



Interval Training App 1 Professional User Manual

A Comprehensive Guide

Robert Hofer (RH-SPORTS)

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1. User documentation

Welcome to the **Interval Training App 1 Professional** user documentation



[Download PDF](#)

2. English

2.1 Interval Training App 1 Professional



The **Interval Training App 1 Professional**, running on most Connect IQ™-compatible Garmin devices, supports you in improving your aerobic capacity and permitting you to exercise for longer and/or more intense levels by tracking the most important parameters like distance, speed, pace and time with high sensitivity GPS. Additionally ANT+™ compatible sensors for heart rate, foot pod, cadence and speed monitoring are supported. It is designed as a watch app (and not a data field) for following reasons:

- Simple to install and use
- Arbitrary feature enhancement possible
- Circumvent that some watches (e.g. vivoactive™) can only display two Connect IQ™ data fields



[Link to Interval Training App 1 Professional on Garmin App Store](#)

This website provides further information regarding requirements, installation, getting started, supported data fields and features as well as frequently asked questions.

2.2 Disclaimer

2.2.1 Software disclaimer

Our offered applications, widgets and data fields (further on simply called software), which can be downloaded from the Garmin App Store, are provided 'as is' without warranty of any kind, either express or implied, including, but not limited to, the implied warranties of fitness for a purpose, or the warranty of non-infringement. Without limiting the foregoing, Robert Hofer (RH-SPORTS) makes no warranty that:

- the software will meet your requirements.
- the software will be uninterrupted, timely, secure or error-free.
- the results that may be obtained from the use of the software will be effective, accurate or reliable.
- the quality of the software will meet your expectations.

Software and documentation on our web site:

- could include technical or other mistakes, inaccuracies or errors.
- may be out of date where we make no commitment to update the it right away.
- we assume no responsibility for errors or omissions in the software or documentation available from our web sites.
- Robert Hofer (RH-SPORTS) has the right to change the software or documentation anytime.

In no event shall we be liable to you or any third parties for any special, punitive, incidental, indirect or consequential damages of any kind, or any damages whatsoever, including, without limitation, those resulting from loss of use, data or profits, whether or not we have been advised of the possibility of such damages, and on any theory of liability, arising out of or in connection with the use of this software.

The use of the software downloaded is done at your own discretion and risk and with agreement that you will be solely responsible for any damage to your computer system, watch of navigation device or loss of data that results from such activities. No advice or information, whether oral or written, obtained by you from us by mail or from our web sites shall create any warranty for the software.

2.2.2 User data protection according to DSGVO

RH-SPORTS clearly wants to state that we do not collect or save user information of any kind. If you are using our applications or data fields and save the recorded session afterwards then the data will be fully processed by Garmin Ltd. or its subsidiaries. This might include that the recorded data is sent to servers hosted or paid for by Garmin. Please read the user data protection rules from Garmin for further details.

Following applications offer map support:

- Cycling App Professional
- Hiking App Professional
- MTB App Professional
- SkiTour App Professional

These applications do not directly track personal information but makes use of a 3rd party API provided by dynamicWatch which does store personal information on every data request. You can read the detailed privacy policy of dynamicWatch [here](#).

2.2.3 Activity tracking and fitness metric accuracy

Our applications and data fields use the Garmin API's to retrieve most of the information and cannot be more precise than the data delivered from there. Garmin states following about activity tracking and accuracy:

- "Garmin devices are intended to be tools to provide you with information to encourage an active and healthy lifestyle. Garmin wearables rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be precisely accurate. Garmin wearables are not medical devices, and the data provided by them is not intended to be utilized for medical purposes and is not intended to diagnose, treat, cure, or prevent any disease. Garmin recommends you consult your doctor before engaging in any exercise routine."

2.2.4 Accuracy of wrist-based heart rate (Elevate)

Our applications and data fields use the Garmin API's to retrieve heart rate related data cannot be more precise than the data delivered from there. Regarding wrist-based accuracy, Garmin states following:

- "The optical wrist heart rate (HR) monitor for Garmin wearables is a valuable tool that can provide an accurate estimation of the user's heart rate at any given point in time. The optical HR monitor is designed to attempt to monitor a user's heart rate 24 hours a day, 7 days a week. The frequency at which heart rate is measured varies, and may depend on the level of activity of the user. When you start an activity with your Garmin optical HR device, the optical HR monitor measures more frequently. The intent is to provide the user with a more frequent and accurate heart rate reading during a given activity."
- "While our wrist HR monitor technology is state of the art, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances. These circumstances include the user's physical characteristics, the fit of the device and the type and intensity of the activity as outlined above. The HR monitor data is not intended to be used for medical purposes, nor is it intended to diagnose, treat, cure or prevent any disease or condition."
- "Wrist heart rate accuracy during swimming is very limited. Garmin does not recommend using wrist heart rate during swimming activities and on some products, wrist heart rate monitoring is disabled while swimming. Garmin recommends using HRM-Swim™ or HRM-Tri™ heart rate monitors with compatible devices to track heart rate while swimming."

2.2.5 White background on AMOLED displays

For devices with AMOLED display (e.g. Venu™ based devices) we strongly recommend to always select the black background to avoid damages due to burn-in effects and to save battery life time!

Note:

We take over NO responsibility in case of damages due to burn-in effects.

2.3 Requirements

Supported Garmin devices

The **Interval Training App 1 Professional** runs on following Garmin devices:

- Approach® S50, S60 and S62
- Approach® S70 42mm
- Captain Marvel
- D2™ Air and Air X10
- D2™ Bravo
- D2™ Bravo Titanium
- D2™ Charlie
- D2™ Delta, Delta PX and Delta S
- D2™ Mach 1 and Mach 2
- Darth Vader™
- Descent™ G2
- Descent™ MK1, MK2 and MK2s
- Descent™ Mk3 51mm
- Enduro™ and 3
- Epix™ 2, Pro (Gen 2) 42mm and 47mm
- Fēnix® 3, HR and Chronos
- Fēnix® 5, 5S and 5X
- Fēnix® 5 Plus, 5S Plus and 5X Plus
- Fēnix® 6 and 6 Pro
- Fēnix® 6s and 6s Pro
- Fēnix® 6x Pro, 6x Sapphire, 6x Pro Solar and tactix® Delta Sapphire
- Fenix® 7, 7s and 7x
- Fenix® 7 Pro, 7s Pro and 7x Pro
- Fēnix® 7 Pro (no Wi-Fi) and 7x Pro (no Wi-Fi)
- Fenix® 8 43mm, 47mm and 51mm
- Fenix® 8 Solar 47mm and 51mm
- Fenix® 8 Pro 47mm
- Fenix® E
- First Avenger
- ForeAthlete® 230J, 235J, 630J, 735XTJ and 920XTJ
- Forerunner® 55, 165, 165 Music, 230, 235, 245, 245 Music, 255, 255 Music, 255s, 255s Music, 265 and 265s
- Forerunner® 570 42mm and 47mm, 630, 645, 645 Music, 735XT, 935, 945, 945 LTE, 955 and 955 Solar, 965 and 970
- Instinct® 3 AMOLED 45mm and 50mm
- Instinct® Crossover AMOLED
- MARQ™ Adventurer, Athlete, Aviator, Captain, Commander, Driver, Expedition and Golfer
- MARQ® (Gen 2) Athlete, Adventurer, Captain, Golfer and Aviator
- Rey™
- Venu™ and Mercedes-Benz® Collection
- Venu™ SQ and SQ Music
- Venu™ SQ 2 and SQ 2 Music
- Venu™ 2, 2 Plus and 2s
- Venu® 3 and 3s
- Venu® 4 41mm and 45mm

- Vivoactive™
- Vivoactive™ HR
- Vivoactive® 3, 3 Music, 3 Music LTE and 3 Mercedes-Benz® Collection
- Vivoactive® 4 and 4s
- Vivoactive® 5 and 6

Garmin device Firmware requirements

Please install the latest firmware on your Garmin device. Here the information about the minimum required Connect IQ™ version depending on your device type:

- V1.3.0
 - ForeAthlete® 230J, 235J, 630J and 920XTJ
 - Forerunner® 230, 235, 630 and 920XT
- V1.4.0
 - Vivoactive™
- V1.4.1
 - D2™ Bravo and Bravo Titanium
 - Fēnix® 3 and 3 HR
- V2.4.1
 - Approach® S60
 - ForeAthlete® 735J
 - Forerunner® 735XT
 - Vivoactive® HR
- V3.0.0
 - Approach® S62
 - D2® Charlie
 - D2® Delta, Delta PX and Delta S
 - Descent™ MK1
 - Vivoactive® 3 Mercedes-Benz® Collection
- V3.1.0
 - Descent™ MK2
 - Fēnix® Chronos
 - Fēnix® 5, 5S, 5X and 5 Quatix
 - Fēnix® 5 Quatix
 - Fēnix® 5 Plus, 5S Plus and 5X Plus
 - Forerunner® 935
 - Forerunner® 645 and 645 Music
 - Vivoactive® 3

• V3.2.0

- Captain Marvel
- Darth Vader™
- D2™ Air
- Descent™ MK2s
- Enduro™
- Fēnix® 6/6 Pro
- Fēnix® 6s/6s Pro
- Fēnix® 6x Pro, 6x Sapphire, 6x Pro Solar and tactix® Delta Sapphire
- First Avenger
- Forerunner® 55, 245, 245 Music, 745 and 945
- MARQ™ Adventurer, Athlete, Aviator, Captain, Commander, Driver, Expedition and Golfer
- Rey™
- Venu™ SQ and SQ Music
- Venu™ and Mercedes-Benz® Collection
- Vivoactive® 3 Music and 3 Music LTE
- Vivoactive® 4s and 4

• V3.3.0

- Forerunner® 945 LTE

• V4.0.0

- D2™ Air X10
- D2™ Mach 1
- Venu™ 2, 2 Plus and 2s

• V4.1.0

- Fenix® 7, 7s and 7x
- Forerunner® 255, 255 Music, 255s and 255s Music
- Forerunner® 955 and Solar
- Venu™ SQ 2 and SQ 2 Music

• V4.2.0

- Approach® S70 42mm and 47mm
- Descent™ Mk3 51mm
- Epix™ 2
- Epix™ Pro (Gen 2) 42mm, 47mm and 51mm
- Fenix® 7 Pro, 7s Pro and 7x Pro
- Fēnix® 7 Pro (no Wi-Fi) and 7x Pro (no Wi-Fi)
- Forerunner® 165 and 165m
- Forerunner® 265 and 265s
- Forerunner® 965
- Venu® 3 and 3s
- Vivoactive® 5

- V5.0.0
 - Approach® S50
 - Descent™ G2
 - Enduro™ 3
 - Fenix® 8 43mm
 - Fenix® 8 47mm and 51mm
 - Fenix® 8 Solar 47mm and 51mm
 - Fenix® E
 - Instinct® 3 AMOLED 45 and 50mm
 - Vivoactive® 6
- V5.1.0
 - Fenix® 8 Pro 47mm
 - Fenix® 8 Pro 47mm, 51mm and MicroLED
 - Forerunner® 570 42mm and 47mm
 - Forerunner® 970
 - Instinct® Crossover AMOLED
- V5.2.0
 - D2™ Mach 2
 - Venu® 4 41mm and 45mm

Note:

Please also take a look to the [Garmin feature set description for your device](#).

