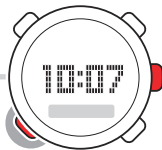


SUUNTO t4d

USER GUIDE

MODES & VIEWS

Time



- weekday
- date
- seconds
- dual time
- empty

Training



- training effect
- calories
- average heart rate
- lap time
- time



Speed & Distance



- distance
- average speed
- maximum speed
- lap time
- time



Note: Additional views available depending on paired devices.

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1 INTRODUCTION

Thank you for choosing Suunto t4d as your training companion. Suunto t4d is a high-precision heart rate monitor designed to make your training as beneficial and enjoyable as possible.

Suunto t4d provides heart rate zone training, accurately measures the calories you burn, and records your training history. It is a device that can grow with you as your fitness improves.

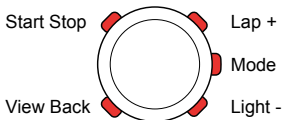
Key features include:

- Suunto Coach, your personal training manager
- Training Effect, an improved alternative to zone training
- Logbook that records each training session
- Functional extensions through Suunto PODs (Peripheral Observation Devices)
- Compatible with Movescount with optional Suunto Movestick

2 GETTING STARTED


2.1 Basic settings

Press any button to activate your Suunto heart rate monitor. You will be prompted to set the display contrast, time, date, as well as your physical characteristics and activity.



1. Change the setting values using the [Lap +] and [Light -] buttons.
2. Accept and move to the next setting by pressing the [Mode] button.
3. Return to the preceding setting, if needed, by pressing the [View Back] button.

When the last setting value is accepted, the device shows "settings ok". You can now start using the basic time and heart rate monitoring features.

 **NOTE:** Your maximum heart rate is automatically calculated by default using the formula $210 - (0.65 \times \text{AGE})$.

Use the following classifications to help you determine your Activity Class.

Easy going

If you do not participate regularly in recreational sports or heavy physical activity, perhaps just walking or doing some light exercise, use 1.

Recreational

If you participate regularly in recreational sports or do physical work, and your weekly exercise is:

- less than 1 hour, use 2.
- more than 1 hour, use 3.

Fitness

If you participate regularly in sports or other physical activity, and you exercise heavily:

- under 30 minutes per week, use 4.
- 30-60 minutes per week, use 5.
- 1-3 hours per week, use 6.
- over 3 hours per week, use 7.

Endurance or professional

If you train on a regular basis or participate in competitive sports, and your weekly exercise is:

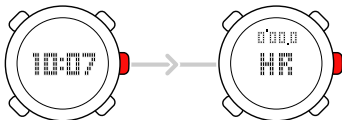
- 5-7 hours, use 7.5.
- 7-9 hours, use 8.
- 9-11 hours, use 8.5.

- 11-13 hours, use 9.
- 13-15 hours, use 9.5.
- over 15 hours, use 10.

2.2 Modes and views

Modes

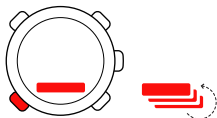
The main modes are **TIME** and **TRAINING**. Switch modes with [Mode].



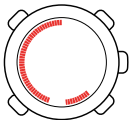
If Suunto t4d is paired with certain PODs (Peripheral Observation Devices), the **SPEED AND DISTANCE** mode is also available.

Views

Each mode has different views containing supplementary information, such as the day in **TIME** mode or calories in **TRAINING** mode. Change views with [View Back].



In addition, your heart rate is displayed as a graph on the left edge of the screen. Suunto t4d also display Training Effect (TE) along the lower right edge.

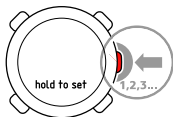


Button lock and backlight

Lock the buttons by keeping [Light -] pressed. Pressing it briefly activates the backlight. You can still change views and use the backlight when the button lock is activated.

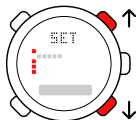
2.3 Menu navigation

Enter menus by keeping [Mode] pressed.

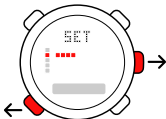


In Suunto t4d there are different menus in each mode.

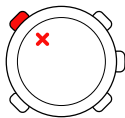
Scroll through the menus using [Lap +] and [Light -].



Move to a setting and accept a value with [Mode]. Return to the previous setting with [View Back].



At any time you can exit by pressing [Start Stop]. The quick exit is indicated by an "X" on the screen.



3 DEFINING MAIN SETTINGS

Before you start training, you need to define **GENERAL** and **PERSONAL** settings. They ensure accurate measurements and calculations.

