# GARMIN SWIM™ 2

Owner's Manual

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# Introduction

## Device Overview



| | |
|---|---|
| ① LIGHT | Select to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu. |
| ② START STOP | Select to start and stop the activity timer. Select to choose an option or to acknowledge a message. |
| ③ BACK LAP | Select to return to the previous screen. Select to record a lap during an activity. |
| ④ DOWN | Select to scroll through the widgets, data screens, options, and settings. Hold to open the music controls. |
| ⑤ 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.

| GPS | GPS status |
|---|---|
| 🔋 | Battery status |
| 📞 | Smartphone connection status |
| ♥ | Heart rate status |

## 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.

   The first time you turn on the device, it is in pairing mode.

   **TIP:** You can hold LIGHT, and select 📞 to manually enter pairing mode.

4 Select an option to add your device to your Garmin Connect account:
   • If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions.

• If you already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

# 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 Enter 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 with 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**.

### Editing Your Critical Swim Speed Result
You can manually edit or enter a new time for your CSS value.

**1** From the watch face, select **START** > **Pool Swim** > **Options** > **Workouts** > **Critical Swim Speed** > **CSS**.

**2** Enter the minutes.

**3** Select **START**.

**4** Enter the seconds.

**5** Select **START**.

Your new CSS time appears at the top of the screen.

### 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**.

## 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 Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Fields*, page 10).

| | |
|---|---|
| Free | Freestyle |
| Back | Backstroke |
| Breast | Breaststroke |
| Fly | Butterfly |
| Mixed | More than one stroke type in an interval |
| Drill | Used with drill logging (*Training with the Drill Log*, page 2) |

## 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.

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.

**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 ↻.

## 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™**: With all day wear, displays your current Body Battery level and a graph of your level 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 average resting heart rate (RHR).

**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.

**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.

**Open water**: Displays a brief summary of your last recorded open water swim activity.

**Pool swim**: Displays a brief summary of your last recorded pool swim activity.

**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 several widgets, and more are available when you pair your device with a smartphone.

• From the watch face, select **UP** or **DOWN**.

   The device scrolls through the widget loop and displays summary data for each widget.

• Select **START** to view widget details.

   **TIP:** You can select **DOWN** to view additional screens 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** to clear the notification.

**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 iOS® 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.

| ♥ | Your current heart rate in beats per minute (bpm). The widget also displays a graph of your heart rate for the last four hours, highlighting your highest and lowest heart rate. |
| --- | --- |
| 👤 | Your current stress level. The device measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level. |
| 🔋 | Your current Body Battery energy level. The device calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve. |

## Wrist-based Heart Rate

### Heart Rate While Swimming

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-Pro™, HRM-Swim™, and HRM-Tri™ accessories. 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.



  **NOTE:** The optical sensor is located on the back of the device.

- 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.
- For more information about device wear and care, go to www.garmin.com/fitandcare.

### 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.

- Rinse the device with fresh water after each workout.

### 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.
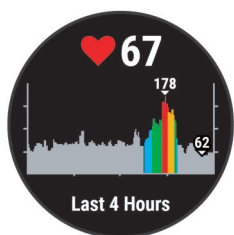


## Broadcasting Heart Rate Data to Garmin Devices

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 **Heart Rate Options** > **Broadcast Heart Rate**.

   The Garmin Swim 2 device starts broadcasting your heart rate data, and ((♥ 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, press any button, 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 **Heart Rate 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 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

> ⚠ **CAUTION**
>
> This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

1 From the heart rate widget, hold **UP**.
2 Select **Heart Rate Options** > **Abnormal HR Alert**.
3 Select **High Alert** or **Low Alert**.

4 Set the heart rate threshold value.

Each time your heart rate exceeds or drops below 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 **Heart Rate 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 8) 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

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

# 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.

| Training Effect | Aerobic Benefit | Anaerobic Benefit |
|------|------|------|
| From 0.0 to 0.9 | No benefit. | No benefit. |
| From 1.0 to 1.9 | Minor benefit. | Minor benefit. |
| From 2.0 to 2.9 | Maintains your aerobic fitness. | Maintains your anaerobic fitness. |
| From 3.0 to 3.9 | Impacts your aerobic fitness. | Impacts your anaerobic fitness. |
| From 4.0 to 4.9 | Highly impacts your aerobic fitness. | Highly impacts your anaerobic fitness. |
| 5.0 | Overreaching and potentially harmful without enough recovery time. | Overreaching and potentially harmful without enough recovery time. |

Training Effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeat.com.

