate your maximum heart rate and determine your default heart rate zones. The default maximum heart rate is 220 minus your age. For the most accurate calorie data during your activity, you should set your maximum heart rate (if known).
1 From the Garmin Connect app, select ☀ or •••.
2 Select Garmin Devices.
3 Select your device.
4 Select User Settings > Heart Rate Zones.
5 Enter your heart rate values for each zone.
6 Enter your maximum heart rate.
7 Select Save.

Heart Rate Zone Calculations

<table>
<thead>
<tr>
<th>Zone</th>
<th>% of Maximum Heart Rate</th>
<th>Perceived Exertion</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50–60%</td>
<td>Relaxed, easy pace, rhythmic breathing</td>
<td>Beginning-level aerobic training, reduces stress</td>
</tr>
<tr>
<td>2</td>
<td>60–70%</td>
<td>Comfortable pace, slightly deeper breathing, conversation possible</td>
<td>Basic cardiovascular training, good recovery pace</td>
</tr>
<tr>
<td>3</td>
<td>70–80%</td>
<td>Moderate pace, more difficult to hold conversation</td>
<td>Improved aerobic capacity, optimal cardiovascular training</td>
</tr>
</tbody>
</table>
Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

<table>
<thead>
<tr>
<th>Training Effect</th>
<th>Aerobic Benefit</th>
<th>Anaerobic Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>From 0.0 to 0.9</td>
<td>No benefit.</td>
<td>No benefit.</td>
</tr>
<tr>
<td>From 1.0 to 1.9</td>
<td>Minor benefit.</td>
<td>Minor benefit.</td>
</tr>
<tr>
<td>From 2.0 to 2.9</td>
<td>Maintains your aerobic fitness.</td>
<td>Maintains your anaerobic fitness.</td>
</tr>
<tr>
<td>From 3.0 to 3.9</td>
<td>Impacts your aerobic fitness.</td>
<td>Impacts your anaerobic fitness.</td>
</tr>
<tr>
<td>From 4.0 to 4.9</td>
<td>Highly impacts your aerobic fitness.</td>
<td>Highly impacts your anaerobic fitness.</td>
</tr>
<tr>
<td>5.0</td>
<td>Overreaching and potentially harmful without enough recovery time.</td>
<td>Overreaching and potentially harmful without enough recovery time.</td>
</tr>
</tbody>
</table>

Body Battery

Your device analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (Tips for Improved Body Battery Data, page 9).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

1. Select UP or DOWN to view the Body Battery widget.

NOTE: You may need to add the widget to your widget loop (Customizing the Widget Loop, page 11).

2. Select START to view a combined graph of your Body Battery and stress level.

Blue bars indicate periods of rest. Orange bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.

Heart Rate Variability and Stress Level

Stress level is the result of a three-minute test performed while standing still, where the Garmin Swim 2 device analyzes heart rate variability to determine your overall stress. Training, sleep, nutrition, and general life stress all impact how an athlete performs. The stress level range is from 1 to 100, where 1 is a very low stress state and 100 is a very high stress state. Knowing your stress level can help you decide if your body is ready for a tough training session or yoga.
Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

History

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Swim History

Your device stores the swim summary and details for each interval or lap. The pool swim history displays the distance, time, calories, average pace or speed, stroke distance, and stroke rate. The open water swim history displays the distance, time, pace, calories, strokes per length, stroke rate, and swolf score.

Viewing History

History contains previous activities you have saved on your device.

The device has a history widget for quick access to your activity data (Customizing the Widget Loop, page 11).

1. From the watch face, hold UP.
2. Select History.
3. Select This Week or Previous Weeks.
4. Select an activity.
5. Select DOWN to view additional details about the activity.

Deleting History

1. From the watch face, hold UP.
2. Select History > Options.
3. Select an option:
   - Select Delete All Activities to delete all activities from the history.
   - Select Reset Totals to reset all distance and time totals.

NOTE: This does not delete any saved activities.

Viewing Data Totals

You can view the accumulated distance and time data saved to your device.

1. From the watch face, hold UP.
2. Select History > Totals.
3. If necessary, select an activity.
4. Select an option to view weekly or monthly totals.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

NOTE: If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1. Open the Garmin drive or volume.
2. If necessary, open a folder or volume.
4. Press the Delete key on your keyboard.

