

Interval Training App Professional 1

User Manual

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Interval Training App Professional 1



The **Interval Training App Professional 1**, 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 Professional 1 on Garmin App Store](#)

A Interval Training App Professional 2 is available with a similar feature set. The main reason for having two similar applications is that you can have different interval user settings in both applications in order to avoid complex reconfiguration all the time. Here a link to the other app with the same registration key:

[Link to Interval Training App Professional 2 on Garmin App Store](#)



1 Disclaimers

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

You can also download the documentation as Compressed HTML Help file (.chm) or PDF by using the links below:



[Download Compressed HTML Help file as ZIP](#)
[Download PDF](#)

01_Disclaimer

1 Disclaimers

1.1 Software Disclaimer

Our offered applications and data fields (in future 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- may be out of date where we make no commitment to update the it right away.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.

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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.



1.2 User Data Protection (according to DSGVO)

1.2 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.

1.3 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."

1.4 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." 10_↵
Requirements

2 Requirements

2.1 Supported Garmin devices

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

- Approach® S60
- Approach® S62
- Approach® S70 42mm



2.1 Supported Garmin devices

- Captain Marvel
- D2™ Air, D2™ Air X10
- D2™ Bravo
- D2™ Bravo Titanium
- D2™ Charlie
- D2™ Delta, D2™ Delta PX, D2™ Delta S
- D2™ Mach 1
- Darth Vader™
- Descent™ MK1, Descent™ MK2, Descent™ MK2s
- Descent™ Mk3 51mm
- Enduro™ and Enduro™ 3
- Epix™ 2, Epix™ Pro (Gen 2) 42mm and 47mm
- Fēnix® 3, Fēnix® 3 HR, Fēnix® Chronos
- Fēnix® 5, Fēnix® 5S, Fēnix® 5X
- Fēnix® 5 Plus, Fēnix® 5S Plus, Fēnix® 5X Plus
- Fēnix® 6/6 Pro
- Fēnix® 6s/6s Pro
- Fēnix® 6x Pro/6x Sapphire/6x Pro Solar/tactix® Delta Sapphire
- Fenix® 7, Fenix® 7s and Fenix® 7x
- Fenix® 7 Pro, Fenix® 7s Pro and Fenix® 7x Pro
- Fēnix® 7 Pro (no Wi-Fi) and Fēnix® 7x Pro (no Wi-Fi)
- Fenix® 8 43mm, 47mm, 51mm and Fenix® 8 Solar 47mm, 51mm
- 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® 630, 645, 645 Music, 735XT, 935, 945, 945 LTE, 955 / Solar and 965
- MARQ™ Adventurer, Athlete, Aviator, Captain, Commander, Driver, Expedition and Golfer
- MARQ® (Gen 2) Athlete / Adventurer / Captain / Golfer / Aviator
- Rey™
- Venu™ and Venu™ Mercedes-Benz® Collection
- Venu™ SQ and Venu™ SQ Music
- Venu™ SQ 2 and Venu™ SQ 2 Music
- Venu™ 2, Venu™ 2 Plus, Venu™ 2s
- Venu® 3 and Venu® 3s



2.2 Garmin device Firmware requirements

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

2.2 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:

- $\geq 1.3.0$
 - ForeAthlete® 230J, 235J, 630J and 920XTJ
 - Forerunner® 230, 235, 630 and 920XT
- $\geq 1.4.0$
 - Vivoactive™
- $\geq 1.4.1$
 - D2™ Bravo and D2™ Bravo Titanium
 - Fēnix® 3 and Fēnix® 3 HR
- $\geq 2.4.1$
 - Approach® S60
 - ForeAthlete® 735J
 - Forerunner® 735XT
 - Vivoactive® HR
- $\geq 3.0.0$
 - Approach® S62
 - D2® Charlie
 - D2® Delta, D2® Delta PX, D2® Delta S
 - Descent™ MK1
 - Vivoactive® 3 Mercedes-Benz® Collection
- $\geq 3.1.0$
 - Descent™ MK2
 - Fēnix® Chronos
 - Fēnix® 5, Fēnix® 5S, Fēnix® 5X and Fēnix® 5 Quatix
 - Fēnix® 5 Quatix
 - Fēnix® 5 Plus, Fēnix® 5S Plus, Fēnix® 5X Plus
 - Forerunner® 935
 - Forerunner® 645 and 645 Music
 - Vivoactive® 3



2.2 Garmin device Firmware requirements

- $\geq 3.2.0$
 - 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/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 Venu™ SQ Music
 - Venu™ and Venu™ Mercedes-Benz® Collection
 - Vivoactive® 3 Music, Vivoactive® 3 Music LTE
 - Vivoactive® 4s/4
- $\geq 3.3.0$
 - Forerunner® 945 LTE
- $\geq 4.0.0$
 - D2™ Air X10
 - D2™ Mach 1
 - Venu™ 2, Venu™ 2 Plus, Venu™ 2s $\geq 4.1.0$
 - Fenix® 7, Fenix® 7s and Fenix® 7x
 - Forerunner® 255, 255 Music, 255s and 255s Music
 - Forerunner® 955 / Solar
 - Venu™ SQ 2 and Venu™ SQ 2 Music
- $\geq 4.2.0$
 - Approach® S70 42mm and 47mm
 - Descent™ Mk3 51mm
 - Epix™ 2
 - Epix™ Pro (Gen 2) 42mm, 47mm and 51mm
 - Fenix® 7 Pro, Fenix® 7s Pro and Fenix® 7x Pro
 - Fēnix® 7 Pro (no Wi-Fi) and Fēnix® 7x Pro (no Wi-Fi)
 - Forerunner® 165 and 165m
 - Forerunner® 265 and 265s
 - Forerunner® 965
 - Venu® 3 and Venu® 3s
 - Vivoactive® 5
- $\geq 5.0.0$
 - Fenix® 8 43mm
 - Fenix® 8 47 / 51mm
 - Fenix® 8 Solar 47mm
 - Fenix® 8 Solar 51mm
 - Fenix® E
 - Enduro™ 3



2.3 Garmin software requirements

2.3 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.

2.4 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

20_GettingStarted

3 Getting started

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

Topics:

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

3.1 Install application

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

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

Here a YouTube video describing the installation process:



[Click here to watch the video](#)