# Heart Rate Variability and Stress Level

Your device analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the device while sleeping.

You can sync your device with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

## Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

1 While you are sitting or inactive, select **UP** or **DOWN** to view the stress level widget.
2 Select **START**.
   - If your stress level is in the low or medium range, a graph appears showing your stress level for the last four hours.
   **TIP:** To start a relaxation activity from the graph, select **DOWN** > **START**, and enter a duration in minutes.
   - If your stress level is in the high range, a message appears asking you to begin a relaxation activity.
3 Select an option:
   - View your stress level graph.
   **NOTE:** Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.
   - Select **Yes** to start the relaxation activity, and enter a duration in minutes.
   - Select **No** to bypass the relaxation activity and view the stress level graph.

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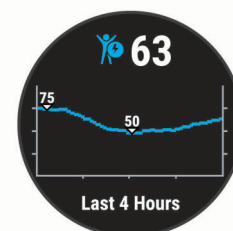
**2** Select **START** to view a combined graph of your Body Battery and stress level.

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.



**3** Select **DOWN** to see your Body Battery data since midnight.



### 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, pace, calories, strokes per length, stroke rate, and swolf score. The open water swim history displays the distance, time, pace, calories, stroke distance, and stroke rate.

## 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

> **NOTICE**
>
> 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.
**3** Select a file.
**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.

4 Open the Garmin Express application, and select **Add Device**.

5 Follow the on-screen instructions.

# 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:

NOTE: Not all options are available for all activities.

- 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 10).
- 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 10).
- 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.

## 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

Using GPS and another satellite system together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

Your device can use these Global Navigation Satellite Systems (GNSS).

**GPS**: A satellite constellation built by the United States.

**GLONASS**: A satellite constellation built by Russia.

**GALILEO**: A satellite constellation built by the European Space Agency.

## 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.

### Downloading Connect IQ Features Using Your Computer

1 Connect the device to your computer using a USB cable.

2 Go to apps.garmin.com, and sign in.

3 Select a Connect IQ feature, and download it.

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 Backlight Settings
1 From the watch face, hold **UP**.
2 Select ✿ > **System** > **Backlight**.
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.
   • 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 your activity summary and history.
1 From the watch face, hold **UP**.
2 Select ✿ > **System** > **Format** > **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 **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 **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 ①.
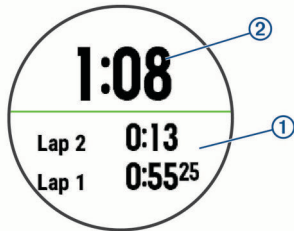


The total stopwatch time ② continues running.

**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 (*Cleaning the Device*, page 13).

**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.



**NOTE:** The optical sensor is located on the back of the device.

• 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.

• For more information about device wear and care, go to www.garmin.com/fitandcare.

## 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

| Battery type | Rechargeable, built-in lithium-ion battery |
|---|---|
| Battery life | Up to 7 days for watch mode with smart notifications, activity tracking, and wrist heart rate<br>Up to 14 hr. in GPS mode with wrist heart rate |
| Operating temperature range | From -20º to 60ºC (from -4º to 140ºF) |
| Charging temperature range | From 0º to 45ºC (from 32º to 113ºF) |
| Wireless frequency | 2.4 GHz @ +6 dBm nominal |
| Water rating | Swim, 5 ATM[1] |

## 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.

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[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

• 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.

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 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 theBluetooth 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 Dist.**: The distance traveled for the last completed lap.

**Last Lap Distance Per Stroke**: Swimming. The average distance traveled per stroke during the last completed lap.

**Last Lap HR**: The average heart rate for the last completed lap.

**Last Lap Pace**: The average pace 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 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 Len. Pace**: The average pace for your 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.

**Stroke Rate**: Swimming. The number of strokes per minute (spm).

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

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

**Time in 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.

### 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 8) 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

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

# Symbol Definitions

These symbols may appear on the device or accessory labels.

| | WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling. |
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