   NOTE: If you are using an Apple® computer, you must empty the Trash folder to completely remove the files.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect the device.

1. Complete an action:
   - For Windows computers, select the Safely Remove Hardware icon in the system tray, and select your device.
   - For Apple computers, select the device, and select File > Eject.
2. Disconnect the cable from your computer.

Garmin Connect

Your Garmin Connect account gives you the tools to track and store your swims, analyze your activity data, and download software updates. You can also customize your device settings, including watch faces, visible widgets, workouts, and much more.

Syncing Your Data with the Garmin Connect App

Your device periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

1. Bring the device within 3 m (10 ft.) of your smartphone.
2. From any screen, hold LIGHT to view the controls menu.
3. Select .
4. View your current data in the Garmin Connect app.

Using Garmin Connect on Your Computer

The Garmin Express™ application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your device.

1. Connect the device to your computer using the USB cable.
2. Go to www.garmin.com/express.
3. Download and install the Garmin Express application.
Customizing Your Device

Setting Up Your User Profile
You can update your height, weight, birth year, gender, and maximum heart rate settings (Setting Your Maximum Heart Rate, page 7). The device uses this information to calculate training data.

1. From the watch face, hold UP.
2. Select ☑ > User Profile.
3. Select an option.

Activity Options
Activity options are a collection of settings that optimize your device based on how you are using it. For example, the settings and data screens are different when you are using the device for running than for riding your bike.

When you are using an activity and you change settings such as data fields or alerts, the changes are saved automatically as part of the activity.

Customizing Your Swim Options
You can customize your settings, data fields, and more for a swim activity.

1. From the watch face, select START.
2. Select a swim activity.
3. Select Options.
4. Select an option:
   - Select Workouts to do, view, or edit a workout (Following a Pool Swim Workout, page 2).
   - Select Data Screens to customize the data screens and data fields (Customizing the Data Fields, page 10).
   - Select Alerts to customize your training alerts (Setting a Recurring Alert, page 10).
   - Select Pool Size to select a size or enter a custom pool size (Setting the Pool Size, page 10).
   - Select Stroke Detection to enable the device to automatically detect your swimming stroke during a pool swim.
   - Select Countdown Start to begin the swim activity with a three-second countdown (Setting a Countdown Start, page 10).
   - Select Auto Rest to enable the device to automatically detect when you are resting and create a rest interval (Auto Rest, page 1).
   - Select Laps to set how laps are triggered (Marking Laps by Distance, page 11).
   - Select GPS to turn off GPS (Training Indoors, page 4) or change the satellite setting (Changing the GPS Setting, page 11).

All changes are saved to the swim activity.

Customizing Your Activity Options
You can customize your settings, data fields, and more for a particular activity.

1. From the watch face, select START.
2. Select Run, Bike, or Cardio.
3. Select Options.
4. Select an option:
   - Select Data Screens to customize the data screens and data fields (Customizing the Data Fields, page 10).
   - Select Laps to set how laps are triggered (Marking Laps by Distance, page 11).
   - Select Auto Pause to change when the activity timer automatically pauses (Using the Auto Pause Feature, page 11).
   - Select GPS to turn off GPS (Training Indoors, page 4) or change the satellite setting (Changing the GPS Setting, page 11).

All changes are saved to the activity.

Changing Your Displayed Activities
Your device has default activities, such as Run and Bike. You can select additional activities to display on the device.

1. From the Garmin Connect app, select ☐ or •••.
2. Select Garmin Devices.
3. Select your device.
4. Select Activity Options > Displayed Activities > Edit.
5. Select the activities to display on your device.
6. Select Done.

Sync your device with the Garmin Connect app to view the updated activities (Manually Syncing Data with Garmin Connect, page 5).

Setting a Recurring Alert
A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 4 lengths (100 m in a 25 m pool).

1. From the watch face, select START.
2. Select a swim activity.
3. Select Options > Alerts > Add New.
4. Select Time, Distance, Pacing or Stroke Rate.
5. Turn on the alert.
6. Select or enter a value.

Each time you reach the alert value, a message appears. The device also beeps or vibrates if audible tones are turned on (Setting the Device Sounds, page 12).