You are prompted to define the main settings the first time you wake up the device (by pressing any button). If you want to learn more about these settings and modify them, continue reading. Otherwise, you can skip to the next chapter.

3.1 General settings

The **GENERAL** settings define measurement units, time and date format, as well as button tone use. You should define these according to your own preferences.

Setting	Value	Description
tones	on / off	Button tones: on or off
hr	bpm / %	Heart rate units: beats per minute or percent of maximum heart rate
weight	kg / Lb	Weight units: kilograms or pounds
height	cm / ft	Height units: centimeters or feet
time	12h / 24h	Time format: 12 hour or 24 hour
date	dd.mm / mm.dd	Date format: day-month or month-day
save	ask / all	Save log: ask before saving or save all

Setting	Value	Description
Foot	km/h , /km , mph , /mi	Foot POD units: kilometers per hour, distance in kilometers, miles per hour, or distance in miles
Bike	km/h , /km , mph , /mi	Bike POD units: same options as Foot POD
Gps	km/h , /km , mph , /mi	GPS POD units: same options as Foot POD

To change **GENERAL** settings:

1. Enter the menu (**SET**) in any mode and scroll with [Lap +] until you reach **GENERAL**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.

3.2 Personal settings

Through the **PERSONAL** settings, you tune your Suunto heart rate monitor according to your physical traits and activity. Many of the calculations use these settings, so it is important that you are as accurate as possible when defining the values.

Setting	Value	Description
weight	30-199 kg; 66-439 lb	Weight in kilograms or pounds
height	90-230 cm; 3"-7'11" ft	Height in centimeters or feet
act class	1-10	Activity class
max hr	100-230	Maximum heart rate: beats per minute
sex	female / male	Gender: female or male
birthday	year / month / day	Date of birth: year, month and day

To change **PERSONAL** settings:

1. In **TIME** mode, enter the menu (**SET**) and scroll with [Lap +] until you reach **PERSONAL**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -]. Keep in mind the units you defined in **GENERAL**.
3. Accept the value and move to the next setting by pressing [Mode].

4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.



TIP: Weigh yourself regularly and update the value in your settings. This helps keep the training calculations accurate.

3.2.1 Maximum heart rate

Once you have entered your date of birth, your device automatically sets the maximum heart rate (**MAX HR**) using the formula $210 - (0.65 \times \text{AGE})$. If you know your real maximum, you should use that value.

4 USING SUUNTO COACH

Suunto Coach is your personal training advisor. It generates an ideal training program of target Training Effect levels and training session durations for the next five days. The recommendations are based on your current fitness level and your recorded training history.

Suunto Coach follows the guidelines of the American College of Sport Medicine for exercise prescriptions, ensuring that your training is safe and effective in helping you achieve your fitness goals.


4.1 Using Training Effect


Training Effect (TE) is a unique feature of your Suunto heart rate monitor that measures the real effect of a workout on your physical fitness. With Training Effect, you can be sure that your workouts have the intended result.

There is a significant difference between heart rate zone (temporary training intensity) and Training Effect (total load of a workout). In zone training, you try to keep your heart

rate at a certain level throughout the whole workout. With Training Effect you just need to reach the desired target once during training.

Training Effect	Result	Description
1.0-1.9	Minor	Improves recovery ability; in longer sessions (over one hour) also improves basic endurance. Does not significantly improve aerobic performance.
2.0-2.9	Maintaining	Maintains aerobic fitness. Builds base for harder training in the future.
3.0-3.9	Improving	Improves aerobic performance if repeated 2-4 times a week. No special recovery requirements.
4.0-4.9	Highly improving	Rapidly improves aerobic performance if repeated 1-2 times a week. Requires 2-3 recovery sessions (TE 1-2) per week.
5.0	Over-reaching	Extremely high effect on aerobic performance if adequate recovery allowed; should not be done often

 **NOTE:** *It is important to note that the numerical TE values do not mean that a workout with a lower numerical value is somehow worse or less significant than a workout with a high value. Both are needed in balanced training.*

 **TIP:** *Training Effect is an advanced feature and can help you in many ways. More details about TE can be found in the Suunto Training Guide, available for download at suunto.com/training.*


The **TE** level is shown as a view in **TRAINING** mode. This view also shows you how much time is left (at your current training intensity) to reach the next **TE** level. This counter timer is updated in real-time as your intensity changes.

You can just follow the TE level, or set a specific target level before you start your training session.

To train with a TE target level

1. Press [View Back] in **TRAINING** mode until you see the **TE** view.
2. Adjust the target level by keeping [Light -] pressed while in **TE** view.