Garmin software requirements

- Please install the latest Garmin Connect App if you use the mobile phone for installation and configuration.
- Please install the latest Garmin Express Version if you use the PC/MAC for installation and configuration.

2.3.1 Sensor requirements

- Please enable GPS for speed, distance, location and altitude information
- Please enable ANT+ sensors for cadence, foot pod, heart rate, power and speed information

2.4 Getting started

This section describes everything you need to know to get **Interval Training App 1 Professional** up and running on your Garmin device.

Topics:

- [Install application](#)
- [Change user settings](#)
- [Start application](#)
- [User setting overview](#)

2.4.1 Install application

Please install the **Interval Training App 1 Professional** application by downloading it from the Garmin App Store via the Garmin Express Software on PC/MAC or via the Garmin ConnectIQ mobile app on your mobile phone.

[Link to Interval Training App 1 Professional on Garmin App Store](#)

Here a YouTube video describing the installation process in more detail:



[Click here to watch the video](#)

2.4.2 Change the user settings

The **Interval Training App 1 Professional** in the PREMIUM version offers a huge amount of [configuration options](#) which can be changed on your PC/MAC or on your mobile phone:

- [Change User Settings on PC/MAC](#)
- [Change User Settings on Mobile Phone](#)

Change user settings on PC or MAC

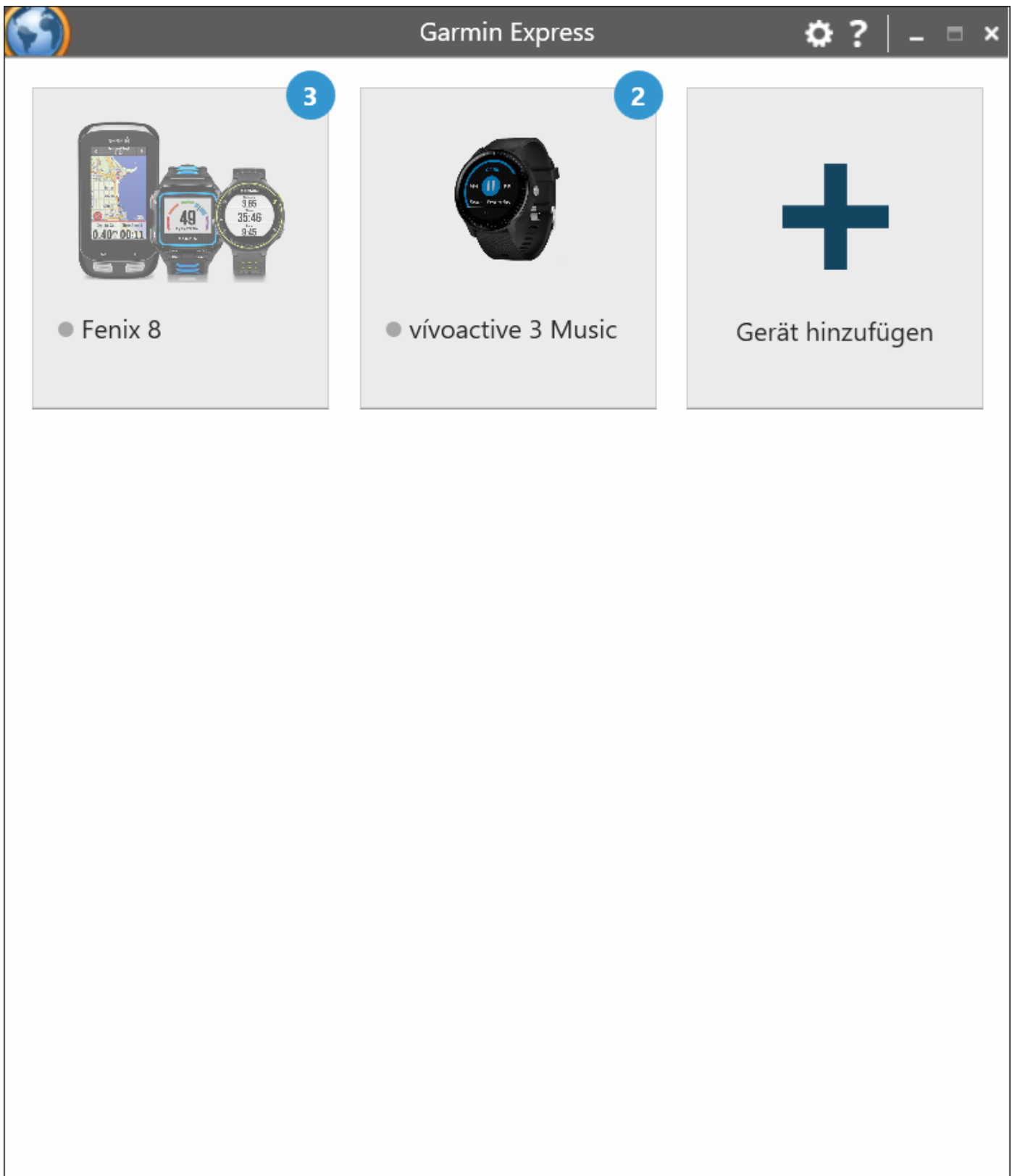
All configurations can be changed on your PC or MAC by using the Garmin Express Software. Before changing configurations, please make sure that you have installed the latest software version. The software can be downloaded from the official Garmin web site.

Note The pictures in the following sections are taken from the Garmin Express Software V7.28.0 running on Windows 11 and may be subject of change in future Garmin versions.

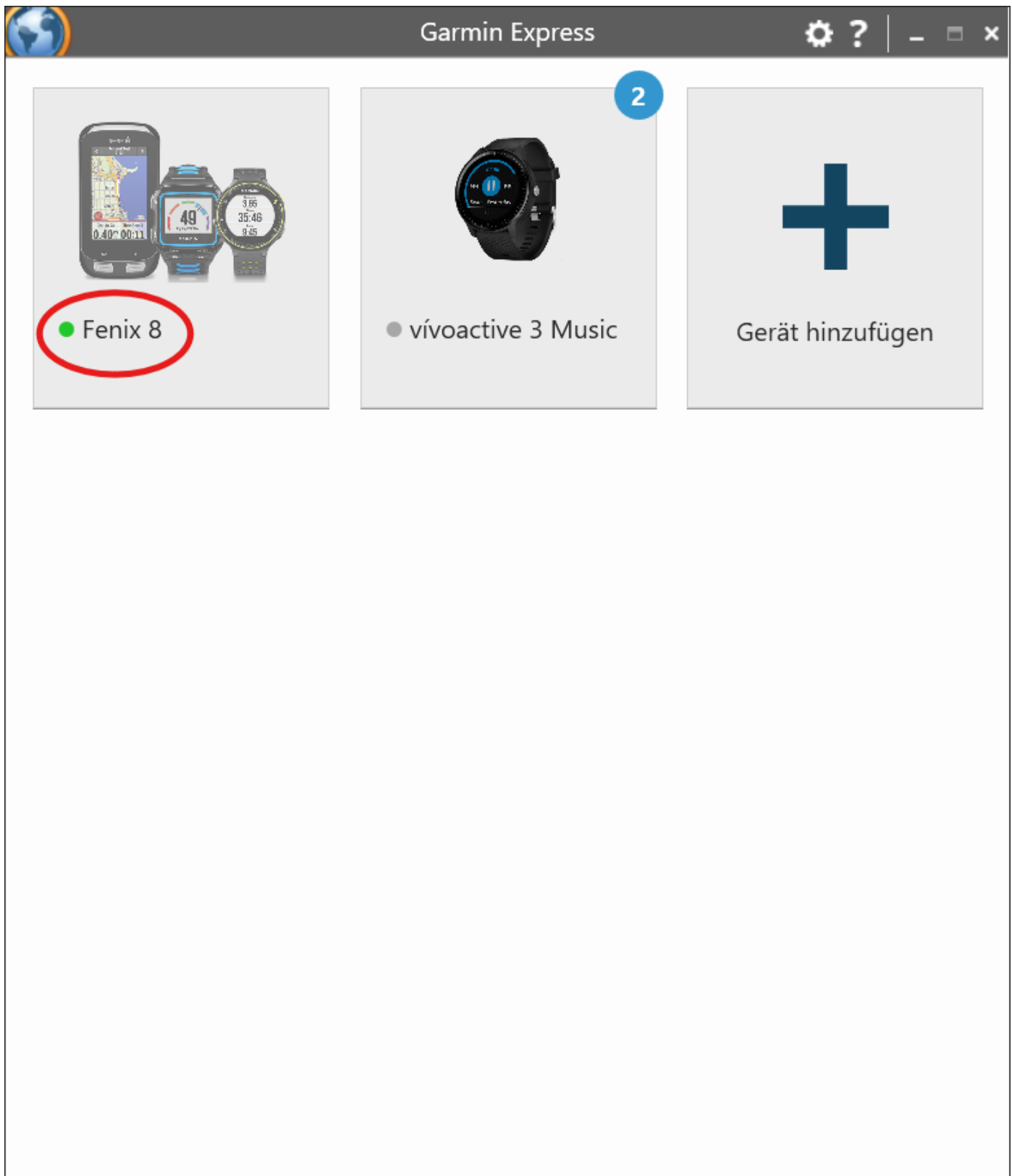
Step 1: Start Garmin Express Software Look for the symbol as shown below and double-click it to start the Garmin Express software.