Setting the Pool Size
1. From the watch face, select START > Pool Swim > Options > Pool Size.
2. Select your pool size, or enter a custom size.

Setting a Countdown Start
You can customize your pool swim activity to begin with a three-second countdown.

From the watch face, select START > Pool Swim > Options > Countdown Start > On.

TIP: For more accurate interval timing with the countdown start, use the LAP key for rest intervals instead of the auto rest feature.

Customizing the Data Fields
You can customize data fields based on your training goals or optional accessories. For example, you can customize data fields to display your lap pace and heart rate zone.

1. Select START, and select an activity profile.
2. Select Options > Data Screens.
3. Select a page.
4. Select a data field to change it.

Turning on the Lap Key
You can customize BACK to function as a lap key during timed activities.
1 Select START, and select an activity profile.
2 Select Options > Laps > Lap Key.
The lap key stays on for the selected activity profile until you turn off the lap key.

Marking Laps by Distance

You can set your device to use the Auto Lap’ feature, which marks a lap automatically at every kilometer or mile. You can also mark laps manually. This feature is helpful for comparing your performance during different parts of an activity.

1 From the watch face, select START.
2 Select an activity.
3 Select Options > Laps > Auto Lap.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (Setting the Device Sounds, page 12). The Auto Lap feature stays on for the selected activity profile until you turn it off.

If necessary, you can customize the data screens to display additional lap data (Customizing the Data Fields, page 10).

Using the Auto Pause Feature

You can use the Auto Pause feature to pause the activity timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you need to stop.

NOTE: History is not recorded while the timer is stopped or paused.
1 From the watch face, select START.
2 Select an activity.
3 Select Options > Auto Pause > When Stopped.
The Auto Pause feature stays on for the selected activity until you turn it off.

Changing the GPS Setting

By default, the device uses GPS to locate satellites. For more information about GPS, go to www.garmin.com/aboutGPS.
1 From the watch face, select START.
2 Select an activity.
3 Select Options > GPS.
4 Select an option:
   • Select GPS Only to enable the GPS satellite system.
   • Select GPS + GLONASS (Russian satellite system) for more accurate position information in situations with poor sky visibility.
   • Select GPS + GALILEO (European Union satellite system) for more accurate position information in situations with poor sky visibility.

NOTE: Using GPS and another satellite together can reduce battery life more quickly than using GPS only (GPS and Other Satellite Systems, page 11).

GPS and Other Satellite Systems

The GPS + GLONASS or GPS + GALILEO options offer increased performance in challenging environments and faster position acquisition than using GPS only. However, using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

Customizing the Widget Loop

You can change the order of widgets in the widget loop, remove widgets, and add new widgets.
1 From the watch face, hold UP.
2 Select 🗺 > Widgets.
3 Select a widget.
4 Select an option:
   • Select Reorder to change the location of the widget in the widget loop.
   • Select Remove to remove the widget from the widget loop.
5 Select Add Widgets.
6 Select a widget.
The widget is added to the widget loop.

Activity Tracking Settings

From the watch face, hold UP, and select 🗺 > Activity Tracking.
Status: Turns off the activity tracking features.
Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (Setting the Device Sounds, page 12).
Goal Alerts: Allows you to turn on and off goal alerts, or turn them off only during activities. Goal alerts appear for your daily steps goal and weekly intensity minutes goal.
Move IQ: Allows your device to automatically start and save a timed walking or running activity when the Move IQ feature detects familiar movement patterns.

Turning Off Activity Tracking

When you turn off activity tracking, your steps, intensity minutes, sleep tracking, and Move IQ events are not recorded.
1 From the watch face, hold UP.
2 Select 🗺 > Activity Tracking > Status > Off.

Watch Face Settings

You can customize the appearance of the watch face by selecting the layout and accent color. You can also download custom watch faces from the Connect IQ™ store.

Customizing the Watch Face

You can customize the watch face information and appearance.
1 From the watch face, hold UP.
2 Select Watch Face.
3 Select UP or DOWN to preview the watch face options.
4 Select START.
5 Select Accent Color to change the accent color (optional).
6 Select Apply.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Garmin Swim 2 device with your smartphone (Pairing Your Smartphone with Your Device, page 1).
1 From the app store on your smartphone, install and open the Connect IQ app.
2 If necessary, select your device.
3 Select a Connect IQ feature.
4 Follow the on-screen instructions.