The countdown timer to the right of the TE target value indicates how much time remains for you to reach the target at your current heart rate (training intensity).

 **NOTE:** *You can change the main view of **TRAINING** mode to show the current (achieved) Training Effect by keeping [View Back] pressed. Repeat to switch back to the heart rate view.*

To set the Training Effect target:

1. Switch to the Training Effect view in **TRAINING** mode.
2. Keep [Light -] pressed to increase the TE value to your target.
3. Start the log recorder.



NOTE: You cannot lock the buttons while in the Training Effect view. Switch to another view to lock them (then switch views again as desired).



Heart beat analysis technology producing Training Effect is provided and supported by Firstbeat Technologies Ltd.

4.2 Getting started with Coach

The only initial information Suunto Coach needs is your activity class (**ACT CLASS**). Even if the setting value is not accurate, Suunto Coach finds the right level in a few weeks, once you start using your Suunto t4d.

To view the Suunto Coach program:

1. In **TIME** mode, press [Start Stop].
2. In the lobook main display, press [Start Stop] again.




TIP: Save all your training sessions. Suunto Coach needs this information to provide the best guidance.

4.3 Training programs and sessions

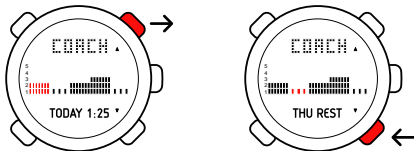
Suunto Coach uses eight training program levels. Your starting level is automatically set based on your activity class. From the starting program level, Suunto Coach increases

or decreases the level, adapting according to your actual (recorded) training history and your current activity class.

 **NOTE:** *Suunto t4d also increases or decreases your activity class according to your training history. In both cases, you are asked to confirm the change before the setting is modified.*

Suunto Coach generates a training routine for the next five days. Each session has a target Training Effect and a recommended duration.

Use [Lap +] and [Light -] to check the recommendations for the next days.




To use the recommendation:


1. Scroll to **TODAY**.
2. Press [Mode]. This takes you to **TRAINING** mode.
3. Press [Start Stop] to begin training.

The sessions target **TE** level and recommended duration are shown in the **TRAINING** mode view. A small arrow next to the timer pointing up or down indicates if you should increase or decrease your training intensity to meet the recommendation.

Suunto Coach automatically updates the training routine to respond to your actual training. It notices if the Training Effect of your previous workouts was above or below target and modifies the goal of the next session accordingly.


 **NOTE:** *Keep in mind that improving fitness requires patience, and the recommendations given by Suunto Coach are optimized for progress, alternating between heavy and light training sessions.*

You can train at a higher or lower intensity or for more or less time than Suunto Coach recommend to achieve each session's goal. Longer and harder training sessions than recommended should be avoided. If you train more than recommended, it recommends longer resting periods. After resting periods, it recommends harder training.

 **NOTE:** *Heart beat analysis technology producing the adaptive training program of Suunto Coach is provided and supported by Firstbeat Technologies Ltd.*

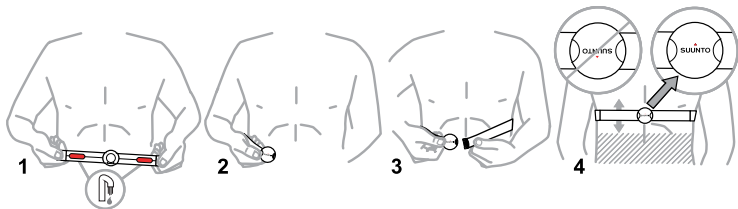
5 USING TRAINING MODE


The **TRAINING** mode handles measurement of all your training activity.

 **NOTE:** Even though both Suunto t4d and the transmitter belt are water-resistant, the radio signal does not carry in water, which makes the communication between Suunto t4d and the transmitter belt impossible.

5.1 Putting on your transmitter belt

Put on the belt as illustrated and switch to **TRAINING** mode to start monitoring your heart rate. Moisten both contact areas (1) with water or gel before putting the belt on. Ensure the belt is centered on your chest.



 **WARNING:** *If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before using it, we recommend an exercise test with your Suunto heart rate monitor and belt under a doctor's supervision. Exercise may include some risk, especially for those who have been inactive. We strongly advise you to consult your doctor prior to beginning a regular exercise program.*

5.2 Starting a training session

When you enter **TRAINING** mode, your Suunto heart rate monitor automatically searches for signals from a transmitter belt. Once found, your heart rate is displayed on the screen.