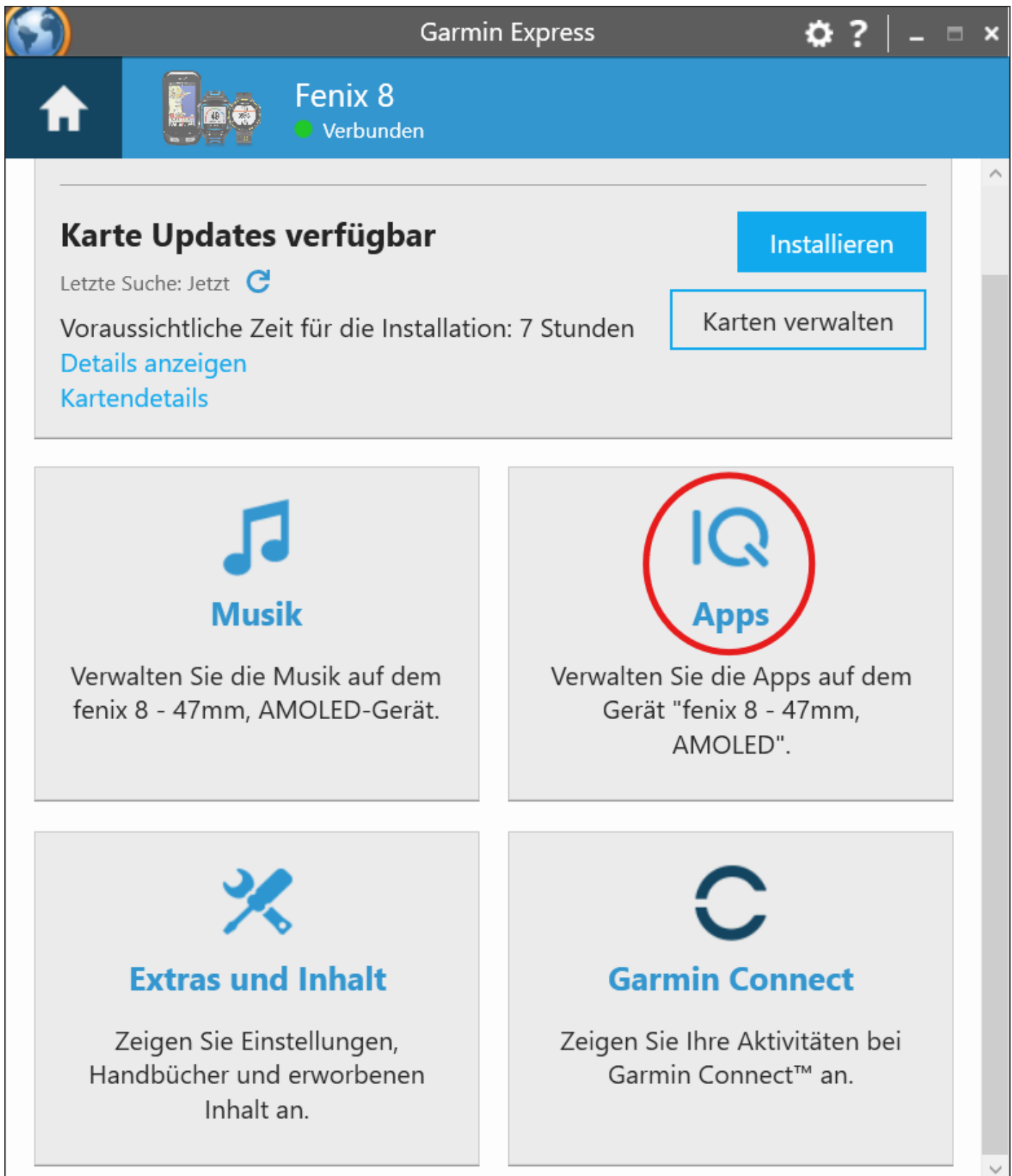
After that you should be able to see your Garmin device as shown in the picture below. If not, please add your device first. For details refer to the documentation provided by Garmin.



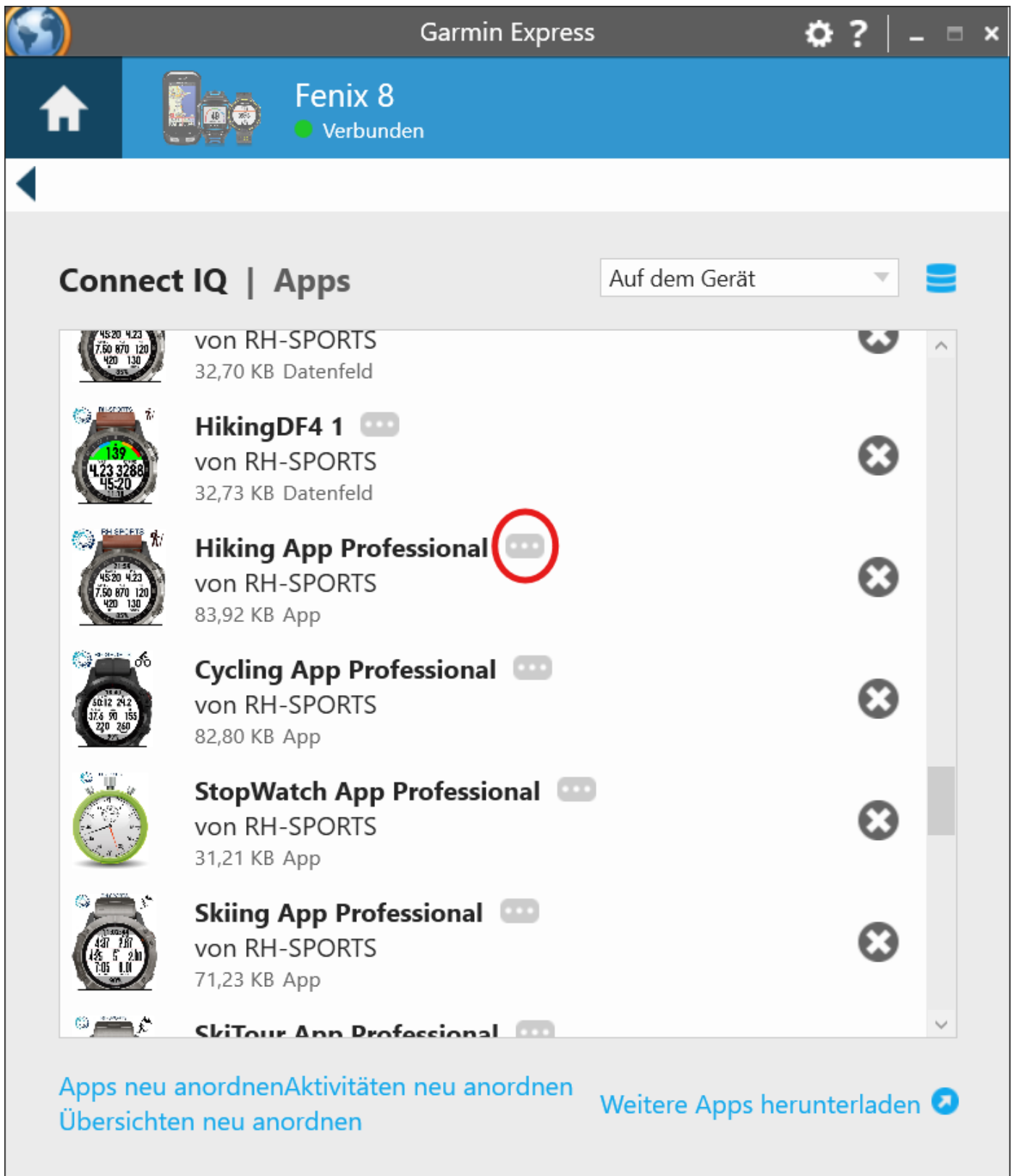
Step 2: Establish Connection between PC/MAC and the Garmin Device Connect your device via USB to your PC/MAC. Your device should be automatically detected and the Garmin Express software starts a synchronization process. When everything is ok, it is signaled via green lights as shown in the figure below. In case problems occur, please refer to the documentation provided by Garmin.



Step 3: Select Device Please click on the icon which shows your device. Following picture should appear:



Step 4: Find Application or Data Field Please click the marked button in the picture above. A list of all installed applications and data fields on your device should appear. Please scroll up/down until you find the application or data field you would like to configure as shown in the figure below:



Step 5: Select Application or Data Field for Configuration Please select the RH-SPORTS application or data field you would like to configure by clicking with the left mouse button to the three dots as marked in the left picture above for your application or data field of choice. A context menu will be shown where you have to select "Settings"

A similar screen like shown below should appear:

Garmin Express



Hiking App Professional

Registrierungsschlüssel

für Hiking App
PREMIUM wo ALLE
Konfigurationsänderungen
gespeichert werden.
Sie erhalten den
Schlüssel über
www.rh-sports.at

Partner-Zugriffscod
um diese App mit der
Mappenunterstützung
von dynamicWatch
zu verlinken

Satellitenkonfiguration

(Nächste
Konfiguration wird

Abbrechen

Speichern

Step 6: Change Configuration Please note that configuration changes **ONLY** apply on your Garmin device if you have entered a proper PREMIUM activation key in the field marked in the picture below. For details about the possible key types, please refer to the [registration key details](#). If a proper activation key is entered, you can change **ALL** configurations according to your needs. Finally press the "Save" button at the bottom of the dialog. The Garmin Express Software will update the configurations on your device. In case of errors, please refer to the documentation provided by Garmin.

Garmin Express

Hiking App Professional

Registrierungsschlüssel

für Hiking App
PREMIUM wo ALLE
Konfigurationsänderungen
gespeichert werden.
Sie erhalten den
Schlüssel über
www.rh-sports.at

Partner-Zugriffscod

um diese App mit der
Mappenunterstützung
von dynamicWatch
zu verlinken

Satellitenkonfiguration

(Nächste
Konfiguration wird

Abbrechen Speichern

Step 7: Disconnect Device After the configuration changes were saved, disconnect your device from the PC/MAC.

Step 8: Start Application or Data Field on Device Please start our RH-SPORTS application or data field on your Garmin device. If you have the PREMIUM Version (key was correct), then all your configuration changes should have been applied. If not, please refer to our [Frequently Asked Questions](#).