System Settings

Hold UP, and select 🗺 > System.
Language: Sets the language displayed on the device.

Time: Adjusts the time settings (Time Settings, page 12).

Backlight: Adjusts the backlight settings (Changing the Backlight Settings, page 12).

Sounds: Sets the device sounds, such as key tones, alerts, and vibrations (Setting the Device Sounds, page 12).

Do Not Disturb: Turns on or off do not disturb mode. You can use the During Sleep option to turn on do not disturb mode automatically during your normal sleep hours. You can set your normal sleep hours on your Garmin Connect account (Using Do Not Disturb Mode, page 4).

Auto Lock: Allows you to lock the device automatically to prevent accidental key presses (Locking and Unlocking the Device, page 12).

Pace/Speed Preference: Sets the device to display speed or pace for running, cycling, or other activities. This preference affects several training options, history, and alerts (Displaying Pace or Speed, page 12).

Units: Sets the units of measure used on the device (Changing the Units of Measure, page 12).

Software Update: Allows you to install software updates downloaded using Garmin Express or the Garmin Connect app (Updating the Software Using the Garmin Connect App, page 14).

Reset: Allows you to reset user data and settings (Resetting All Default Settings, page 15).

Time Settings
From the watch face, hold UP, and select ⌚ > System > Time.

Time Format: Sets the device to show time in a 12-hour or a 24-hour format.

Set Time: Allows you to set the time manually or automatically based on your paired mobile device or GPS location.

Sync with GPS: Allows you to manually sync the time when you change time zones, or to update for daylight saving time.

Time Zones
Each time you turn on the device and acquire satellites or sync with your smartphone, the device automatically detects your time zone and the current time of day.

Changing the Time Manually
1 From the watch face, hold UP.
2 Select ⌚ > System > Time.
3 Select an option:
   • Select During Activity.
   • Select Not During Activity.
4 Select an option:
   • Select Keys to turn on the backlight for key presses.
   • Select Alerts to turn on the backlight for alerts.
   • Select Gesture to turn on the backlight by raising and turning your arm to look at your wrist.
   • Select Timeout to set the length of time before the backlight turns off.

Setting the Device Sounds
You can set the device to sound a tone or vibration when keys are selected or when an alert is triggered.
1 From the watch face, hold UP.
2 Select ⌚ > System > Sounds.
3 Select an option:
   • Select Key Tones to turn the key tones on and off.
   • Select Alert Tones to enable the alert tones settings.
   • Select Vibration to turn device vibration on and off.
4 Select Key Vibe to enable vibration when you select a key.

Locking and Unlocking the Device
You can enable the Auto Lock option to automatically lock the device to prevent accidental key presses.
1 From the watch face, hold UP.
2 Select ⌚ > System > Auto Lock.
3 Select an option.
4 Hold any key to unlock the device.

Displaying Pace or Speed
You can change the type of information that appears in the pace or speed data field.
1 From the watch face, hold UP.
2 Select ⌚ > System > Pace/Speed Preference.
3 Select an activity.

Changing the Units of Measure
You can customize units of measure for distance.
1 From the watch face, hold UP.
2 Select ⌚ > System > Units.
3 Select Statute or Metric.

Clock

Setting the Time Manually
1 From the watch face, hold UP.
2 Select ⌚ > System > Time > Set Time > Manual.
3 Select Time, and enter the time of day.

Syncing the Time with GPS
Each time you turn on the device and acquire satellites, the device automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones, and to update for daylight saving time.
1 From the watch face, hold UP.
2 Select ⌚ > System > Time > Sync with GPS.
3 Wait while the device locates satellites (Acquiring Satellite Signals, page 14).

Setting an Alarm
You can set multiple alarms. You can set each alarm to sound once or to repeat regularly.
1 From the watch face, hold UP.
2 Select ⌚ > System > Alarm Clock > Add Alarm.
3 Select Time, and enter the alarm time.
4 Select Repeat, and select when the alarm should repeat (optional).
5 Select Sounds, and select a type of notification (optional).
6 Select Backlight > On to turn on the backlight with the alarm.
7 Select Label, and select a description for the alarm (optional).