3.2 How to change the user settings

3.2 How to change the user settings

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

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

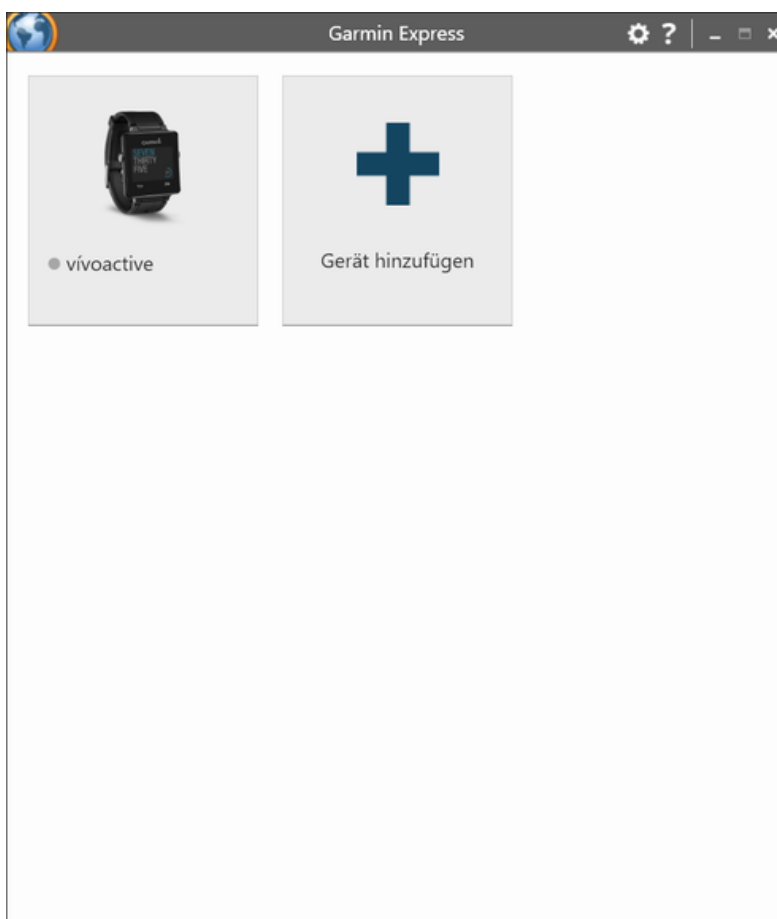
3.2.1 Change user settings on PC or MAC

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.

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



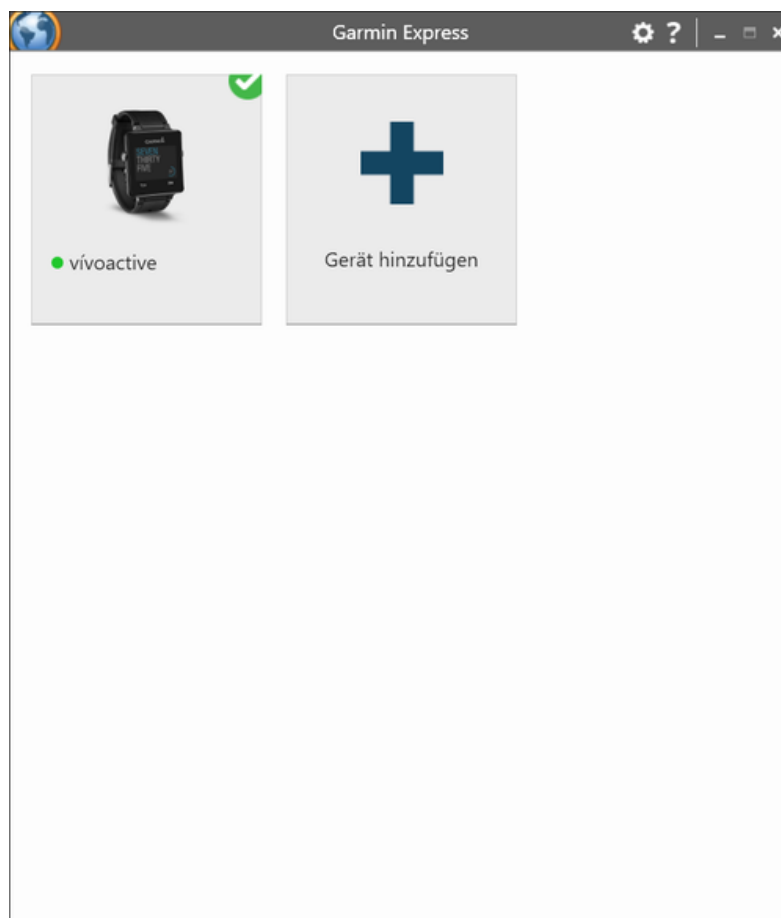
After that you should be able to see your Garmin device as shown in the picture below. If not, please add your device first. For details refer to the documentation provided by Garmin.





3.2 How to change the user settings

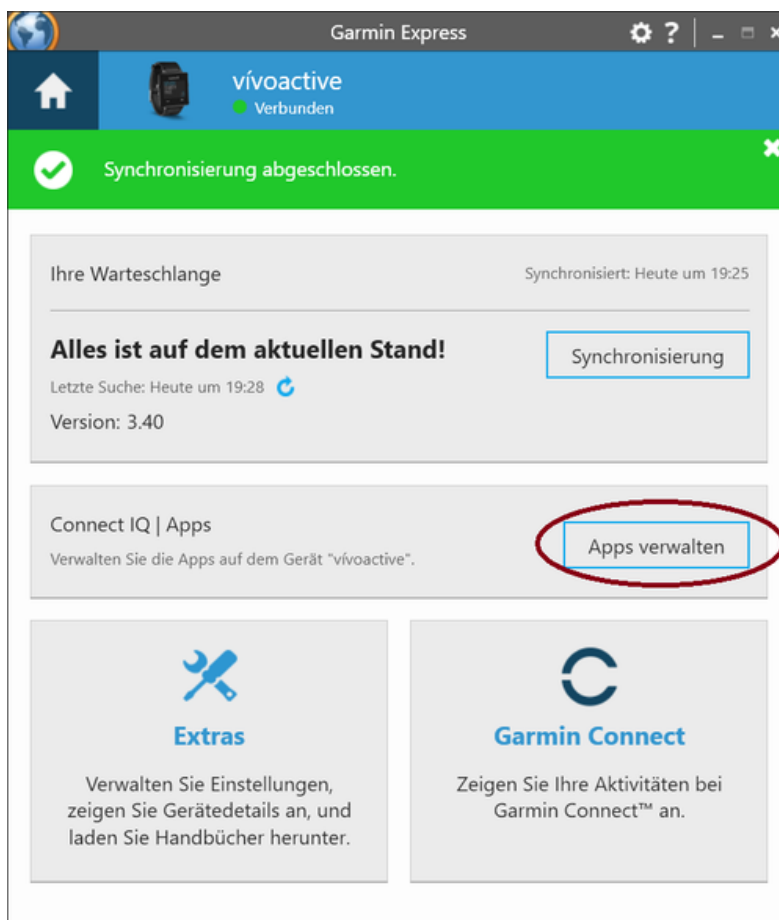
Step 2: Establish Connection between PC/MAC and the Garmin Device Connect your device via USB to your PC/MAC. Your device should be automatically detected and the Garmin Express software starts a synchronization process. When everything is ok, it is signaled via green lights as shown in the figure below.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