Change user settings on mobile phone

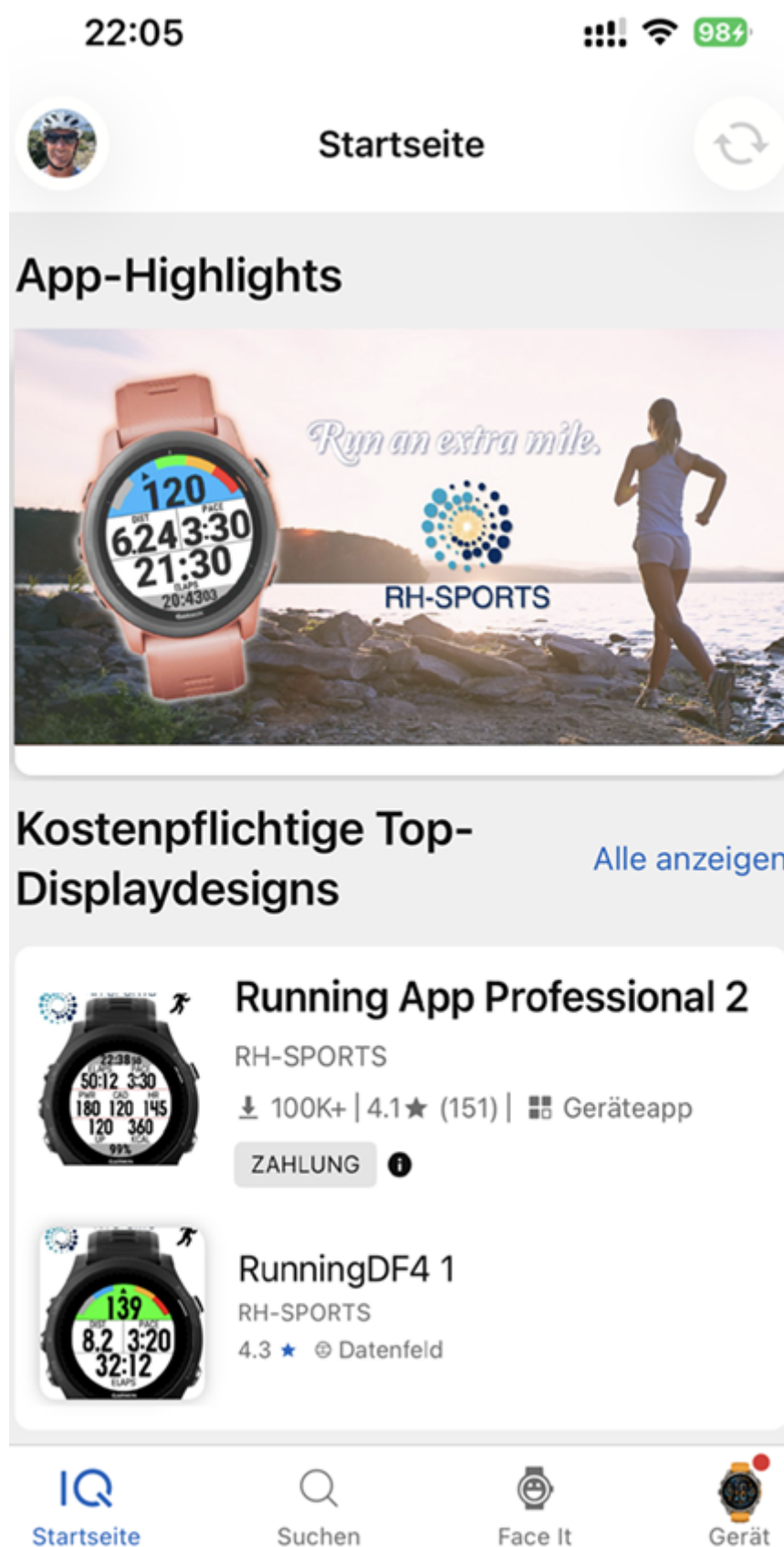
All configurations can be changed on your mobile phone by using the Garmin ConnectIQ™ mobile app which is available for Android- and iOS-compatible devices. Before changing configurations, please make sure that you have installed the latest mobile app version. The app can be downloaded from the appropriate App Stores (e.g. Google Play, Apple Store, etc.)

Note The pictures in the following sections are taken from the Garmin ConnectIQ™ mobile app V2.43 running on an iPhone 14 Pro with iOS 26.2 and may be subject of change in future Garmin versions.

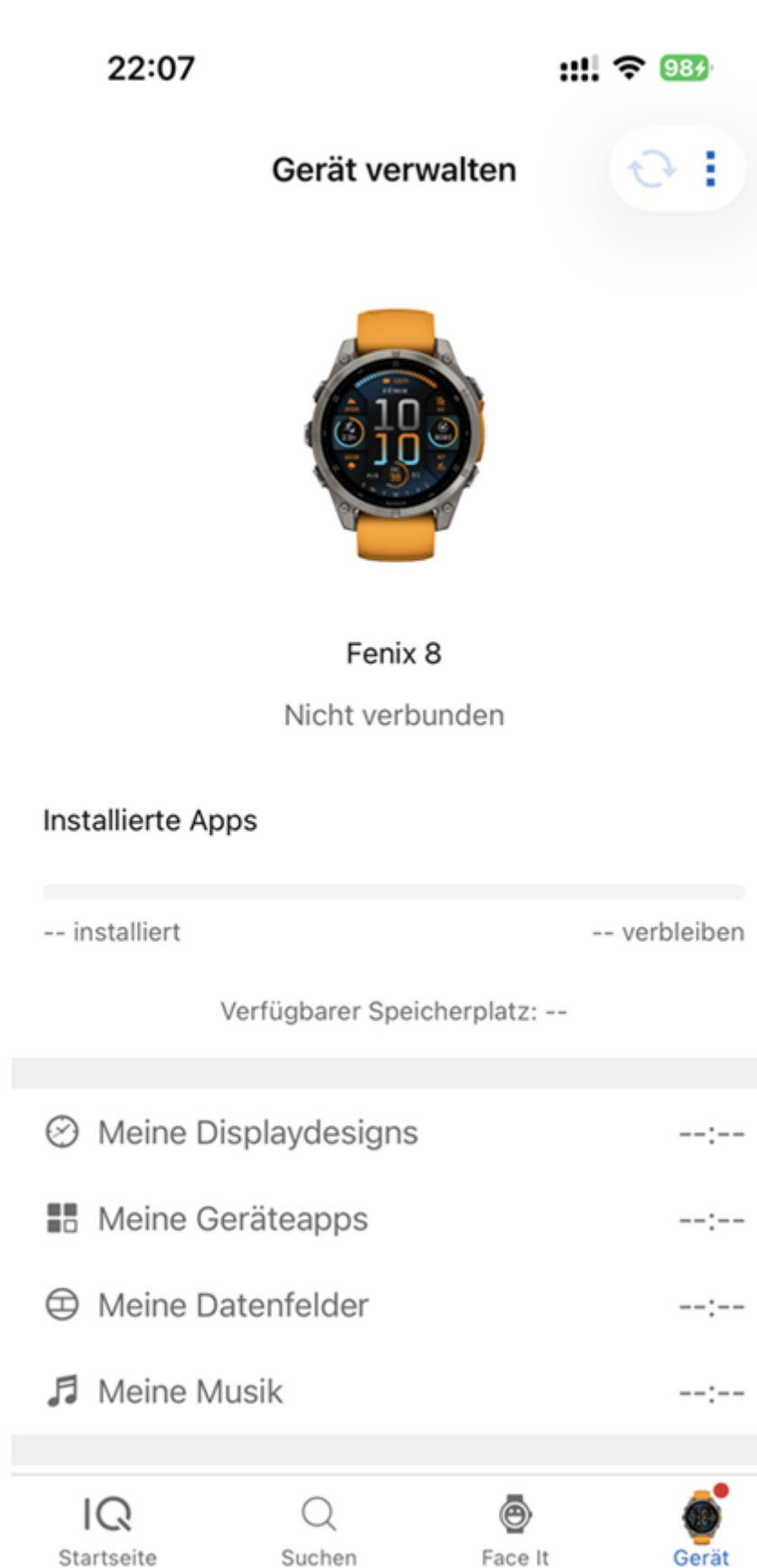
Step 1: Start Garmin ConnectIQ™ mobile app Look on your mobile phone for the app with the symbol shown below and click it to start the Garmin ConnectIQ™ mobile app.



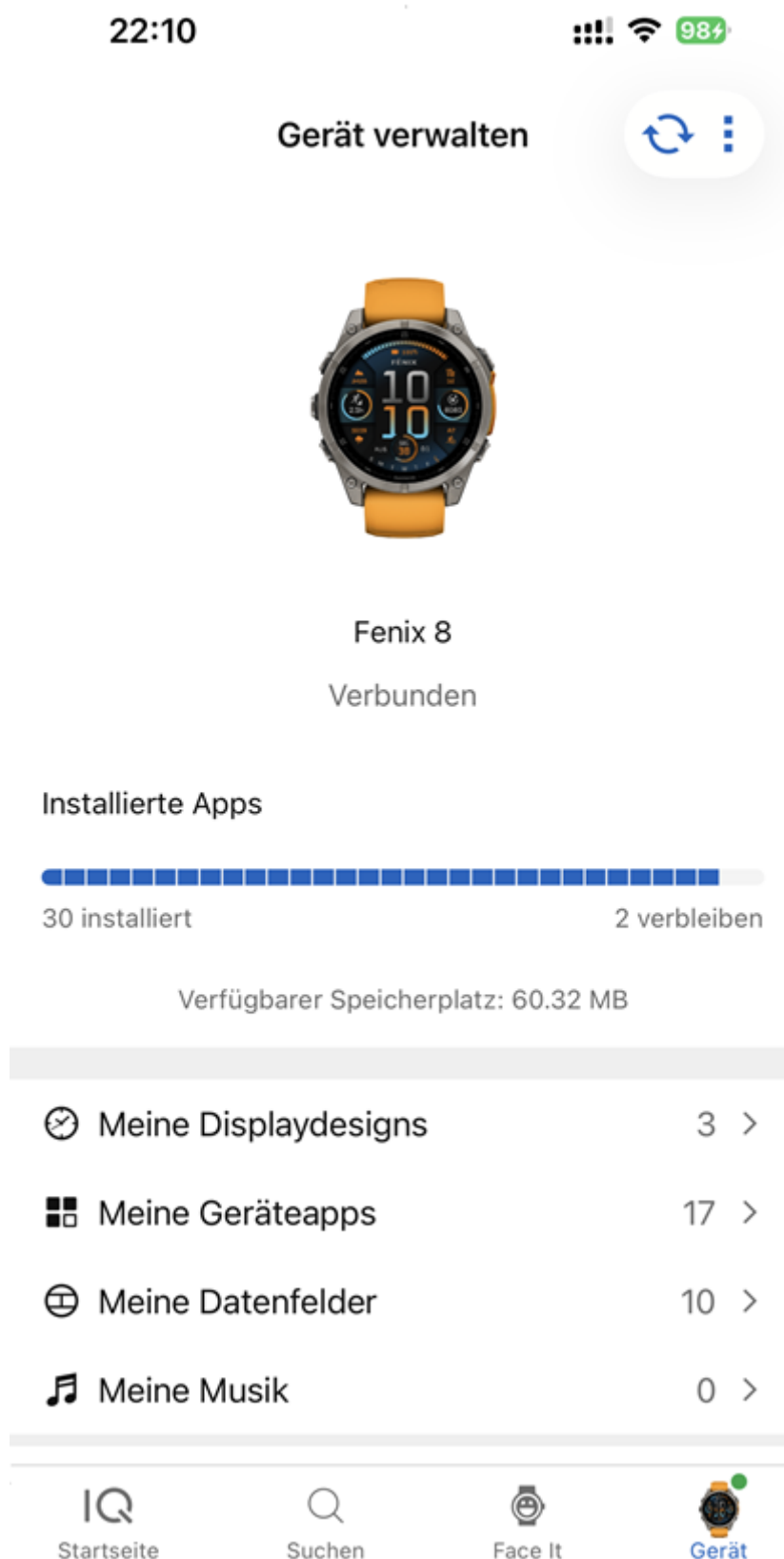
A similar window as shown below should appear.