Deleting an Alarm
1 From the watch face, hold UP.
2 Select ⌚ > System > Alarm Clock.
3 Select an alarm.
4 Select Delete.

Starting the Countdown Timer
1 From any screen, hold LIGHT.
2 Select Timer.
3 Enter the time.
4 If necessary, select Restart > On to automatically restart the timer after it expires.
5 If necessary, select Sounds, and select a type of notification.
6 Select Start Timer.

Using the Stopwatch
1 From any screen, hold LIGHT.
2 Select Stopwatch.
3 Select START to start the timer.
4 Select LAP to restart the lap timer.

The total stopwatch time continues running.

5 Select START to stop both timers.
6 Select an option.
7 Save the recorded time as an activity in your history (optional).

Device Information

Charging the Device

**WARNING**
This device contains a lithium-ion battery. See the Important Safety and Product Information guide in the product box for product warnings and other important information.

**NOTICE**
To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1 Plug the small end of the USB cable into the charging port on your device.
2 Plug the large end of the USB cable into a USB charging port.
3 Charge the device completely.

**Tips for Charging the Device**
1 Connect the charger securely to the device to charge it using the USB cable (Charging the Device, page 13).
   You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery takes up to two hours.
2 Remove the charger from the device after the battery charge level reaches 100%.

Wearing the Device

- Wear the device above your wrist bone.

**NOTE:** The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while swimming or exercising.

- See Tips for Erratic Heart Rate Data, page 6 for more information about wrist-based heart rate.
- For more information about accuracy, go to garmin.com/ataccuracy.

Device Care

**NOTICE**
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Thoroughly rinse the device with fresh water after exposure to chlorinated or salt water environments.

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Always wipe the device dry after cleaning.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

**Cleaning the Device**
1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry. After cleaning, allow the device to dry completely.

**TIP:** For more information, go to www.garmin.com/fitandcare.

**Changing the Bands**
You can replace the bands with new Garmin Swim 2 bands.
1 Use a screwdriver to loosen the screws.
2 Remove the screws.
3 Gently remove the bands.
4 Align the new bands.
5 Replace the screws using the screwdriver.
Specifications

<table>
<thead>
<tr>
<th>Feature</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battery type</td>
<td>Rechargeable, built-in lithium-ion battery</td>
</tr>
<tr>
<td>Battery life</td>
<td>Up to 7 days for watch mode with smart notifications, activity tracking, and wrist heart rate</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From -20º to 60ºC (from -4º to 140ºF)</td>
</tr>
<tr>
<td>Charging temperature range</td>
<td>From 0º to 45ºC (from 32º to 113ºF)</td>
</tr>
<tr>
<td>Wireless frequency</td>
<td>2.4 GHz @ +6 dBm nominal</td>
</tr>
<tr>
<td>Water rating</td>
<td>Swim, 5 ATM¹</td>
</tr>
</tbody>
</table>

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1 From the watch face, hold UP.
2 Select 🌐 > About.

Troubleshooting

Product Updates

On your computer, install Garmin Express (www.garmin.com/express). On your smartphone, install the Garmin Connect app. This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (Pairing Your Smartphone with Your Device, page 1).

Sync your device with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 5).

When new software is available, the Garmin Connect app automatically sends the update to your device. The update is applied when you are not actively using the device. When the update is complete, your device restarts.

Setting Up Garmin Express

1 Connect the device to your computer using a USB cable.
2 Go to www.garmin.com/express.
3 Follow the on-screen instructions.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

1 Connect the device to your computer using the USB cable.
   - When new software is available, Garmin Express sends it to your device.
2 Follow the on-screen instructions.
3 Do not disconnect your device from the computer during the update process.

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips:
- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when pushing a stroller or lawn mower.
- Carry the device in your pocket when actively using your hands or arms only.

NOTE: The device may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my device and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your device.

1 Select an option:
   - Sync your step count with the Garmin Connect application (Using Garmin Connect on Your Computer, page 9).
   - Sync your step count with the Garmin Connect app (Manually Syncing Data with Garmin Connect, page 5).
2 Wait while the device syncs your data.