3.2 How to change the user settings



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



3.2 How to change the user settings

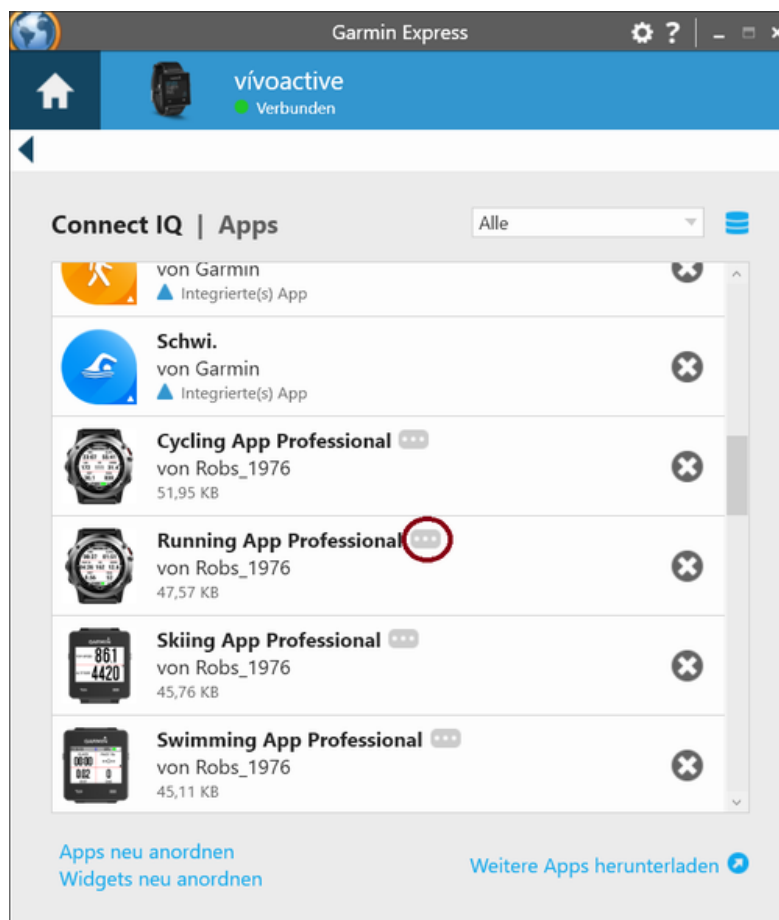


Figure 1 Default Garmin Express Software Version



3.2 How to change the user settings

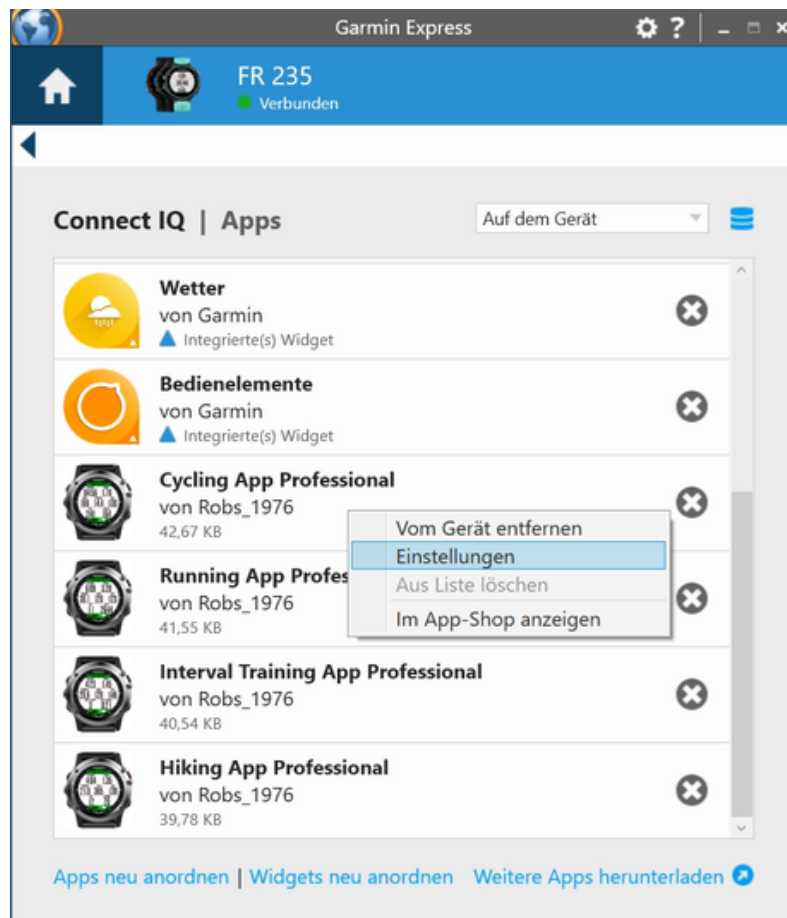


Figure 2 Some Garmin Express Software Versions


Step 5: Select App for Configuration Please select the application you would like to configure by clicking with the left mouse button to the three dots as marked in the left picture above to the app of your choice as shown in the right picture above. A context menu will be shown where you have to select "Settings"

Following screen should appear:



3.2 How to change the user settings

Garmin Express

 Cardio App Professional Einstellungen

Registration Key for PREMIUM Version where ALL configurations apply.
Get the registration key as EARLY BIRD by donating at www.rh-sports.at

Activity Type

Heart Rate Profile

Heart Rate Zone 1 (User-Defined Profile)

Heart Rate Zone 2 (User-Defined Profile)

Step 6: Change Configuration Please note that configuration changes ONLY apply on your Garmin device if you have entered the proper PREMIUM key in the field marked in the picture below. The key consists of two times four characters separated by a space in between. If the proper key is entered, please make the configurations according to your needs and press the "Save" button at the end. The Garmin Express Software will update the configurations on your device. In case of errors, please refer to the documentation provided by Garmin.



3.2 How to change the user settings

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

Step 8: Start Application on Device Please start your application on your Garmin device. If you have the PREMIUM Version (key was correct), then your configuration changes should have been applied. If not, please refer to our Frequently Asked Questions.

3.2.2 Change user settings on mobile phone

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

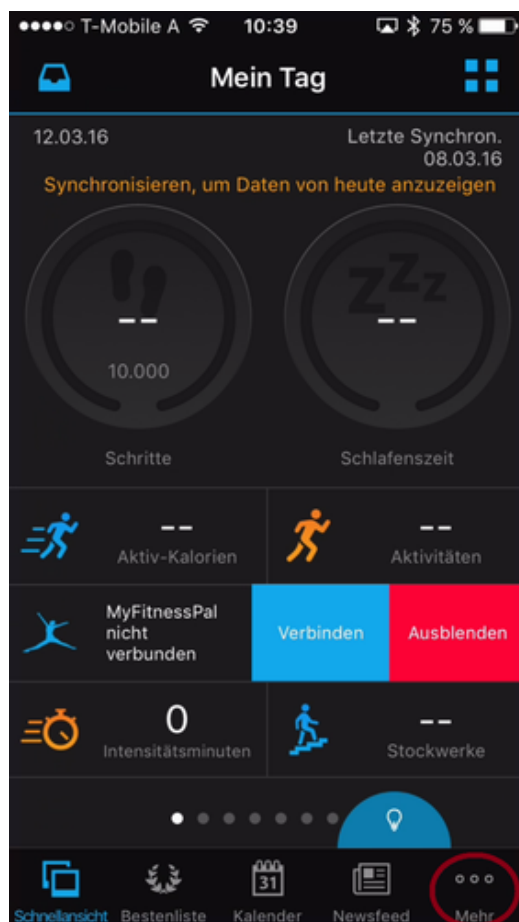
Step 1: Start Garmin Connect Mobile App Look on your mobile phone for the app with the symbol shown on the left side and click it to start the Garmin Connect™ Mobile app.



A similar window as shown below should appear.