Recording a training session

To start recording your training session:

1. Start your training session by pressing [Start Stop].
2. While the timer is running, you can record/store laps by pressing [Lap +].
3. Stop the timer by pressing [Start Stop].
4. To reset the timer and clear the session, keep [Lap +] pressed.


If your peak heart rate exceeded the defined maximum, your Suunto heart rate monitor will ask you if you want to update to the new peak value when you clear the session.

5.3 During training

Your Suunto heart rate monitor has a number of visual and audio indicators to help guide you during training. This information can be both helpful and rewarding.

Here are some ideas on what to do while training:

- Lock the buttons to avoid accidentally stopping your log recorder.
- Switch to average heart rate view to check your training intensity.
- Switch to calories view to watch them tick away. You may be surprised how rewarding this can be!
- Switch to time view if you need to get back home for dinner.

 **NOTE:** *If you are in **SPEED AND DISTANCE** mode and use the **CHRONO** view, distance is displayed at the top and the total lap time (total time of your training session) at the bottom of the screen. If you switch to the next view, **LAPTIME**, the bottom view displays the current lap time.*

5.4 After training

5.4.1 Viewing training logs

Your Suunto heart rate monitor can store each training session in the logbook. The available summary information per logged session is:

- Achieved Training Effect (TE)


- Average and peak heart rate
- Calories burned
- Lap times
- Time inside, above and below heart rate limits

If a speed and distance POD is used, the following information is also logged:

- Total distance
- Average cadence (Cadence POD only)
- Average and maximum speed
- Distance per lap
- Average speed per lap

To view the logbook:

1. Press [Start Stop] while you are in **TIME** mode.
2. Scroll through the logs using [View Back] and [Mode].
3. Scroll through summaries for the log [Lap +] and [Light -].
4. Exit **LOG** by pressing [Start Stop].

 **NOTE:** *The logbook stores up to 15 logs. After the logbook is full, each new log replaces the oldest log. The device reminds you to save your logs to PC "LOGS TO PC reminder" before the memory is full the first time (PC POD needed).*

5.4.2 Viewing training totals

Your Suunto heart rate monitor can store your training sessions and summarize the data according to weeks and months.

The available time periods are:

- **THIS WEEK:** current week, Monday through Sunday
- **LAST WEEK:** previous Monday through Sunday period
- Month (month name in English): current and previous five months

The available summary information per time period is:

- Training Effect totals
- Number of training sessions
- Total training time
- Total distances per POD type
- Total calories burned

To view your training totals:

1. Press [Lap +] while you are in **TIME** mode.
2. Scroll through the time periods using [Lap +] and [Light -].
3. Scroll through summaries for the time period using [View Back] and **MODE**.
4. Exit **TOTALS** by pressing [Start Stop].

5.5 Measuring your training intensity

Training with heart rate monitors is traditionally based on heart rate zones. The intensity of your training is determined by the time you spend in each of three zones. All Suunto heart rate monitors support zone training.

- Zone 1 (60-70%): fitness zone; improves basic fitness and is good for weight control.
- Zone 2 (70-80%): aerobic zone; improves aerobic fitness and is good for endurance training.
- Zone 3 (80-90%): threshold zone; improves aerobic and anaerobic capacity and is good for improving peak performance.

To provide even more useful and accurate guidance, Suunto t3d and t4d also use a different measurement called Training Effect. This measurement determines the impact of a training session on your aerobic fitness using a simple 1-to-5 scale.


Training Effect	Result	Description
1.0-1.9	Minor	Improves recovery ability; in longer sessions (over one hour) also improves basic endurance. Does not significantly improve aerobic performance.
2.0-2.9	Maintaining	Maintains aerobic fitness. Builds base for harder training in the future.

Training Effect	Result	Description
3.0-3.9	Improving	Improves aerobic performance if repeated 2-4 times a week. No special recovery requirements.
4.0-4.9	Highly improving	Rapidly improves aerobic performance if repeated 1-2 times a week. Requires 2-3 recovery sessions (TE 1-2) per week.
5.0	Over-reaching	Extremely high effect on aerobic performance if adequate recovery allowed; should not be done often

To train with a TE target level (Suunto t3d and t4d only)

1. Press [View Back] in **TRAINING** mode until you see the **TE** view.
2. Adjust the target level by keeping [Light -] pressed while in **TE** view.

The countdown timer to the right of the TE target value indicates how much time remains for you to reach the target at your current heart rate (training intensity).