Syncing can take several minutes.

NOTE: Refreshing the Garmin Connect app or the Garmin Connect application does not sync your data or update your step count.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to www.garmin.com/aboutGPS.

1 Go outdoors to an open area.
   - The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.
   - It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect app using your Bluetooth enabled smartphone.

¹The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.
While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

**Restarting the Device**

If the device stops responding, you may need to restart it.

**NOTE:** Restarting the device may erase your data or settings.

1. Hold LIGHT for 15 seconds.
   - The device turns off.
2. Hold LIGHT for one second to turn on the device.

**Resetting All Default Settings**

**NOTE:** This deletes all user-entered information and activity history.

1. From the watch face, hold UP.
2. Select 🎯 > System > Reset.
3. Select an option:
   - To reset all of the device settings to the factory default values and save all activity information, select Reset Settings.
   - To delete all activities from your history, select Delete All.

**My device is in the wrong language**

1. From the watch face, hold UP.
2. Scroll down to the second-to-last item in the list, and select it.
3. Select the first item in the list.
4. Select your language.

**Is my smartphone compatible with my device?**

The Garmin Swim 2 device is compatible with smartphones using Bluetooth wireless technology.

Go to www.garmin.com/ble for compatibility information.

**My phone will not connect to the device**

If your phone will not connect to the device, you can try these tips.

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your smartphone to retry the pairing process.
- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ☰ or •••, and select Garmin Devices > Add Device to enter pairing mode.
- On your device, select UP > 🎯 > Phone > Pair Phone.

**Can I use the cardio activity outdoors?**

You can use the cardio activity and turn on GPS for outdoor use.

1. Select START > Cardio > Options > GPS.
2. Select an option.
3. Go outside, and wait while the device locates satellites.
4. Select START to start the activity timer. GPS stays on for the selected activity until you turn it off.

**Tips for Existing Garmin Connect Users**

1. From the Garmin Connect app, select ☰ or •••.
2. Select Garmin Devices > Add Device.

**Maximizing Battery Life**

You can do several things to extend the life of the battery.

- Reduce the backlight timeout (Changing the Backlight Settings, page 12).
- Turn off Bluetooth wireless technology when you are not using connected features (Turning Off the Bluetooth Smartphone Connection, page 6).
- Turn off activity tracking (Activity Tracking Settings, page 11).
- Use a watch face that is not updated every second.

For example, use a watch face without a second hand (Customizing the Watch Face, page 11).

- Limit the smartphone notifications the device displays (Managing Notifications, page 6).
- Stop broadcasting heart rate data to paired Garmin devices (Broadcasting Heart Rate Data to Garmin Devices, page 7).
- Turn off wrist-based heart rate monitoring (Turning Off the Wrist-based Heart Rate Monitor, page 7).

**NOTE:** Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.

**Appendix**

**Data Fields**

Some data fields require ANT+ accessories to display data.

- **% Heart Rate Reserve:** The percentage of heart rate reserve (maximum heart rate minus resting heart rate).
- **Aerobic Training Effect:** The impact of the current activity on your aerobic fitness level.
- **Anaerobic Training Effect:** The impact of the current activity on your anaerobic fitness level.
- **Average Distance Per Stroke:** Swimming. The average distance traveled per stroke during the current activity.
- **Average HR:** The average heart rate for the current activity.
- **Average Pace:** The average pace for the current activity.
- **Average Speed:** The average speed for the current activity.
- **Average Stroke Rate:** Swimming. The average number of strokes per minute (spm) during the current activity.
- **Average Strokes Per Length:** The average number of strokes per pool length during the current activity.
- **Average Swolf:** The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (Swim Terminology, page 3). In open water swimming, 25 meters is used to calculate your swolf score.
- **Avg. %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.
- **Avg. HR %Max.:** The average percentage of maximum heart rate for the current activity.
- **Calories:** The amount of total calories burned.
- **Distance:** The distance traveled for the current track or activity.
- **Elapsed Time:** The total time recorded. For example, if you start the timer and swim for 10 minutes, then stop the timer for 5 minutes, then start the timer and swim for 20 minutes, your elapsed time is 35 minutes.
Heart Rate: Your heart rate in beats per minute (bpm). Your device must have wrist-based heart rate or be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Int. Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Int. Avg. %Max.: The average percentage of maximum heart rate for the current swim interval.