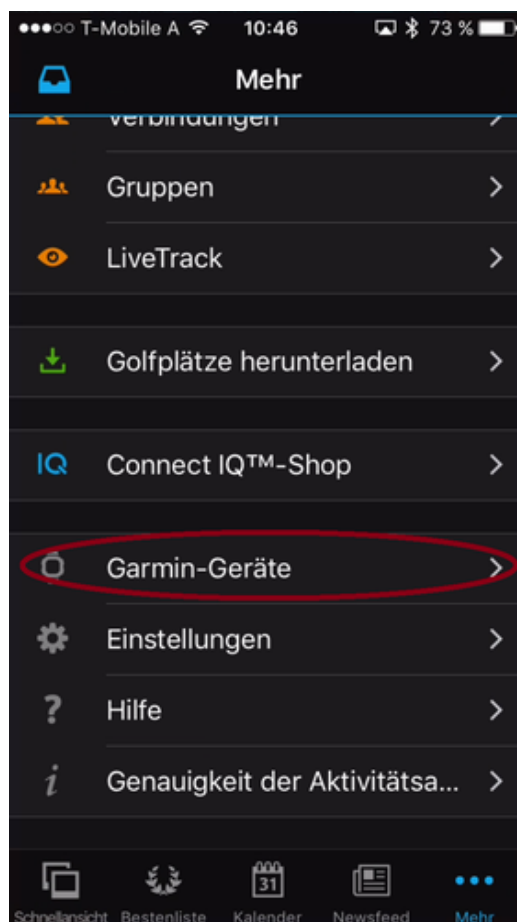
3.2 How to change the user settings



Step 2: Look for Garmin Devices List After pressing the button with the dots on the lower right side (as marked above) a new window appears. Please scroll down until you find the entry "Garmin Devices".



3.2 How to change the user settings



Step 3: Select your Garmin Devices After pressing the button marked above, a window with all your registered Garmin devices appears (see picture below). If you cannot find your device, please add it before by clicking on the upper right "+" sign. For further details, please refer to the documentation offered by Garmin. Then select one of your connected device.



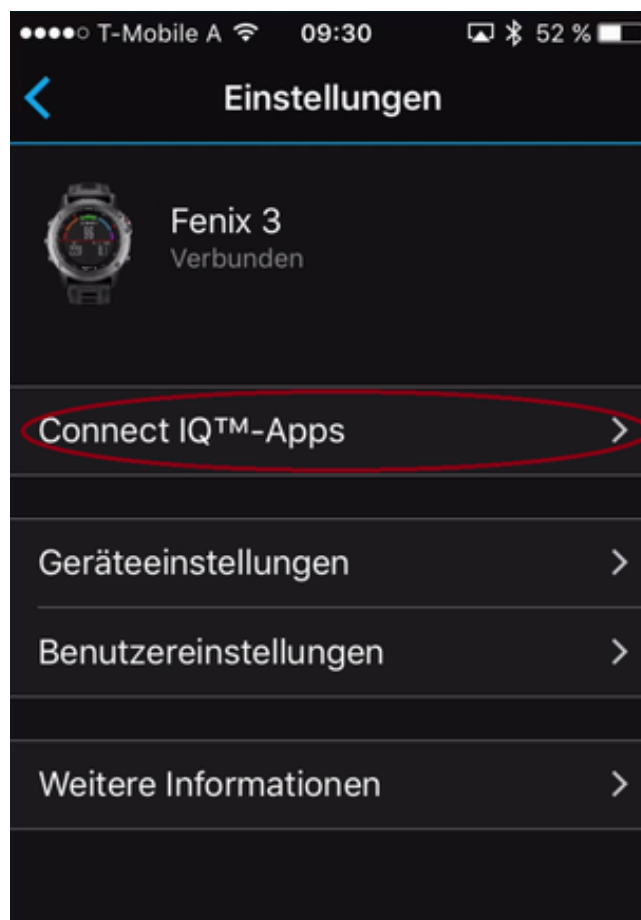
3.2 How to change the user settings



Step 4: Select Activities and Apps Please click the marked button in the picture below following by clicking to applications.