Step 2: Press device button The device button is located at the bottom on the right side. Please press it and following picture should appear if the device is not connected so far:

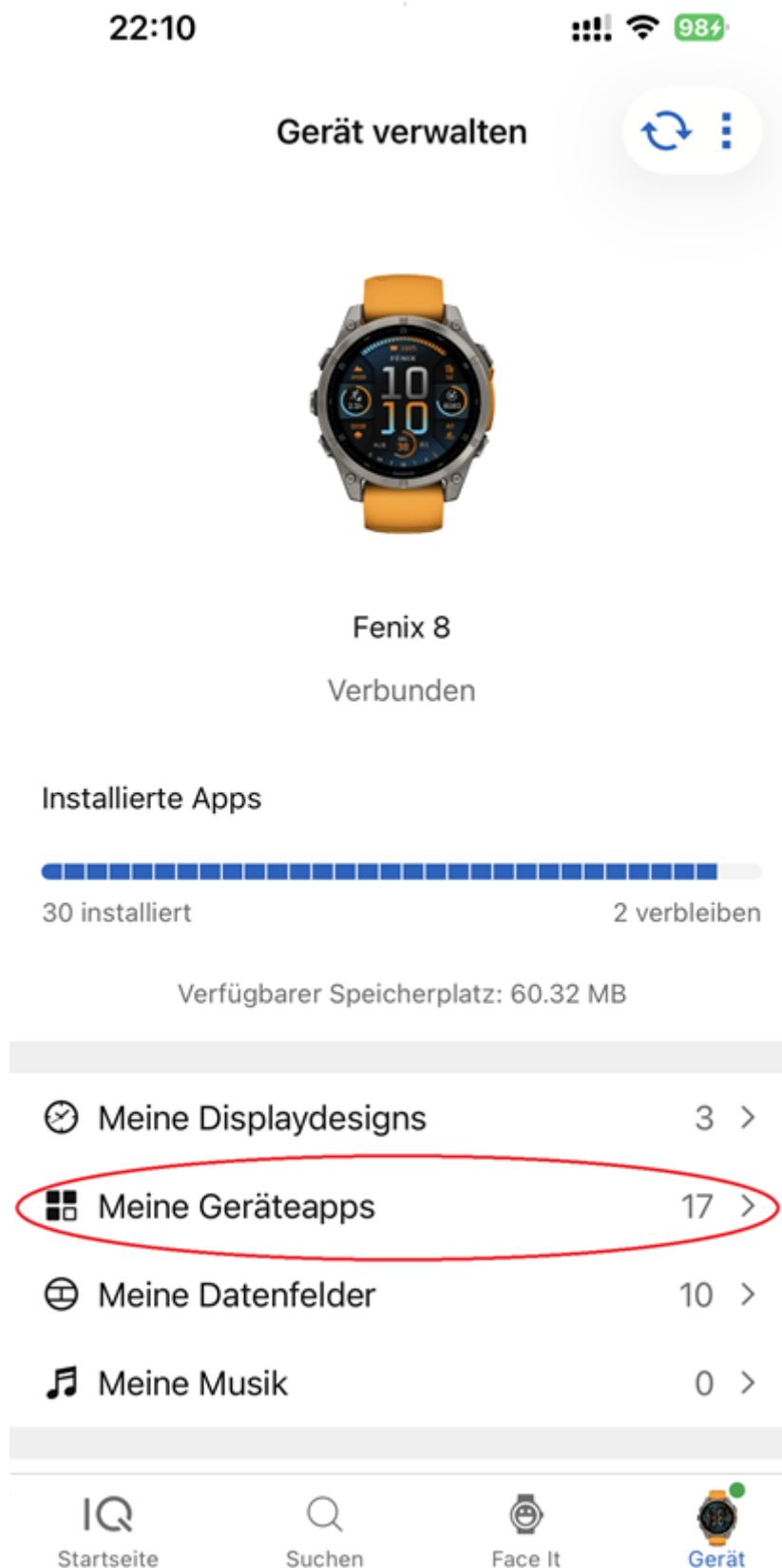


If the device is already connected with your mobile phone via Bluetooth, then the proper connection status is shown as illustrated in following picture:

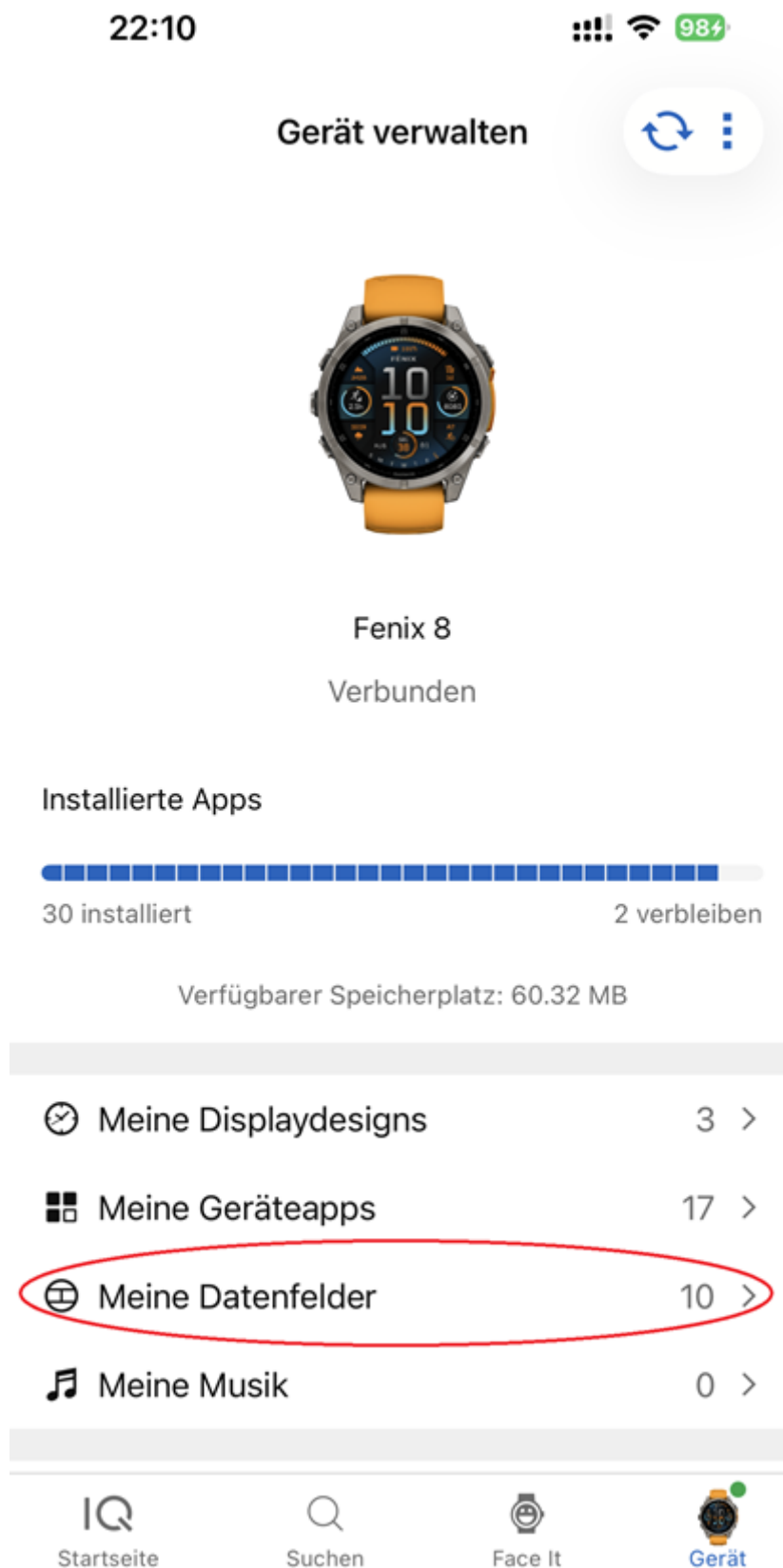


Step 3: Select your Garmin Devices If you have multiple Garmin devices and the wrong device is selected by default, please select a proper device via the button on the top on the left side.

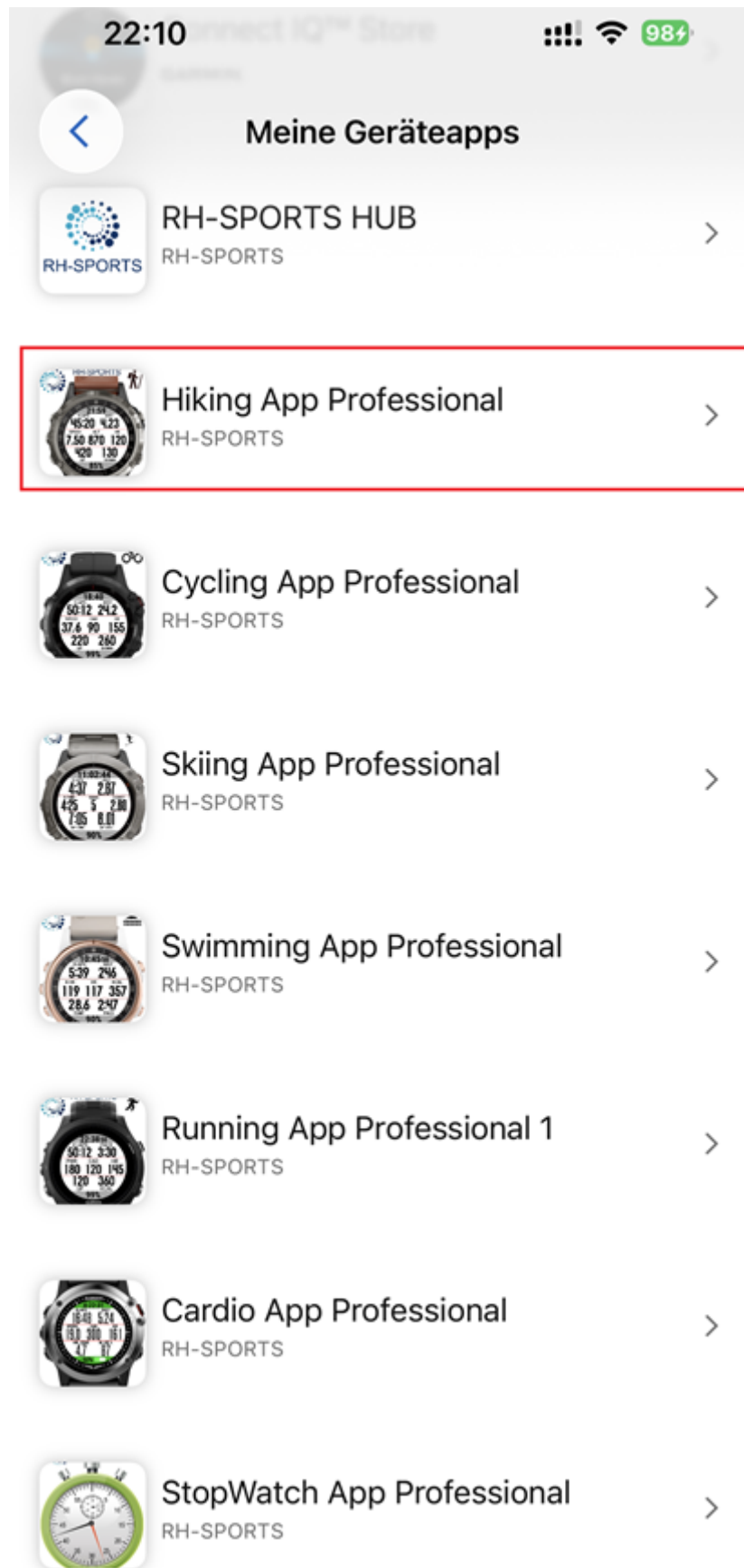
Step 4: Select RH-SPORTS product If you would like to change the settings for a RH-SPORTS application, please click the marked button **My device apps** as shown in the pictures below:



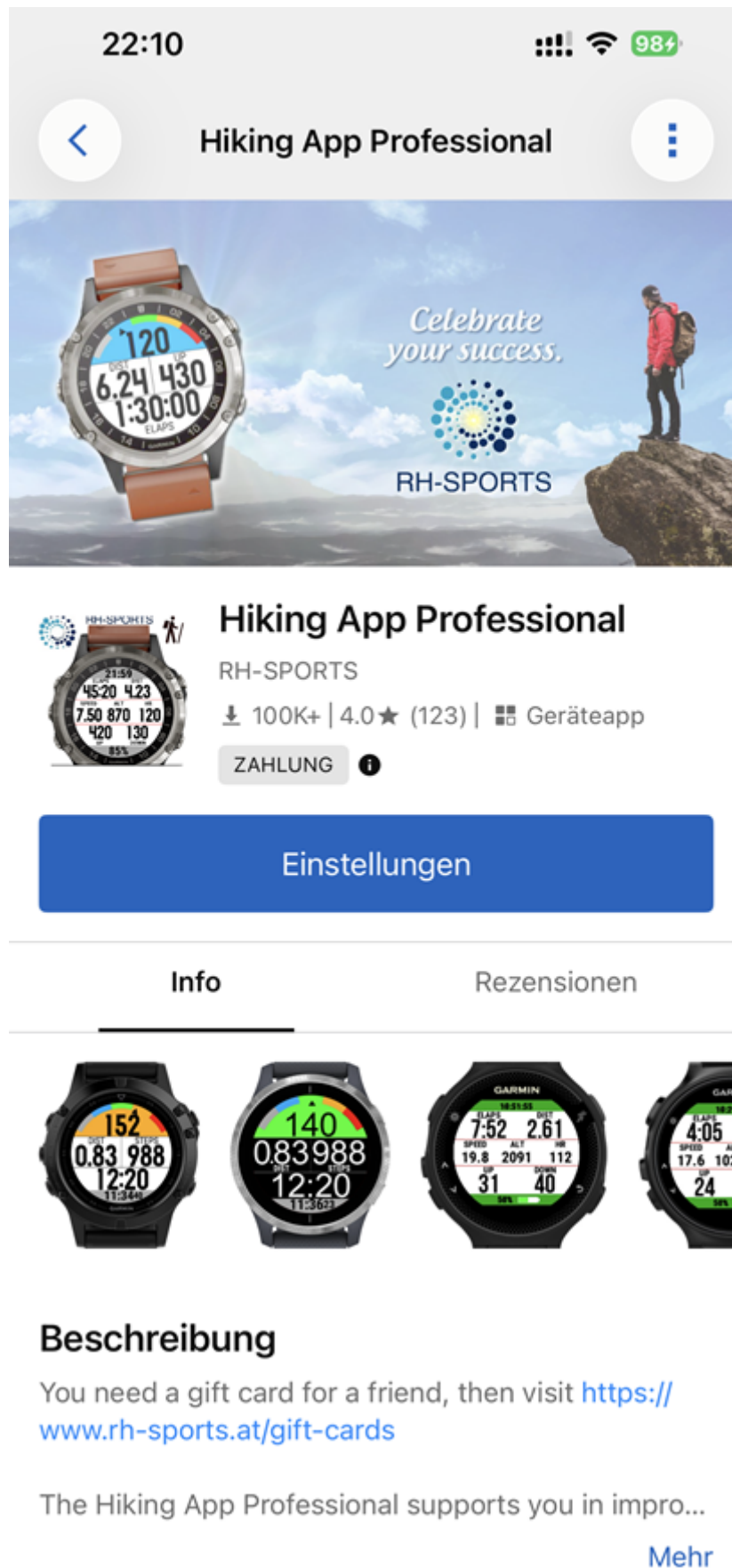
If you would like to change the settings for a RH-SPORTS data field, please click the marked button **My data fields** as shown in the pictures below:



Step 5: Select an Application or Data Field for Configuration A list of all applications and data fields appear. Please scroll up/down until you find the application or data field you would like to configure as shown in the figure below:



Step 6: Select Settings Please click on the **Settings** button as shown in the picture below:



Step 7: Change Configuration Please note that the configuration changes **ONLY APPLY** on your device if you have entered the proper PREMIUM activation key in the field marked in the picture below. For details about the possible key types, please refer to the [registration key details](#). If a proper activation key is entered, you can change **ALL** configurations according to your needs.

22:15

⋮ Wi-Fi 98%

< Einstellungen Speichern

Registrierungsschlüssel für Hiking App PREMIUM
wo ALLE Konfigurationsänderungen gespeichert
werden. Sie erhalten den Schlüssel über www.rh-sports.at

XXXXXXXX

Partner-Zugriffscode um diese App mit der
Mappenunterstützung von dynamicWatch zu
verlinken

XXXXXXX

Satellitenkonfiguration (Nächste Konfiguration wird
verwendet falls ausgewählte Konfiguration auf
ihrem Gerät nicht verfügbar ist)

AutoGNSS (SatIQ)

Stromspareinstellungen

Aus (Displayupdate alle Sekunden)

Farbschema

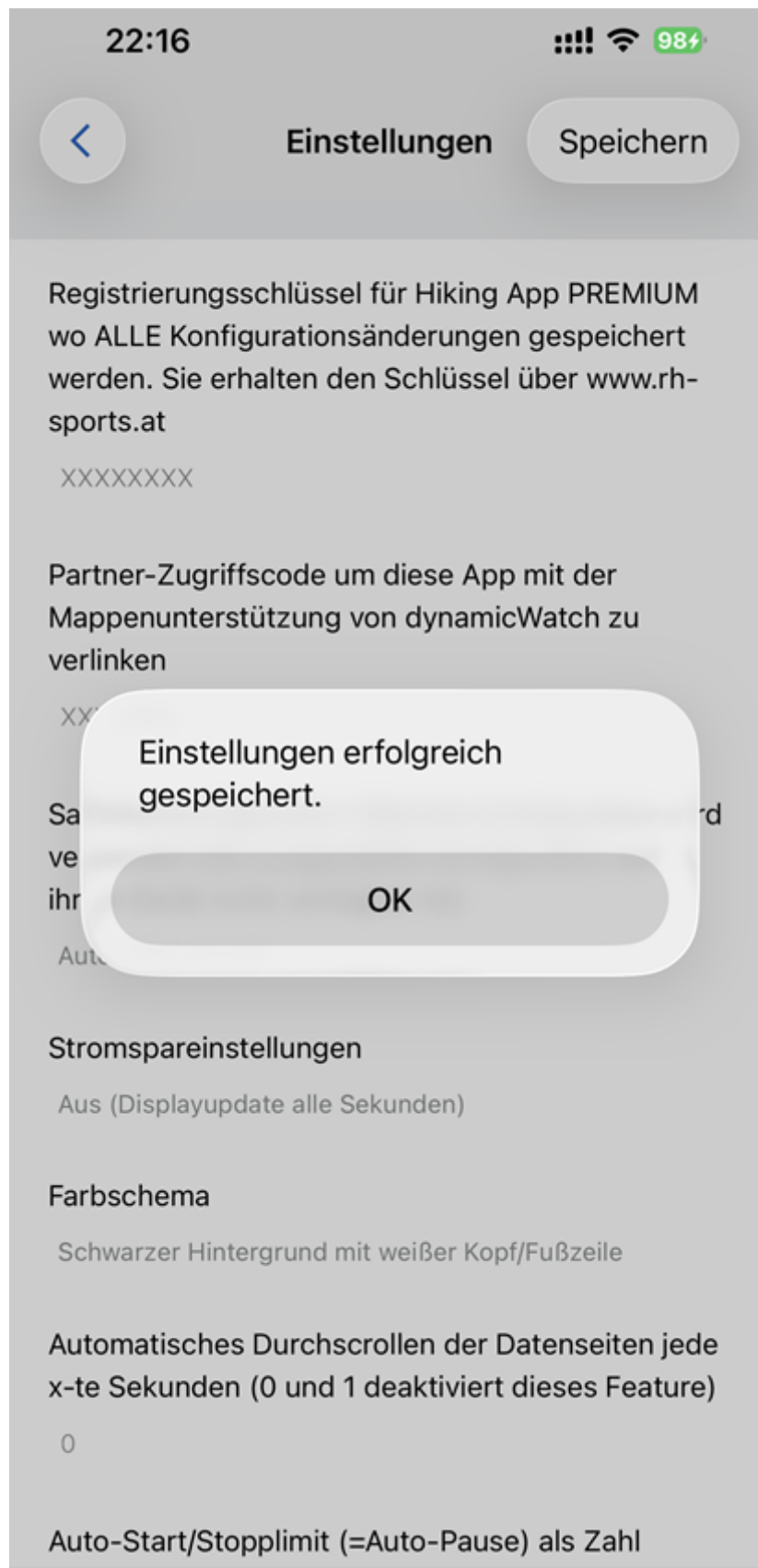
Schwarzer Hintergrund mit weißer Kopf/Fußzeile

Automatisches Durchscrollen der Datenseiten jede
x-te Sekunden (0 und 1 deaktiviert dieses Feature)

0

Auto-Start/Stopplimit (=Auto-Pause) als Zahl

Step 8: Save Configurations Finally press the **Save** button at the top on the right side. The Garmin mobile app will update your configurations on your device. In case of communication errors, please refer to the documentation provided by Garmin.