Int. Avg. HR: The average heart rate for the current swim interval.

Int. Distance: The distance traveled for the current interval.

Int. Max. %HRR: The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Int. Max. %Max.: The maximum percentage of maximum heart rate for the current swim interval.

Int. Max. HR: The maximum heart rate for the current swim interval.

Int. Pace: The average pace for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Intervals: The number of intervals completed in the current activity.

Interval Strokes Per Length: The average number of strokes per pool length during the current interval.

Interval Stroke Type: The current stroke type for the interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

L. Lap HR %Max.: The average percentage of maximum heart rate for the last completed lap.

Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap Distance Per Stroke: Swimming. The average distance traveled per stroke during the current lap.

Lap HR: The average heart rate for the current lap.

Lap HR %Max.: The average percentage of maximum heart rate for the current lap.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Stroke Rate: Swimming. The average number of strokes per minute (spm) during the current lap.

Lap Strokes: Swimming. The total number of strokes for the current lap.

Lap Swolf: The swolf score for the current lap.

Lap Time: The stopwatch time for the current lap.

Last Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.

Last Lap Strokes: Swimming. The total number of strokes for the last completed lap.

Last Lap Swolf: The swolf score for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Last Lap Stroke Rate: Swimming. The average number of strokes per minute (spm) during the last completed lap.

Last Lap Stroke Type: The stroke type used during the last completed pool length.

Last Length Strokes: The total number of strokes for the last completed pool length.

Last Length Stroke Type: The stroke type used during the last completed pool length.

Last Length Swolf: The swolf score for the last completed pool length.

Lengths: The number of pool lengths completed during the current activity.

Pace: The current pace.

Repeat On: The timer for the last interval plus the current rest (pool swimming).

Rest Timer: The timer for the current rest (pool swimming).

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Strokes: Swimming. The total number of strokes for the current activity.

Strokes Per Length: The average number of strokes per pool length during the current interval.

Strokes: Swimming. The total number of strokes for the current activity.

Swim Time: The swimming time for the current activity, not including rest time.

Swim Zone: The time elapsed in each heart rate or power zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

**ANT+ Heart Rate Monitor**

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to [http://buy.garmin.com](http://buy.garmin.com).

**Pairing Your External Heart Rate Monitor**

The first time you connect a wireless sensor to your device using ANT+ technology, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. Put on the heart rate monitor.
   - The heart rate monitor does not send or receive data until you put it on.

2. Bring the device within 3 m (10 ft.) of the sensor.
   - **NOTE:** Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.

3. From the watch face, hold UP.

4. Select ☰ > Sensors & Accessories > Add External HR.
   - When the sensor is paired with your device, a message appears. Sensor data appears in the data screen loop or a custom data field.

**Fitness Goals**

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations, page 7*) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

**About Heart Rate Zones**

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

**Heart Rate Zone Calculations**

<table>
<thead>
<tr>
<th>Zone</th>
<th>% of Maximum Heart Rate</th>
<th>Perceived Exertion</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50–60%</td>
<td>Relaxed, easy pace, rhythmic breathing</td>
<td>Beginning-level aerobic training, reduces stress</td>
</tr>
<tr>
<td>2</td>
<td>60–70%</td>
<td>Comfortable pace, slightly deeper breathing, conversation possible</td>
<td>Basic cardiovascular training, good recovery pace</td>
</tr>
<tr>
<td>3</td>
<td>70–80%</td>
<td>Moderate pace, more difficult to hold conversation</td>
<td>Improved aerobic capacity, optimal cardiovascular training</td>
</tr>
<tr>
<td>4</td>
<td>80–90%</td>
<td>Fast pace and a bit uncomfortable, breathing forceful</td>
<td>Improved anaerobic capacity and threshold, improved speed</td>
</tr>
<tr>
<td>5</td>
<td>90–100%</td>
<td>Sprinting pace, unsustainable for long period of time, labored breathing</td>
<td>Anaerobic and muscular endurance, increased power</td>
</tr>
</tbody>
</table>
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