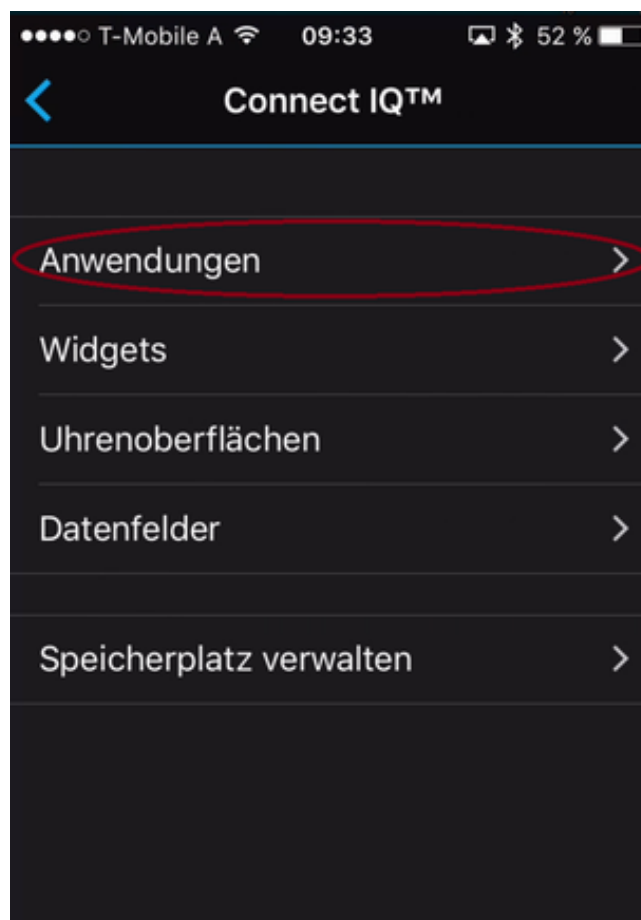


3.2 How to change the user settings





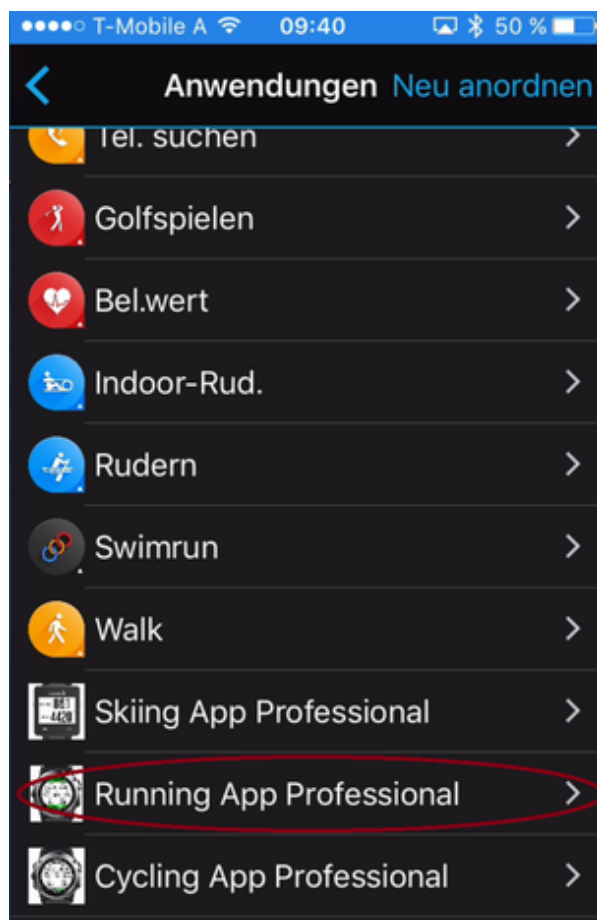
3.2 How to change the user settings



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



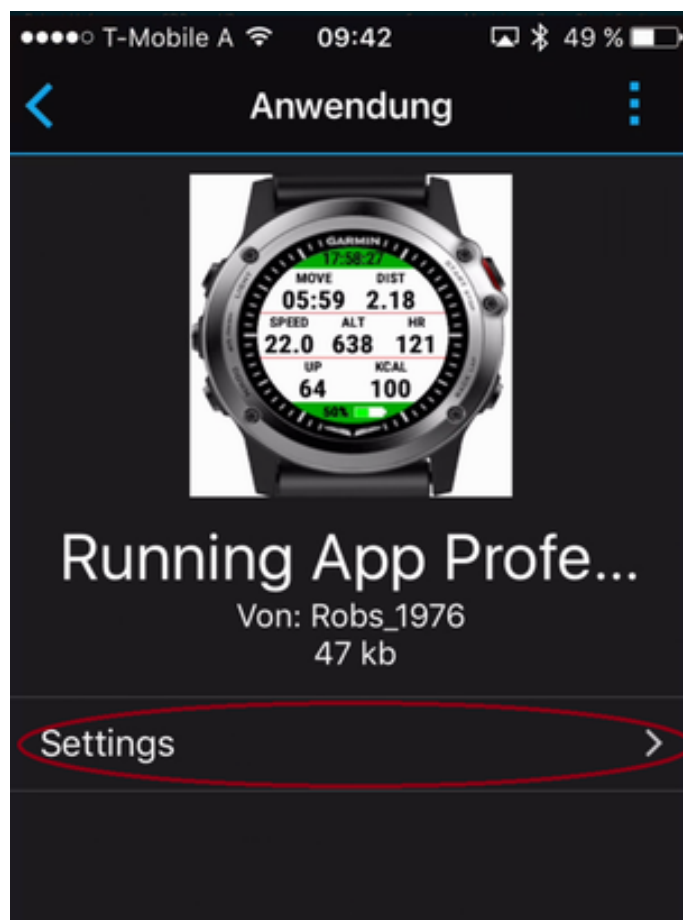
3.2 How to change the user settings



Step 6: Select Settings Please click on Settings as marked below.



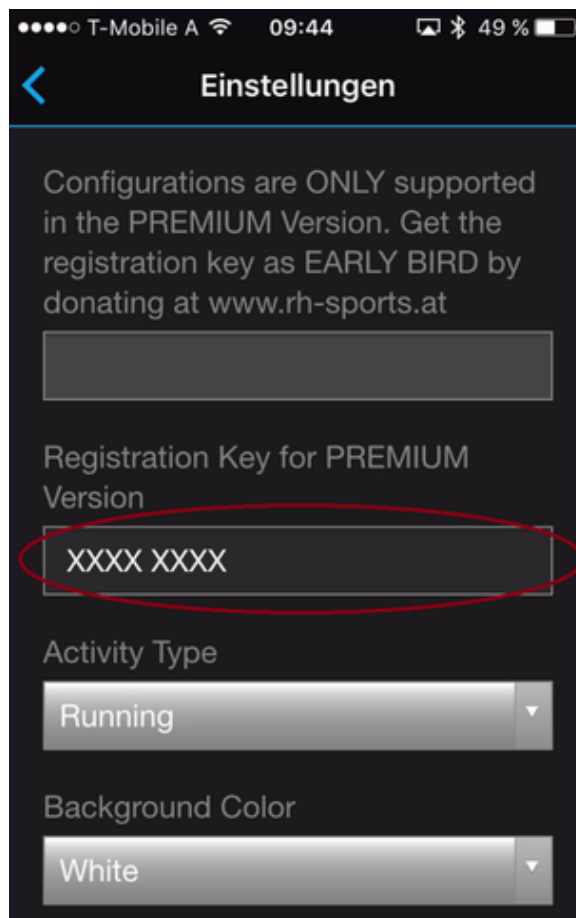
3.2 How to change the user settings



Step 7: Change Configuration Please note that configuration changes ONLY apply on your device if you have entered the proper PREMIUM key in the field marked in the picture below. The key consists of two times four characters separated by a space in between. If the proper key is entered, please make the configurations according to your needs.



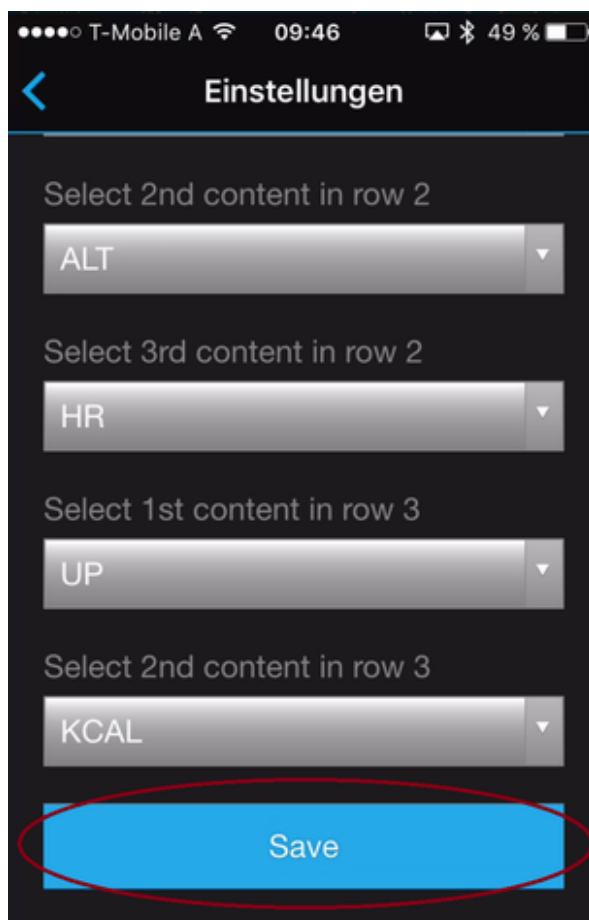
3.2 How to change the user settings



Step 8: Save Configurations Finally scroll down and press the "Save" button. The Garmin Mobile App will update your configurations on your device. In case of communication errors, please refer to the documentation provided by Garmin.



3.3 Start application



Step 9: Start Application on Device Please start your application on your device. If you have the PREMIUM Version (key was correct), then your configuration changes should have been applied. If not, please refer to our *Frequently Asked Questions*.

3.3 Start application

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

3.3.1 Find application on Garmin device

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





3.3 Start application

3.3.2 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:



3.4 User settings



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:



3.4 User settings



Most configuration changes are **ONLY** possible in the **PREMIUM Version**. Please donate first to get the registration key.



3.4 User settings

3.4.1 Registration key for PREMIUM version

After successful donation you receive a mail with the PREMIUM activation key(s). Please copy the registration key exactly in the given format (XXXX XXXX) into this text field. The registration key evaluation is case sensitive and no spaces are allowed at the beginning or end. One space is mandatory after the fourth character.

Registration Key for PREMIUM Version where ALL configurations apply.

XXXX XXXX

Here some important registration hints:

Hint 1: Please copy the registration key with 9 characters length exactly in the given format (XXXX XXXX) into this text field. The registration key is a hexadecimal number (numbers from 0 to 9 and big letters from A to F) and the evaluation is case sensitive. No spaces are allowed at the beginning or end. One space is mandatory after the fourth character.