 **NOTE:** You can change the main view of **TRAINING** mode to show the current (achieved) Training Effect by keeping [View Back] pressed. Repeat to switch back to the heart rate view.

5.6 Using heart rate limits and zones

Heart rate limit and heart rate zone settings are defined in TRAINING mode settings.

5.6.1 Heart rate limits


Setting upper and lower heart rate limits for yourself can help you keep your exercising at the correct intensity.

In the **HR LIMITS** menu, you can set the heart rate limits on or off, define the upper and lower limits, and turn the heart rate alarm on or off.

Setting	Value	Description
hr limits	on / off	Heart rate limits feature: on or off
lower	bpm / %	Lower heart rate limit: according to selected units in GENERAL settings
upper	bpm / %	Upper heart rate limit according to selected units in GENERAL settings
alarm	on / off	Outside the limit alarm: on or off

To change **HR LIMITS** settings:

1. Enter the menu (**SET**) and scroll with [Lap +] until you reach **HR LIMITS**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.

 **NOTE:** The heart rate limits are displayed with dashes on the left outer rim of the display if the limits are activated.

Possible real life situation: Staying in the zone

You want to have a good, tough training session today, so you set your heart rate limits to equal your Zone 3 limits and turn the heart rate limit alarm on. Your Suunto heart rate monitor notifies you when you go too slow, or push too hard!

5.6.2 Heart rate zones

Training with heart rate monitors is traditionally based on heart rate zones. The intensity of your training is determined by the time you spend in each of three zones.

Heart rate zones are defined as percentages of your maximum heart rate. Zone training is an established training method, so there are pre-set defaults as follows:

- Zone 1 (60-70%): fitness zone; improves basic fitness and is good for weight control.
- Zone 2 (70-80%): aerobic zone; improves aerobic fitness and is good for endurance training.
- Zone 3 (80-90%): threshold zone; improves aerobic and anaerobic capacity and is good for improving peak performance.

If you are following a personal training program that uses zone training, enter the values defined by the program.



NOTE: The zone defaults follow the guidelines of the American College of Sports Medicine for exercise prescription.

In the **HR ZONES** menu, you can turn on the zone feature, define zone limits, and turn tones on or off. When the zones feature and the tones are turned on, your device alerts you with a beep when you move from one zone to another.

Setting	Value	Description
hr zones	on / off	Heart rate zone feature: on or off
z1	% - %	Zone 1: upper and lower limit in percent of maximum heart rate
z2	%	Zone 2: upper limit
z3	%	Zone 3: upper limit
tone	on / off	Zone tone: on or off

To change **HR ZONES** settings:

1. Enter the menu (**SET**) and scroll with [Lap +] until you reach **HR ZONES**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.



TIP: *If your heart rate varies significantly during training, for example, when running in hilly terrain, following your real-time average heart rate is better guidance than following zone limits.*

5.7 Using intervals and warm-up

Your Suunto heart rate monitor supports interval training, training with alternating periods of high exertion and recovery. Use **INT1**, **INT2** to define different interval durations. You can also define a warm-up period for yourself. This can be used with or without intervals turned on.

When you use the intervals and warm-up, the log recorder view option in **TRAINING** mode becomes a countdown timer. Use this view to follow how much time is remaining for your current interval. Once you have started the training session, the countdown timer resets itself as each interval passes.

When you are training with intervals, **INT1**, **INT2** or **WARM** is shown before the countdown time to tell you which interval you are on. The lap indicator on the screen tell you how many intervals in total you have done, for example, int1 (lap1), int2 (lap2), int1 (lap3), int2 (lap4) and so on.

Setting	Value	Description
int1	on / off	Interval 1: on or off
int1	0'00	Interval 1 duration: minutes and seconds

Setting	Value	Description
int2	on / off	Interval 2: on or off
int2	0'00	Interval 2 duration: minutes and seconds
warm	on / off	Warm up: on or off
warm	0'00	Warm up duration: minutes and seconds

To change interval and warm-up periods settings:

1. In **TRAINING** mode, enter the menu (**SET**) and scroll with [Lap +] until you reach **INTERVAL**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.



TIP: If you want to use intervals with equal time for exercise and rest, just turn on and define interval one (**INT1**). Your heart rate monitor will use that time for each lap (interval).

6 USING SPEED AND DISTANCE MODE

The **SPEED AND DISTANCE** mode becomes available after you have paired a speed and distance POD with your Suunto heart rate monitor.


6.1 Pairing a POD

To use **SPEED AND DISTANCE** mode, you first need to pair your Suunto heart rate monitor with a Suunto POD.