Step 9: Start Application or Data Field on Device Please start our RH-SPORTS application or data field on your Garmin device. If you have the PREMIUM Version (key was correct), then all your configuration changes should have been applied. If not, please refer to our [Frequently Asked Questions](#).

2.4.3 Start application

This section describes how to start Interval Training App 1 Professional on your Garmin device.

Find application on Garmin device

After installation the downloaded **Interval Training App 1 Professional** application can be found on the Garmin Watch by pressing the "Start" Button. Search for following icon and select it to start the application:



Application start

The application start process runs through following phases:

Phase 1:

In this phase the About screen with version information is shown for ~2 seconds (FREE version) respectively ~1 second (PREMIUM version). This phase cannot be aborted. On a D2™ Bravo it looks like that:



Phase 2:

In this phase information about your registration status is shown for ~6 seconds (FREE version). In the PREMIUM Version this screen is omitted for faster startup. This phase cannot be aborted. On a D2™ Bravo it looks like that:

**Phase 3:**

In this phase the sensor polling screen is shown as long as no proper GPS signal has been found or the timeout is reached. If a proper GPS signal is already available, then the screen is only visible for a short moment (~1 second). If not, then this screen is shown for at most ~35 seconds. During this phase the "BACK" button can be used to abort the polling sequence. On a D2™ Bravo it looks like that:

**Note:**

Please make sure that your GPS or ANT+ sensors are configured and enabled on your device. Otherwise certain data fields do not show useful/proper information.

Phase 4:

The application startup process is finished and the application can be used. On a D2™ Bravo it looks like that:



2.4.4 Change user settings



Most configuration changes only APPLY in the **PREMIUM Version** after storing the settings. Please donate first to get the registration key.

Registration key for PREMIUM version

There are following ways to get a registration key in order to activate the PREMIUM version:

- **Method 1:** After successful donation, you receive a mail from RH-SPORTS with the PREMIUM registration key(s) as PDF.
 - If you donated for the **Complete application and data field package**, you get:
 - a master key in the format "RH-SPORTS-Nxxxx", which can be used in:
 - the [RH-SPORTS HUB](#) application to start from there all other standalone applications.
 - each individual standalone app and data field.
 - If you donated for an individual application or data field or a package includes more applications and/or data fields, you get a key in the format "XXXX XXXX" for each included product.
- **Method 2:** If you have received an RH-SPORTS gift card then you can use the code on the gift card as master key (in the format "RH-SPORTS-xxxxxxx") in:
 - the [RH-SPORTS HUB](#) application to start from there all other standalone applications.
 - each individual standalone app and data field.

Please copy the registration key exactly in the given format (e.g. XXXX XXXX) into this text field. The registration key evaluation is case sensitive.

Registration Key for PREMIUM Version where ALL configurations apply.

XXXX XXXX

Here some important registration hints:

Hint 1: Please copy the registration key exactly in the given format (e.g. XXXX XXXX) into this text field:

- The registration key for individual applications or data fields is a hexadecimal number (numbers from 0 to 9 and big letters from A to F).
- The master key has the format "RH-SPORTS-xxxxxxx" where x must be a capital letter or a number.

The evaluation of the code is case-sensitive!

Hint 2: Please synchronize the settings with your watch afterwards. If you use Garmin Express software on PC or MAC, please disable the bluetooth connection between your mobile phone and watch during configuration as otherwise the settings might be overwritten again.

Hint 3: Sometimes it is necessary to reboot the watch once (for whatever reason).

Hint 4: Please use the proper key for the selected standalone application or data field.

Hint 5: Please make sure that there are no floating point values in the app settings anymore (except for Swimming App where they are allowed).

Satellite configuration

This option allows you to select the satellite configuration. Following options are available on devices with CIQ 3.2 and higher:

- GPS legacy setting
- GPS only
- GPS + BEIDOU
- GPS + GALILEO
- GPS + GLONASS
- GPS + GLONASS + GALILEO + BEIDOU
- Multi-GNSS
- AutoGNSS (SatIQ)
- GPS off

Note:

Not all applications are offering all mentioned configuration options listed above.

Note:

If a certain configuration is not supported by GARMIN on your device then a less accurate setting will be selected automatically.

The sensor page shows you the information of the satellite configuration which is currently used. For further details about the satellite quality, please refer to [here](#).

Please be aware that disabling satellites (GPS off) may have following impacts:

- Satellite-dependent data fields will not show proper information anymore.
- Tracking of your location will be disabled.

Note:

On devices with CIQ 3.1 and lower always GPS (legacy setting) is used as Garmin does not allow to control this here. Rumors say that the latest configuration in your Garmin native app is used which means that you could also have e.g. GPS + GLONASS.

Background color

This option allows you to select the background and text color.

Following options are available on devices with CIQ 1:

- White .. white background and black text color
- Black .. black background and white text color

Please refer to following picture for better illustration:



On devices with CIQ2 and higher, following extended options are available:

- White background with black text color and grey header/footer
- Black background with white text and grey header/footer
- White background with black text and inverted colors in header/footer
- Black background with white text and inverted colors in header/footer

Please refer to following picture for better illustration:

**Note:**

By default the option with "Black background with white header/footer" is used for best readability on all devices!

Note:

Devices with AMOLED display (e.g. Venu™ based devices) only support black background to avoid burn-in damages and to save battery life time!

Auto scroll time

This option allows you to enable and configure the auto scroll feature (automatically cycles through data pages during workout) by entering the auto scroll time. This is the time in seconds when the application automatically scrolls to the next page.

Note:

A value of 0 (default) or 1 deactivates this feature!

Note:

This configuration feature is available in the FREE version as well.

Auto start/stop (= Auto Pause) feature

This option allows you to configure the limit in km/h or mi/h (depending on your watch unit settings for distance) when the application switches to the auto-stop mode or leaves this mode again. A value of 0 disables the auto start/stop feature completely.

Note:

Please note that no activity recording takes place while the Auto-Stop mode is active. This might cause problems especially when doing indoor training sessions!

Note:

This configuration feature is available in the FREE version as well.

Interval names

The interval app offers five interval phases (Warm-up, RECOVERY, MODERATE, HEAVY and Cool-Down) where the names can be individually changed by the user.

The main reasons therefore are:

- Use user-individual names or languages (e.g. german) for a certain interval phase.
- Switch order of interval phases by renaming it. For example it is possible to exchange RECOVERY by HEAVY and vice versa.

It is important that enter a string where the phases are separated with a comma (,). No spaces in between should be used.

Here some examples which are possible:

- WARM-UP,RECOVERY,MODERATE,HEAVY,COOL-DOWN
- Warm-up,Heavy,Recovery,Moderate,Cool-down
- Aufwaermen,Schnell,Mittel,Langsam,Auslaufen

Note:

Please do not select too long interval names as they might not be fully visible on your Garmin device!

Interval training features

The interval training feature is enabled by default. Following different interval training phases are available:

- WARM-UP
- RECOVERY Intensity
- MODERATE Intensity
- HEAVY Intensity
- COOL-DOWN

Note:

The interval names can be freely changed by the user as described [here](#)!

A configuration field is available where you can specify the number of repetitions for the phases HEAVY, MODERATE and RECOVERY intensity. For all phases the user can configure the interval trigger, the interval value and the interval heart rate zone goal. As interval trigger following options are available:

- Time-based trigger (value > 4 has to be given in seconds).
- Distance-based trigger (value > 4 has to be given in meters or feet, depending on your watch system settings).
- Disabled (value is not evaluated).

As heart rate zone goal a value between 0 and 5 must be entered. A value of 0 disables the feature, else the HRZ_GOAL data field is colored red if you are outside the defined goal.

Interval Trigger for Warm-up

Interval Warm-up Value (in sec. or meter/feet)

Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5)

Interval Trigger for HEAVY Intensity

Interval HEAVY Intensity Value (in sec. or meter/feet)

Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5)

Interval Trigger for MODERATE Intensity

Interval MODERATE Intensity Value (in sec. or meter/feet)

Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5)

Interval Trigger for RECOVERY Intensity

Interval RECOVERY Intensity Value (in sec. or meter/feet)

Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5)

Interval Repetitions

Interval Trigger for Cool-down

Interval Cool-down Value (in sec. or meter/feet)

Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5)

For further details about the interval training features, please [click here](#).

Note:

These configuration features are available in the FREE Version as well (except for changing the interval trigger for HEAVY, MODERATE and RECOVERY phase)!

@subsubsection getting_started_user_settings_footpod Use ANT+ foot pod sensor This option allows you to use an ANT+ Foot Pod Sensor for more precise information (e.g. for cadence)

Note:

This configuration feature is only available in the PREMIUM Version!

Use ANT+ foot pod sensor

This option allows you to use an ANT+ Foot Pod Sensor for more precise information (e.g. for cadence)

Note:

This configuration feature is only available in the PREMIUM Version!

Data field coloring

This option allows you to enable the data field coloring feature. For further details, please [click here](#).

Note:

This configuration feature is only available in the PREMIUM version!

Show/hide data pages

This option allows you to select whether data pages shall be visible or not to have a better overview about your really needed information.

Note:

In the FREE version the generic page with advertisement cannot be disabled!

2-field data pages

This option allows you to freely select the content of all 2-field data pages out of a huge list of all available data fields (even during the ongoing training session). This enables you to adjust all fields completely according to your personal preferences.

For an overview of available data fields, please [click here](#)!



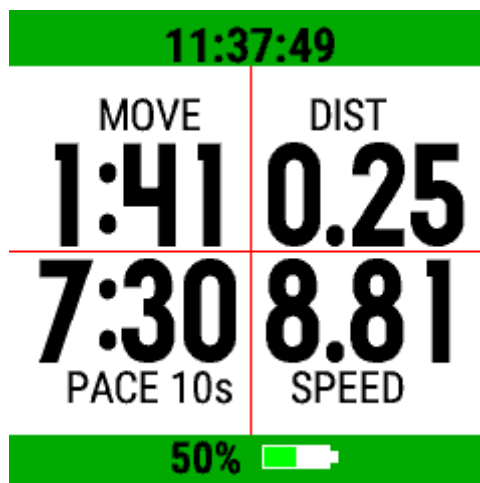
Note:

This configuration feature is only available in the PREMIUM version!