Hint 2: Users reported that on some devices (e.g. Android-based mobile phones) more than one space is added when copying the key to the app settings field. Please make sure that there is exactly one space after the fourth character.

Hint 3: Please synchronize the settings with your watch afterwards. If you use Garmin Express software on PC or M↔AC, please disable the bluetooth connection between your mobile phone and watch during configuration as otherwise the settings might be overwritten again.

Hint 4: Sometimes it is necessary to reboot the watch once (for whatever reason).

Hint 5: Please use the right key for the selected application or data field.

Hint 6: Please make sure that there are no floating point values in the app settings anymore (except for Swimming App where they are allowed).

3.4.2 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



3.4 User settings

Note

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

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.

3.4.3 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:





3.4 User settings

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!
Devices with AMOLED display (e.g. Venu™ based devices) only support black background to save battery life time!

3.4.4 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!
This configuration feature is available in the FREE version as well.

3.4.5 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!
This configuration feature is available in the FREE version as well.



3.4 User settings

3.4.6 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!

3.4.7 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).



3.4 User settings

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 |
| <input type="text" value="Disabled"/> |
| Interval Warm-up Value (in sec. or meter/feet) |
| <input type="text" value="200"/> |
| Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5) |
| <input type="text" value="2"/> |
| Interval Trigger for HEAVY Intensity |
| <input type="text" value="Distance"/> |
| Interval HEAVY Intensity Value (in sec. or meter/feet) |
| <input type="text" value="300"/> |
| Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5) |
| <input type="text" value="4"/> |
| Interval Trigger for MODERATE Intensity |
| <input type="text" value="Disabled"/> |
| Interval MODERATE Intensity Value (in sec. or meter/feet) |
| <input type="text" value="200"/> |
| Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5) |
| <input type="text" value="3"/> |
| Interval Trigger for RECOVERY Intensity |
| <input type="text" value="Time"/> |
| Interval RECOVERY Intensity Value (in sec. or meter/feet) |
| <input type="text" value="300"/> |
| Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5) |
| <input type="text" value="2"/> |
| Interval Repetitions |
| <input type="text" value="2"/> |
| Interval Trigger for Cool-down |
| <input type="text" value="Disabled"/> |
| Interval Cool-down Value (in sec. or meter/feet) |
| <input type="text" value="100"/> |
| Interval Warm-up Heart Rate Zone Goal (in range of 0 to 5) |
| <input type="text" value="1"/> |

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)!



3.4 User settings

3.4.8 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!!!

3.4.9 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!!!

3.4.10 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!!!

3.4.11 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!!!

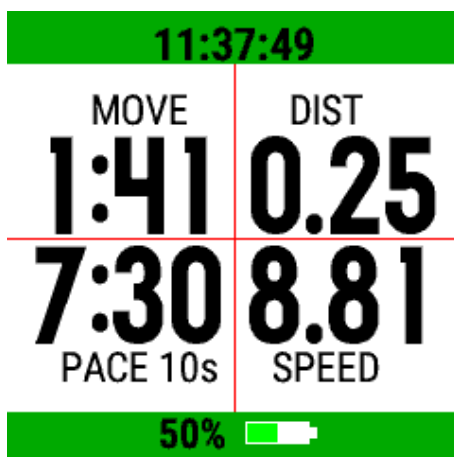


3.4 User settings

3.4.12 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](#)!



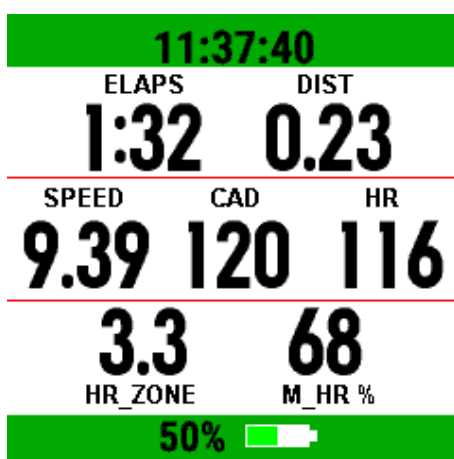
Note

This configuration feature is only available in the PREMIUM Version!!!

3.4.13 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!!!

30_DataFields



4 Data Fields

The following table gives you an overview about all data fields of the **Interval Training App Professional 1** application. Please note that some of them require the PREMIUM version.

| 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 | <p>Current heart rate zone in the range of 0.0 to 6.0 with following meaning:</p> <ul style="list-style-type: none"> • 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). <p>The value is derived from your running heart rate profile settings configured at Garmin. Please click here and find further information in note 3.</p> |
| 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. |



4.1 Notes

| Data Field Header | Data Field Description |
|-------------------|---|
| 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. |

4.1 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 $\geq 1.2.6$. 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. 40_Features



5.1 Session features

5 Features

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

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

5.1 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:





5.1 Session features

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:



5.2 ALERT features



5.2 ALERT features

Already the FREE Version of **Interval Training App Professional 1** 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:



5.3 Interval features

The **Interval Training App Professional 1** 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.



5.4 Data field coloring

Interval Warm-up Trigger

Time

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

600

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

2

Interval RECOVERY Intensity Trigger

Time

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

30

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

2

Interval MODERATE Intensity Trigger

Disabled

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

30

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

3

Interval HEAVY Intensity Trigger

Distance

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

400

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

4

Interval Repetitions

5

Interval Trigger for Cool-down

Time

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

600

Intervals start with a recovery phase (due to user feedback). If you don't like that, please subtract that time from the warm-up time.

5.4 Data field coloring

Data field coloring is currently only supported for the heart rate related data fields and has to be enabled via the [user settings](#).

Following table describes the color coding:



5.5 Screen lock feature

| HR Zone | Color | Percentage of maximum heart rate |
|---------|----------|----------------------------------|
| Zone 0 | BLACK | M HR % < 50 |
| Zone 1 | GREY | 50 <= M HR % < 59 |
| Zone 2 | BLUE | 60 <= M HR % < 69 |
| Zone 3 | GREEN | 70 <= M HR % < 79 |
| Zone 4 | ORANGE | 80 <= M HR % < 89 |
| Zone 5 | RED | 90 <= M HR % < 99 |
| Zone 6 | DARK RED | M HR % >= 100 |

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



5.5 Screen lock feature

When the session is started, the screen lock feature can be activated by following sequence:

- Press "START" button.
- Scroll down until "Lock Screen" appears in the menu.
- Select "Lock Screen".

When the screen lock feature is active, only the "START" button will be handled anymore, all other buttons or touch screen inputs are ignored.

To disable the screen lock again, please perform following steps:

- Press "START" button.
- Scroll down until "Unlock Screen" appears in the menu.
- Select "Unlock Screen".



6.1 Satellite quality

5.6 Workout summary

After saving the workout session a workout summary is shown with following information:

- Duration in the format m:ss, mm:ss, h:mm:ss or hh:mm:ss.
- Distance in km or mi.
- Average speed in km/h or mi/h.
- Average heart rate in bpm.
- Elevation gain in feet or meter.
- Elevation loss in feet or meter.
- Total number of steps.

50_Sensors

6 Sensors

This section gives an overview about the supported [GPS](#) and [ANT+](#) sensors in the **Interval Training App Professional 1**.

6.1 Satellite quality

The number of green bars indicates the satellite signal quality.