To pair a POD:

1. In **TRAINING** mode, enter the menu (**SET**) and scroll with [Lap +] until you reach **PAIR A POD**.
2. Press [Mode] to get to the first setting and select the POD type using [Lap +] and [Light -].
3. Press [Mode] to activate pairing.
4. Turn on the POD while message **TURN ON** is displayed.

Use the same procedure to pair you heart rate transmitter belt.

 **NOTE:** Before you (re)pair your POD or belt, you need to first reset the device by removing the battery and putting it in backwards (positive side down). Then replace the battery normally.



TIP: If you have paired a Cadence POD, you can switch between speed and cadence as the main view in **SPEED AND DISTANCE** mode by keeping [View Back] pressed.

6.2 Autolap and speed limits

With the autolap feature, you can define laps in distance instead of time (interval training). When autolap is turned on (and your speed and distance POD is activated), your Suunto heart rate monitor shows total distance, average lap speed, and lap time for each lap.



NOTE: When using the autolap feature, it is very important to calibrate your speed and distance POD accurately.


Setting	Value	Description
autolap	on / off	Autolap feature: on or off
dist.	0000	Distance: lap distance according to selected units in GENERAL settings

To change autolap settings:

1. In **SPEED AND DISTANCE** mode, enter the menu (**SET**) and scroll with [Lap +] until you reach **AUTOLAP**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].

3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.

Like heart rate limits, you can turn on the speed limits feature and define the upper and lower speed limits for yourself.

 **TIP:** This includes an autopause feature that, when activated, will stop your session when very slow speed is detected while using your Suunto speed and distance POD. The session is reactivated when you speed up again.

Possible real life situation: Training on city streets

Autopause is convenient when cycling or running down city streets. You can exclude from your log all the time spent waiting at traffic lights by using autopause.

Setting	Value	Description
limits	on / off	Limits feature: on or off
lower	00.0	Lower speed limit: according to selected units in GENERAL settings
upper	00.0	Upper speed limit: according to selected units in GENERAL settings
pause	on / off	Autopause feature: on / off

To change speed limits and pause settings:

1. In **SPEED AND DISTANCE** mode, enter the menu (**SET**) and scroll with [Lap +] until you reach **SPEED**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.

6.3 Calibrating your POD

A Suunto POD that measures speed and distances needs to be calibrated to give you accurate readings. The calibration procedure differs for each POD type, and you will need to read the POD user guide to get detailed instructions.

A simple way to get a quick calibration is to run or cycle a known distance using the POD.

1. Pair and activate your POD.
2. Start the log recorder.
3. Go a known distance.
4. Stop the log recorder.
5. Go to the **CALIBRATE** menu.
6. Select POD type and replace the measured distance with the actual (known) distance.



TIP: The GPS POD is listed in the **CALIBRATE** menu, but the calibration has no effect on the GPS POD. Use this calibration setting if you have, for example, two Bike PODs for different bikes. You can pair one of them as GPS POD and use the calibration in the same way as you normally would with a Bike POD.

7 USING TIME MODE

TIME mode handles the time of day in two time zones: main time and dual time. In **ALARM**, **TIME** and **DATE** menus, you have the following settings:

Setting	Value	Description
alarm	on / off	Alarm feature: on or off
alarm	00:00	Alarm time: hours and minutes
time	hours / minutes / seconds	Main time: hours, minutes and seconds
dual time	hours / minutes	Dual time: hours and minutes
date	year / month / day	Current date: year, month and day


7.1 Setting time and dual time

To change time and dual time:

1. In **TIME** mode, enter the menu (**SET**) and scroll with [Lap +] until you reach **TIME**.
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 as needed.
5. Press [Start Stop] to exit.

Possible real life situation: Knowing the time at home

You are traveling abroad and you set the dual time to be the time at home. The main time is the time at your current location. Now you always know the local time and you can quickly check what time it is at home.

 **NOTE:** *We recommend that you set the current time at your current location as the main time because the alarm clock operates according to the main time.*

7.2 Setting the alarm

To set the alarm:

1. In **TIME** mode, enter the menu (**SET**) and scroll to **ALARM** using [Light -].
2. Enter the setting with [Mode] and set the value using [Lap +] and [Light -].
3. Accept the value and move to the next setting by pressing [Mode].
4. Repeat steps 2 and 3 to set the alarm time.
5. Press [Start Stop] to exit.


Alarm snooze

Deactivate the alarm by pressing [View Back]. Pressing any other button activates the alarm snooze function. Each snooze lasts 5 minutes. The snooze function can be activated 12 times.

