



## Forerunner® 310XT

Part Number: 010-00741-00

Finally, a GPS-enabled training device that isn't afraid of the water. The rugged Forerunner 310XT is the triathlete's indispensable training tool — a GPS-enabled, swim-proof trainer that tracks bike and run data and sends it wirelessly to your computer. This multi-sport device has up to 20 hours of battery life, tracks distance, pace and heart rate (optional), and goes from wrist to bike in seconds.

### Time Your Swim

The swim-proof Forerunner 310XT is waterproof to a depth of 50 meters, so you can wear it in the pool or the lake to time your swim. And its slim design and flexible wristband mean Forerunner is easy to wear in any conditions.

### Transition Effortlessly

When you're ready to jump out of the water and onto the bike, Forerunner 310XT moves easily from wrist to bike with the optional quick release and bike mounts, making the transition between sports effortless. Forerunner 310XT categorizes multisport activities in one workout and can also log transition time in the process, so you can analyze your performance from start to finish.

### Collect Workout Data

Forerunner 310XT tracks your position precisely with GPS satellite data and records distance, pace, heart rate (optional), power data (from ANT+™-enabled third-party power meters) and more. High-sensitivity GPS and HotFix™ satellite prediction mean Forerunner acquires satellites quickly and tracks your movement even near tall buildings or under tree cover. And using innovative ANT+™ wireless technology, Forerunner 310XT connects seamlessly to an optional heart rate monitor, foot pod and cadence sensor.

When paired with the optional wireless heart rate monitor, Forerunner 310XT continuously tracks beats per minute and uses heart rate data in advanced calorie computation. Train in a certain heart rate zone to improve fitness and monitor your level of exertion.

### Run, Sync, Store and Share

Once you've logged the miles, innovative ANT+™ wireless technology automatically transfers data to your computer when Forerunner is in range. No cables, no hookups. The data's just there, ready for you to analyze, categorize and share through our online community, Garmin Connect or our optional Garmin Training Center™ software. You can even plan workouts on your computer and then send them to your Forerunner.

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## Physical & Performance:

Unit dimensions, WxHxD: 2.1" x 2.2" x 0.8" (5.4 x 5.6 x 1.9 cm)

Display size, WxH: 1.3" x 0.8" (3.3 x 2.0 cm)

Display resolution, WxH: 160 x 100 pixels

Weight: 2.5 oz (72 g)

Battery: rechargeable lithium-ion

Battery life: 20 hours, typical

Water resistant: yes (50m)

GPS-enabled: yes

High-sensitivity receiver: yes

RoHS version available: yes

## Maps & Memory:

Basemap: no

Ability to add maps: no

Accepts data cards: no

Lap history: 1000 laps

Waypoints/favorites/locations: 100

Routes: 0

## Features:

Heart rate monitor: yes (optional)

Bike speed/cadence sensor: yes (optional)

Foot pod: yes (optional)

Automatic sync (automatically transfers data to your computer): yes

Garmin Connect™ compatible (online community where you analyze, categorize and share data): yes

Garmin Training Center® software compatible: yes

Virtual Partner® (train against a digital person): yes

Courses (compete against previous workouts): yes

Auto Pause® (pauses and resumes timer based on speed): yes

Auto Lap® (automatically starts a new lap): yes

Auto Scroll (cycles through data pages during workout): yes

Multi-sport (changes sport mode with a press of a button): yes

Advanced workouts (create custom, goal-oriented workouts): yes

Simple workouts (input time, distance and calorie goals): no

Pace alert (triggers alarm if you vary from preset pace): yes

Time/distance alert (triggers alarm when you reach goal): yes

Interval training (set up exercise and rest intervals): yes

Heart rate-based calorie computation: yes

Customizable screen(s): yes

Barometric altimeter: no

Unit-to-unit transfer (shares data wirelessly with similar units): no

Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters): yes

Sport watch: no