4-field data pages

This option allows you to freely select the content of all 4-field data pages out of a huge list of all available data fields (even during the ongoing training session). This enables you to adjust all fields completely according to your personal preferences.

For an overview of available data fields, please [click here](#)!

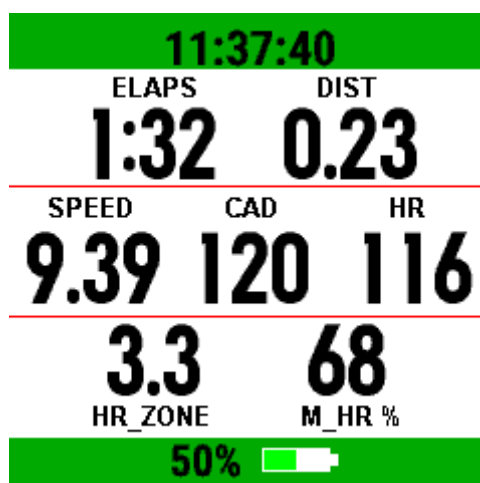
**Note:**

This configuration feature is only available in the PREMIUM version!

7-field data pages

This option allows you to freely select the content of the 7-field data page out of a huge list of all available data fields (even during the ongoing training session). This enables you to adjust all fields completely according to your personal preferences.

For an overview of available data fields, please [click here!](#)

**Note:**

This configuration feature is only available in the PREMIUM version!

2.5 Data fields

This section gives you an overview about all data fields of the **Interval Training App 1 Professional** application.

2.5.1 Data field table

Below the table with all available data fields:

Note:
Please note that some of them require the **PREMIUM Version** to be active so that they are visible!

Data field header	Data field description
ALT	Current altitude in meters or feet depending on your watch unit settings for distance. Please click here and find further information in note 1.
A CAD	Average cadence information of the whole session.
A HR	Average heart rate information in bpm for the whole session.
A PACE	Average pace information of the whole session for 1 km/mi depending on your watch unit settings for distance.
A SPEED	Average speed information of the whole session in km/h or mi/h based on your watch unit settings for distance.
CAD	Current cadence information.
CL DIST	Current LAP (= interval) distance in km or mi based on your watch unit settings for distance.
CL PACE	Current LAP (= interval) pace information depending on your watch unit settings for distance.
CL SPEED	Current LAP (= interval) speed information in km/h or mi/h based on your watch unit settings for distance.
CL TIME	Current LAP (= interval) time information in in the format mm:ss or m:ss.
DIST	Distance information in km or mi based on your watch unit settings for distance.
DOWN	Negative altitude difference in meters or feet for the whole session depending on your watch unit settings for distance. Please click here and find further information in note 1.
ELAPS	Elapsed total session time (including IDLE time) in the format hh:mm, h:mm:ss or mm:ss.
HR	Current heart rate information in bpm.
HR ZONE	Current heart rate zone in the range of 0.0 to 6.0 with following meaning: * 0.0 ... current heart rate below Zone 1 (minimum heart rate) * 1.0 - 1.9 ... current heart rate in Zone 1 * 2.0 - 2.9 ... current heart rate in Zone 2 * 3.0 - 3.9 ... current heart rate in Zone 3 * 4.0 - 4.9 ... current heart rate in Zone 4 * 5.0 - 5.9 ... current heart rate in Zone 5 * 6.0 ... current heart rate above Zone 5 (maximum heart rate). The value is derived from your running heart rate profile settings configured at Garmin. Please click here and find further information in note 3.
IDLE	Idle session time where speed was below the following user-defined limit (default is 0.5 km/h or mi/h).
INT LEFT	Number of left intervals.
INT NEXT	Open distance (in meter or miles depending on your watch settings) or time until the next interval starts.
KCAL	Kilo-calories consumption for the whole session.
LAP	Current LAP (= interval) number.
LL DIST	Last LAP (= interval) distance in km or mi based on your watch unit settings for distance.
LL PACE	Last LAP (= interval) pace information depending on your watch unit settings for distance.
LL SPEED	Last LAP (= interval) speed information in km/h or mi/h based on your watch unit settings for distance.
LL TIME	Last LAP (= interval) time information in in the format mm:ss or m:ss.
MOVE	Moving session time (without IDLE time) in the format hh:mm, h:mm:ss or mm:ss.
M CAD	Maximum cadence information of the whole session.
M HR	Maximum heart rate information in bpm for the whole session.
M HR %	

	Current heart rate in percentage of maximum heart taken from the user settings depending on the application you are using. Please refer to HR ZONE for further details. Please click here and find further information in note 3.
M PACE	Maximum pace information of the whole session for 1 km/mi depending on your watch unit settings for distance.
M SPEED	Maximum speed information of the whole session in km/h or mi/h based on your watch unit settings for distance.
PACE xs	Current pace of the last x seconds (x can be configured via app settings) for 1 km/mi depending on your watch unit settings for distance. The value is shown in the format m:ss or mm:ss.
SPEED	Current speed information in km/h or mi/h based on your watch unit settings for distance.
STEPS	Number of steps of the current workout session.
TEMP	Current temperature in celsius or fahrenheit depending on your watch unit settings for temperature. Please click here and find further information in note 4.
TIME	Current time in 12/24h format based on your watch system settings.
TRAIN E	The training effect score of the current activity. Training effect is a score developed by FirstBeat, which indicates an activity's level of effect on aerobic fitness. Scores range from 1.0 (easy) to 5.0 (overreaching).
UP	Positive altitude difference in meters or feet for the whole session depending on your watch unit settings for distance. Please click here and find further information in note 1.

2.5.2 Notes

Note 1

This information is only precise enough on watches with barometric altimeter as altitude information cannot be derived precisely from GPS. For further details, please [click here](#).

Note 2

Information is only precise if you have an ANT+ speed sensor and a barometric altimeter on your watch. Especially if relative altitude information is derived from GPS, then it will not be very precise due to the physical limitations of GPS as described here. For further details, please [click here](#).

Note 3

The EPIX watch does not support the Garmin SDK >= 1.2.6. Thus it is not possible for an app to access the heart rate profiles. Therefore the heart rate zones are derived from the maximum heart rate configured by the user.

Note 4

Temperature sensor support in Garmin apps is only possible if a ANT+ TEMPE sensor is available.

2.6 Features

This section describes the most important features of the **Interval Training App 1 Professional** in more detail. Here a short summary:

- [Session features](#)
- [Alerts features](#)
- [Interval features](#)
- [Data field coloring](#)
- [Key lock feature](#)
- [Workout summary](#)

2.6.1 Session features

This section describes the workout session features which are very similar among all of our Garmin Connect IQ™ applications. The current workout session status is indicated by a specific sign. Following table provides an overview about all possible states of a workout session.

Session status	Visualization	Description
NOT STARTED	Blinking red border	Workout session (recording) was not started so far. This is the state after starting the app. Press the "START" button to start workout.
RUNNING	Constant grey header/footer	Workout session (recording) is running. This is the case after you manually pressed the "START" button. If the auto-stop feature is enabled, the speed must be above the specified limit, otherwise the app automatically enters AUTO-STOP mode.
AUTO-STOP	Blinking yellow pause sign	Workout session is in auto-stop mode which means that the speed is below the user-defined auto start/stop limit . Please be aware that no session recording takes place in this state.
PAUSED	Blinking red stop sign	Workout session (recording) was manually paused in the menu by selection of "Pause Session". It can be resumed at any point in time by entering the menu again and selecting "Resume Session". Please be aware that no session recording takes place in this state.

Start a workout session (NOT STARTED)

After starting the app the workout session status is "NOT STARTED" as the session has to be manually started by the user. This can be done by pressing the "START" button. This state is visualized by showing a blinking red boarder every two seconds as illustrates in following picture:



Workout session running (RUNNING)

After pressing the "START" button the first time after app start, the session status changes from "NOT STARTED" to "RUNNING". This is illustrated by a constant grey header/footer as shown in the following picture:



Auto-stop mode (AUTO-STOP)

Whenever the speed goes below the user-specific limit the app automatically enters the "AUTO-STOP" mode. When the speed goes above this limit, the app enters "RUNNING" mode again. This state is visualized by showing a blinking yellow boarder with a pause sign in the middle every two seconds as shown in following picture:



Manually paused session (PAUSED)

The user can manually pause the workout session at any time if the session status is in "RUNNING" or "AUTO-STOP" mode. This can be done by pressing the "START" button. A menu is shown where the user can select among following choices by either pressing the touch screen or by up/down or left/right buttons:

User selection	Description
Resume	Start or resume workout session
Pause	Pause workout session. This allows the user to navigate through the data pages. The workout session can be resumed again at any time by pressing "START" button and select "Resume".
Save and Exit	Save workout data and close the application. After synchronization with your watch or via Garmin Express Software the workout data will be uploaded to the Garmin cloud and will be visible via Garmin Connect.
Discard and Exit	Discard session data and close the application. Please note that all the collected workout data is lost!

A stopped session is indicated by a blinking red boarder and pause sign in the middle of the screen as shown in following figure:



2.6.2 ALERT features

Already the FREE Version of **Interval Training App 1 Professional** provides you basic ALERT features, e.g. to indicate the start and stop of the session recording.

Following figure illustrates how it looks on a Forerunner® 235:



2.6.3 Interval features

The **Interval Training App 1 Professional** offers several interval training features for indoor and outdoor use. In order to use these features, please configure them properly before in the app settings.

Example 1: Lets assume you would like to do a workout with - 10 minutes warm-up (in heart rate zone 2) - 5 series of - 400 meters sprint (in heart rate zone 4) - 30 seconds rest (in heart rate zone 2) - 10 minutes cool-down

This can be configured in the PREMIUM version via app settings as illustrated below.

Interval Warm-up Trigger

Interval Warm-up Value (in sec. or meter/feet)

Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5)

Interval RECOVERY Intensity Trigger

Interval RECOVERY Intensity Value (in sec. or meter/feet)

Interval RECOVERY Heart Rate Zone Goal (in range of 0 to 5)

Interval MODERATE Intensity Trigger

Interval MODERATE Intensity Value (in sec. or meter/feet)

Interval MODERATE Heart Rate Zone Goal (in range of 0 to 5)

Interval HEAVY Intensity Trigger

Interval HEAVY Intensity Value (in sec. or meter/feet)

Interval HEAVY Heart Rate Zone Goal (in range of 0 to 5)

Interval Repetitions

Interval Trigger for Cool-down

Interval Cool-down Value (in sec. or meter/feet)