8 GENERAL FEATURES

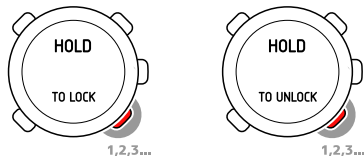
8.1 Backlight

You activate the backlight by pressing [Light -]. The backlight turns off automatically. If you want to use the backlight when changing settings, you need to activate it before entering the settings. The backlight will re-activate whenever a button is pressed. This feature will stay on until you exit the settings.

 **NOTE:** Heavy use of the backlight significantly reduces battery life. To save power, backlight blinks when used in **TRAINING** mode.

8.2 Button lock

You can lock and unlock the buttons in any mode by keeping [Light -] pressed.



When the buttons are locked, you can still change views and turn on the backlight.



TIP: We recommend you lock the buttons, for example, after you have started a training session or are storing the device in a travel bag.

8.3 Sleep mode

You put your Suunto heart rate monitor to sleep to extend battery life or to erase the recorded training history. Personal settings are not erased.

1. To switch to sleep mode, simultaneously keep [Start Stop], [Lap +], [Light -] and [View Back] pressed.
2. To reactive your device, press any button.



NOTE: Basic settings need to be set each time the device is reactivated.

8.4 Connecting to a PC (optional)

If you want to do more detailed, long-term analysis, use Suunto Training Manager or Training Manager Lite. With this software you can view in-depth figures, statistics, and graphical representations of your training sessions.

To download your logs to a computer, you need to purchase a Suunto PC POD. The Suunto PC POD enables simultaneous real-time monitoring of up to three persons on a single computer.

9 TROUBLESHOOTING

Your Suunto heart rate monitor uses high frequency transmission to prevent reading disturbances. However, exercising near overhead power lines or magnetic or electronic devices may cause interference with the signal.

If you lose the signal, try the following:

- Exit and then re-enter **TRAINING** mode.
- Check that you are wearing the belt correctly.
- Check that the electrode areas of the belt are moist.
- Move away from any potential sources of interference.
- Replace the battery (of the belt and/or wristop) if problems persist.

Pairing your transmitter belt

If you replace the belt battery or are having trouble with signal reception, you may need to re-pair your belt with your Suunto heart rate monitor.

To re-pair the belt:

1. Remove the belt battery.
2. Reset the belt by inserting the (new) battery positive side down.
3. In your Suunto heart rate monitor, go to the **PAIR A POD** menu and select **HR BELT**.
4. Put the battery in with the positive side up and close the cover.

The same procedure can be used if you experience problems with a Suunto POD signal reception.

10 CARE AND MAINTENANCE

10.1 General guidance

For all Suunto Training devices:

- Only perform the procedures described in Suunto guides.
- Do not disassemble or service your device yourself.
- Protect your device from shocks, hard and sharp objects, extreme heat and prolonged exposure to direct sunlight.
- Store your device in a clean, dry environment at room temperature.
- Do not place the device where it could be scratched by hard objects.

Removing scratches

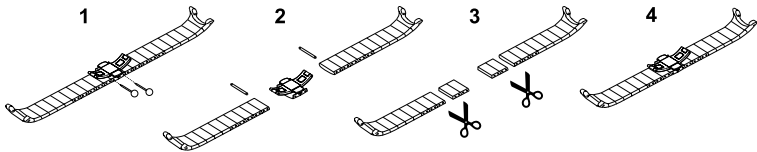
Use Polywatch to remove small scratches in the screen. It is available at authorized Suunto dealers, in most watch stores, and from Suunto Web Shop (shop.suunto.com). A protective plastic shield can also be placed over the screen to prevent scratches.


Cleaning and chemicals

Clean your device with a moist cloth. For stubborn marks, use a mild soap. Do not use gasoline, cleaning solvents, acetone, alcohol, insect repellents, paint, or other strong chemicals on your device.

10.2 Changing strap length

If you have a strap with a latch buckle, you can change the strap length by removing the buckle and cutting the strap as illustrated here.

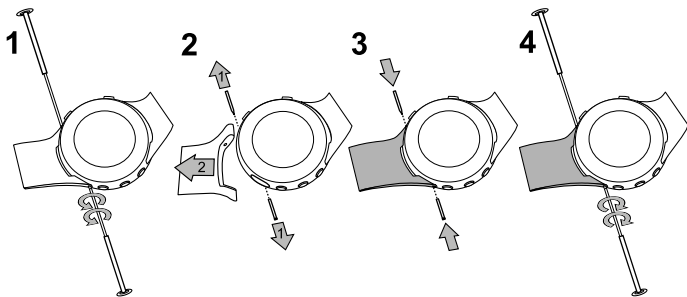


 **TIP:** Remove one piece at a time and test the new length to ensure you do not remove too many.

10.3 Changing straps

There are many different straps available for your Suunto heart rate monitor. Visit the Suunto Web Shop (shop.suunto.com) to see what is available.