Following table describes the meaning in more detail:

| Number of green bars | Meaning |
|----------------------|---|
| 0 | No satellites available |
| 1 | Satellite quality is based on the last known fix |
| 2 | Satellite quality is poor (Only a 2-D fix is available, likely due to a limited number of tracked satellites) |
| 3 | Satellite quality is usable (A 3-D fix is available, with marginal HDOP (horizontal dilution of precision)) |



6.2 ANT+ sensors

| Number of green bars | Meaning |
|----------------------|---|
| 4 | Satellite quality is good (A 3-D fix is available, with good-to-excellent HDOP) |

6.2 ANT+ sensors

The **Interval Training App Professional 1** supports following ANT+ sensors:

- When activity type is cycling:
 - ANT+ cadence sensor
 - ANT+ heart rate sensor
 - ANT+ power sensor
 - ANT+ speed sensor
- For other activity types:
 - ANT+ foot pod sensor
 - ANT+ heart rate sensor

Note

Please pair the ANT+ sensor(s) before starting the application in your watch settings!
Some sensors support ANT+ and BLE. Please make sure you paired the sensors for ANT+!

60_FAQ

7 Frequently Asked questions

7.1 What is the purpose of the FREE version?

The FREE Version is fully functional and offers you a basic feature set which allows you to test the application or data field intensively without any risk on your Garmin device. If you like it and would like to have a more advanced feature set, please donate to upgrade to the PREMIUM Version.

7.2 How to upgrade to the PREMIUM version?

If you like this application or data field and would like to have more advanced features as well, please donate to upgrade to the PREMIUM version. After donation we will sent you the unlock key immediately.

7.3 I did not received the unlock keys for the PREMIUM Version after donation?

After successful donation you immediately will get a mail to the mail address used in PAYPAL. It contains the unlock keys and the activation information for the selected PREMIUM version(s). The information is provided as attached PDF. If this is not the case, please do following:

- Check whether you used the right mail address. It is the one you are using in PAYPAL.
- Check whether the mail went to your JUNK or SPAM folder.
- Write a mail to rh-sports@gmx.at to request the keys.



7.4 What to do if after entering the key, still the FREE version is active?

7.4 What to do if after entering the key, still the FREE version is active?

The FREE version is active if you see the "Please donate as EARLY BIRD" message upon application start. Some users reported that the FREE version is still active after entering the registration key and synchronization. In all known cases the key was entered properly.

Here some important registration hints:

Hint 1: Please copy the registration key with 9 characters length exactly in the given format (XXXX XXXX) into this text field. The registration key is a hexadecimal number (numbers from 0 to 9 and big letters from A to F) and the evaluation is case sensitive. No spaces are allowed at the beginning or end. One space is mandatory after the fourth character.

Hint 2: Users reported that on some devices (e.g. Android-based mobile phones) more than one space is added when copying the key to the app settings field. Please make sure that there is exactly one space after the fourth character.

Hint 3: Please synchronize the settings with your watch afterwards. If you use Garmin Express software on PC or M↔AC, please disable the bluetooth connection between your mobile phone and watch during configuration as otherwise the settings might be overwritten again.

Hint 4: Sometimes it is necessary to reboot the watch once (for whatever reason).

Hint 5: Please use the right key for the selected application or data field.

Hint 6: Please make sure that there are no floating point values in the app settings anymore (except for Swimming App where they are allowed).

7.5 What to do if GPS is not found upon start?

Sometimes it happens that GPS is not found during app startup and the app polls infinitely for a proper GPS signal. According to customer feedback this happens when the Garmin (sensor) firmware was updated. This is out of our control. Following workaround seems to do the trick:

- Once start a Garmin native app like running, cycling, etc.
- Wait until GPS is found.
- Stop the Garmin native app and start one of our apps.
- GPS should be found soon.

Note

Indoor it is sometimes very difficult for a device to find a proper GPS signal. So please make sure you do it outdoor.

7.6 How to enable GPS, GLONASS or GALILEO?

Garmin does not allow Connect IQ applications to controll that. Following steps seems to do the trick:

- Once start a Garmin native app like running, cycling, etc.
- Select the required positioning sources in the settings of the native app.
- Stop the Garmin native app and start one of our apps.
- According to our information the selected sources of the native app are then used for our apps as well.



7.7 What to do in case of a app or data field crash upon start?

7.7 What to do in case of a app or data field crash upon start?

If you see following icon on your Garmin device upon application start or when you add a data field:



please completely uninstall and reinstall the application or data field. The setting file changed and the automated Garmin install is not replacing the setting file.

7.8 What to do if settings cannot be changed?

Currently there is a show stopper problem in the Garmin mobile app for iOS that user settings cannot be changed. Garmin is aware of the problem and made an official statement with a possible work-around. [For further details, please click here.](#)

We have tested the workaround with following sequence on an iPhone 7 and it worked properly:

- Delete app with Garmin Connect app.
- Synchronize.
- Once reboot the watch.
- Install the app again with the new Connect IQ app.
- Configure it with the new Connect IQ app.

Note

Unfortunately this is out of our control and we have to wait until Garmin fixed that problem.

7.9 User settings lost after update?

Unfortunately Garmin might reset the user settings when updating the Garmin firmware version of the application or data field. This leads to the problem that all configurations are lost and the FREE Version is active again. I'm testing some work-arounds but so far I was not successful. As soon as I have updates, I will publish them here.



7.10 Activity not visible on Garmin Connect?

7.10 Activity not visible on Garmin Connect?

There could be several reasons why an activity is not visible on Garmin Connect:

- Activity recording was never started.
- Activity recording was not saved upon leaving the Garmin native app.
- No synchronization between device and Garmin Connect happened.
- Especially in indoor sessions it can happen that the device stays in Auto-Stop Mode. Please deactivate this feature in the user settings.
- Especially in indoor sessions no movements might be detected by the device. Thus distance stays 0. In such a case no activity results are stored on Garmin Connect.

7.11 Activity tracking and fitness metric accuracy

The app uses 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."

7.12 Accuracy of wrist-based heart rate (Elevate)

The app uses the Garmin API 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."



7.13 Is there a way to enable/disable GLONASS?

7.13 Is there a way to enable/disable GLONASS?

The GPS/GLONASS setting is based on what was last used in the Garmin native apps (like cycling, running). Garmin does not allow Connect-IQ apps or data fields to change this setting.

7.14 Why is an update of the firmware required?

Some users reported that an update of the firmware is requested even though the latest firmware is already installed. In such a case, please try out following options:

- Update your Garmin Express or Garmin Mobile software (if you don't have the latest versions installed).
- Reboot your device once.

7.15 What is the difference between Interval App 1 and 2?

The Interval App 1 and 2 are currently identical. The main reason for having two apps is that users want to use them e.g. indoor and outdoor or for different activations without reconfiguring it all the time. This is easily possible with two apps which can have different settings.