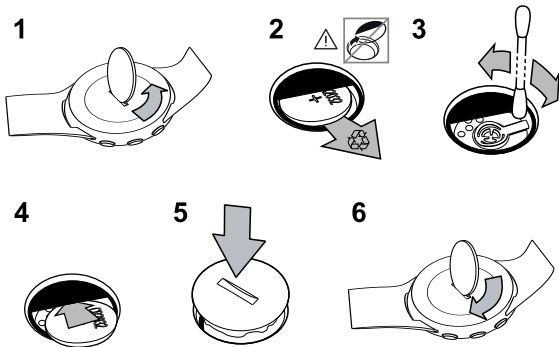
Change to a new strap as illustrated here:




10.4 Replacing wristop battery

Replace the battery with extreme care to ensure your Suunto heart rate monitor remains water resistant. Careless replacement may void the warranty.

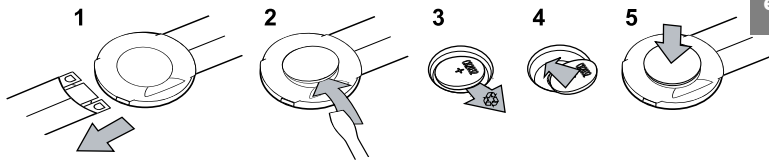
Replace the battery as illustrated here:




 **NOTE:** *If the cover threads are damaged, please send your device to an authorized Suunto representative for service.*

10.5 Replacing belt battery

Replace the battery as illustrated here:



en

 **NOTE:** We recommend that you replace the cover and O ring along with the battery to ensure the transmitter remains clean and water resistant. Replacement covers are available with replacement batteries.

11 SPECIFICATIONS

11.1 Technical data

General

- Operating temperature: -20°C to +60°C / -5°F to +140°F
- Storage temperature: -30°C to +60°C / -22°F to +140°F
- Weight (device): 45 g / 50 g / 65 g (depending on strap type)
- Weight (belt): max. 61 g (depending on belt type)
- Water resistance (device): 30 m / 100 ft (ISO 2281)
- Water resistance (belt): 20 m / 66 ft (ISO 2281)
- Transmission frequency (device): 2.465 GHz Suunto ANT compatible
- Transmission frequency (belt): 2.465 GHz Suunto ANT compatible, 5.3 kHz gym equipment compatible
- Transmission range: Up to 10 m / 30 ft
- User-replaceable battery: (device / belt) 3V CR2032
- Battery life: approximately 1 year in normal use (3.5 hours of exercise with HR per week)

Log recorder

- Maximum lap time: 24 hours
- Lap/split times:

- Suunto t1, Suunto t1c: 30 per session (log)
- Suunto t3d, Suunto t4d: 50 per session (log)
- Resolution: 0.1 second

Heart rate

- Display: 30 to 240
- Limits: 30 to 230
- Maximum for percentage display: 240

11.2 Trademark

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11.3 Copyright

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11.4 CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

11.5 ICES

This Class [B] digital apparatus complies with Canadian ICES-003.

11.6 FCC

Suunto t3d and Suunto t4d comply with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment. Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

- This device cannot cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

This product has been tested to comply with FCC standards and is intended for home or office use.

FCC WARNING: *Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.*

11.7 Patent notice

This product is protected by the following patents and patent applications and their corresponding national rights: US 11/432,380, US 11/181,836, US 11/169,712, US 11/154,444, US 12/145,766, US 11/808,391, US 7,526,840, USD 603,521, USD 29/313,029, US 12/223,701, US 7,192,401, US 7460901 and EU Design 000528005-0001/000528005-0010. Additional patent applications have been filed.

11.8 Disposal of device



Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

12 DISCLAIMERS

12.1 User's responsibility

This instrument is intended for recreational use only. Suunto heart rate monitors must not be used as a substitute for obtaining measurements that require professional or laboratory-quality precision.

12.2 Warnings

If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before using it, we recommend an exercise test with your Suunto heart rate monitor and belt under a doctor's supervision. Exercise may include some risk, especially for those who have been inactive. We strongly advise you to consult your doctor prior to beginning a regular exercise program.

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