7.16 Why is info derived from altitude (e.g, UP, DOWN) not accurate?

People with Garmin watches are frequently concerned about the accuracy (or lack of it) of the altitude data (or from altitude derive data) if the info is derived from GPS and not from a barometric altimeter. Many suspect their equipment or the app may even be defective or buggy when they see the altitude data. Unfortunately this is NORMAL as GPS is not accurate enough regarding altitude information. Following Garmin watches have no barometric altimeter and are thus affected:

- ForeAthlete® 230J, ForeAthlete® 235J, ForeAthlete® 630J
- Forerunner® 735XTJ, ForeAthlete® 920XTJ, Forerunner® 230, Forerunner® 235, Forerunner® 630, Forerunner® 735XT
- Vivoactive™

With the integrated GPS receivers, the horizontal error is specified to be within about +/- 15 meters (50 feet) 95% of the time. Most users find this is a conservative specification and that their modern GPS receivers routinely perform better than this worst case specification. But users should expect that SOMETIMES they may see the error approach the specification limits. AND 5% of the time, the error may be "any value" from zero to whatever. Note: Unless you have a CLEAR AND UNOBSTRUCTED view of the sky you can count on your error excursions to be much greater than the above numbers. Your GPS depends on this clear and unobstructed view or it cannot make accurate range measurements to the satellites. Generally, altitude error is specified to be 1.5 times horizontal error specification. This means that the user of standard consumer GPS receivers should consider +/-23meters (75ft) with a DOP of 1 for 95% confidence. Altitude error is always considerably worse than the horizontal (position error). Much of this is a matter of geometry. If we (simplistically) consider just four satellites, the "optimum" configuration for best overall accuracy is having the four SVs at 40 to 55 degrees above the horizon and one (for instance) in each general direction N, E, W, and S. (Note: You will get a very BAD DOP if the SVs are at the exact same elevation. Luckily, this is a rare occurrence.) The similar "best" arrangement for vertical position is with one SV overhead and the others at the horizon and 120 degrees in azimuth apart. Obviously, this arrangement is very poor from a signal standpoint. As a result, of this geometry the calculated solution for altitude is not as accurate as it is for horizontal position. Almost any calibrated altimeter will be more stable at reading altitude than a GPS. GPS altitude measures the user's distance from the center of the SVs orbits. These measurements are referenced to geodetic altitude



7.17 What to do if the application does not work?

or ellipsoidal altitude in some GPS equipment. Garmin and most equipment manufacturers utilize a mathematical model in the GPS software which roughly approximates the geodetic model of the earth and reference altitude to this model. As with any model, there will be errors as the earth is not a simple mathematical shape to represent. What this means is that if you are walking on the seashore, and see your altitude as -15 meters, you should not be concerned. First, the geodetic model of the earth can have much more than this amount of error at any specific point and Second, you have the GPS error itself to add in. As a result of this combined error, I am not surprised to be at the seashore and see -40 meter errors in some spots.

In this application following data fields are affected if you have no watch with barometric altimeter:

- UP
- DOWN

7.17 What to do if the application does not work?

We do our best to test the application as good as possible. As we do not have all physical available devices and all ANT+ sensors with all combinations of Garmin firmware versions, we have to do most of the tests on the simulator provided by Garmin. If you detect problems with our application on your Garmin watch, please provide us detailed feedback via the official bug report form in order we are able to understand and reproduce your problem. This gives us a fair chance to provide a fix as soon as possible.

Please [press here](#) to get the bug report dialog.

THANK YOU VERY MUCH for YOUR SUPPORT!!!! 98_Backlog

8 Backlog

This section shows the backlog with potential features planned for upcoming releases:

- Allow user to enable background light
- Power driven intervals on devices with CIQ ≥ 2.0
- PACE Goal
- Cadence coloring
- Allow user to directly configure further options directly on the Garmin device

Note

Please note that there is no guarantee if and when the feature will be implemented!

99_ChangeHistory

9 Version history

This section lists the version history of the latest already released versions.



Table 8 Version history

| Version | Date | Change description |
|---------|------------|--|
| 4.0.1 | 23.12.2024 | Several GUI improvements |
| 4.0.0 | 21.10.2024 | Support for Fenix® 8 43mm added Support for Fenix® 8 47 / 51mm added Support for Fenix® 8 Solar 47mm added Support for Fenix® 8 Solar 51mm added Support for Fenix® E added Support for Enduro™ 3 added |
| 3.9.5 | 04.05.2024 | Hotfix for app setting problems on newer devices Hotfix for language problems Build with latest SDK 7.1.1 |
| 3.9.0 | 01.04.2024 | Support for Forerunner® 165 and 165 Music added |
| 3.8.7 | 01.02.2024 | Additional satellite configurations added |
| 3.8.6 | 16.01.2024 | Hotfix for wrong data field assignment in HR gauge data page Build with SDK 6.4.1 |
| 3.8.5 | 06.01.2024 | Support for Descent™ Mk3 43mm added Add support for configuration options in german language Improve configuration description in english language Build with SDK 6.4.1 |
| 3.8.0 | 04.12.2023 | Support for Venu® 3 added Support for Descent™ Mk3 51mm added Support for Fēnix® 7 Pro (no Wi-Fi) added Support for Fēnix® 7x Pro (no Wi-Fi) added |
| 3.7.5 | 16.11.2023 | Support for Venu® 3s added Support for Vivoactive® 5 added |
| 3.7.0 | 24.10.2023 | Support for Approach® S70 47mm added Support for Epix™ Pro (Gen 2) 51mm added |
| 3.6.5 | 23.09.2023 | Support for Forerunner® 265 and 265s Support for Forerunner® 965 |
| 3.6.0 | 01.08.2023 | Change background color to "Black with white header/footer" for better visibility on some devices Background color can be configured in the FREE version as well Hotfix to support other satellite configurations than legacy GPS where a device supports it Support for Approach® S70 42mm added Support for Epix™ Pro (Gen 2) 42mm and 47mm added Support for MARQ® (Gen 2) Athlete / Adventurer / Captain / Golfer / Aviator added |
| 3.5.1 | 13.07.2023 | Support for Fenix® 7 Pro, Fenix® 7s Pro and Fenix® 7x Pro added |
| 3.5.0 | 09.03.2023 | Workaround implemented for FR645 and FR645m to avoid app crashes upon start due to font problems GPS polling improvements for some older CIQ1 devices |
| 3.4.5 | 10.10.2022 | Support for Venu™ SQ 2 and Venu™ SQ 2 Music added GPS aquisition improvements upon startup GUI improvements |
| 3.4.1 | 23.08.2022 | Hotfix to avoid app crashes on VenuSQ Several GUI and stability improvements |
| 3.4.0 | 14.07.2022 | Support for Forerunner® 255, 255 Music, 255s and 255s Music added Support for Forerunner® 955 / Solar added |
| 3.3.0 | 12.05.2022 | Do not disable GPS during session pause Support for D2™ Mach 1 added Several GUI and stability improvements |



9 Version history

| Version | Date | Change description |
|---------|------------|---|
| 3.2.6 | 10.04.2022 | Stability and GUI improvements |
| 3.2.5 | 05.04.2022 | Improve GPS acquisition on startup Sort activity types according to their usage for faster selection on startup User interaction via button improved GUI improvements |
| 3.2.0 | 09.03.2022 | Allow user of devices with CIQ2 or higher to select more background and header color schemes Add notification when GPS was found first time after app start Allow skipping of GPS polling upon startup via start button Improvements in GPS acquisition to avoid 0 distance and speed Poll for GPS after resuming session (if GPS required) Save last shown page and restore it at next startup Support for D2™ Air X10 added |
| 3.1.0 | 30.01.2022 | Support for Epix™ 2 added Support for Fenix® 7, Fenix® 7s and Fenix® 7x added |

Note

The version history for older releases is available on request only!