

SUUNTO  
**t1**

SUUNTO  
**t1c**

SUUNTO  
**t3c**

SUUNTO  
**t4c**

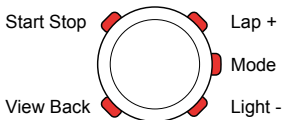
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# 1 GETTING STARTED


## 1.1 Basic settings

Press any button to activate your Suunto heart rate monitor. You will be prompted to set the time and 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.

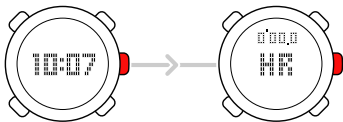
When the last setting value is accepted, the device shows "settings ok". You can now start using the basic time and heart rate monitoring features.

 **NOTE:** Your maximum heart rate is automatically calculated by default (210 - 65% of your age). Set your Activity Class to 5 to get started. Both of these settings should be fine tuned later. See your User Guide for more information.

## 1.2 Modes and views

### Modes

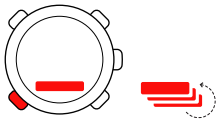
The main modes are **TIME** and **TRAINING**. Switch modes with [Mode].



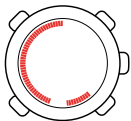
If Suunto t3c or t4c is paired with certain PODs (Peripheral Observation Devices), the **SPEED AND DISTANCE** mode is also available.

### 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 t3c and t4c also display Training Effect (TE) along the lower right edge.

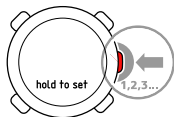


### Button lock and backlight

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.

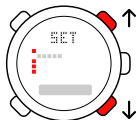
## 1.3 Menu navigation

Enter menus by keeping [Mode] pressed.

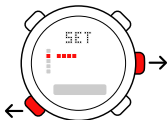


There is one set of menus in Suunto t1c. In Suunto t3c and t4c there are different menus in each mode.

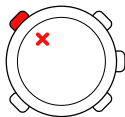
Scroll through the menus using [Lap +] and [Light -].



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.



## 2 TRAINING WITH YOUR HEART RATE MONITOR

### 2.1 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.*

## 2.2 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. The training session itself starts when you start the lap timer and ends when you stop it.


### Using the lap timer

The lap timer is displayed at the top of the screen.

To use the lap timer:

1. Start your training session by pressing [Start Stop].  
While the timer is running, you can add laps by pressing [Lap +].
2. Stop the timer by pressing [Start Stop].
3. Continue with another timed session (lap) by pressing [Start Stop].

To reset the timer and clear the session, keep [Lap +] pressed.

 **NOTE:** *The lap timer must be stopped before you can reset it.*

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.



## 2.3 Viewing your training history

### Viewing training totals

While the log recorder is running, your Suunto heart rate monitor records data about the training session, such as heart rate activity and calories burned. You can view the training totals by pressing [Lap +] in **TIME** mode. Scroll through the time periods using [Lap +] and [Light -]. Scroll through totals for the period using [View Back] and [Mode].

### Using the logbook (t3c, t4c)

In addition to training totals, you can save logs of each training session. To view the logbook, press [Start Stop] in **TIME** mode. Scroll through the logged sessions using [View Back] and [Mode]. Scroll through session data using [Lap +] and [Light -].

## 2.4 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.

To provide even more useful and accurate guidance, Suunto t3c and t4c 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. See your User Guide for more information on heart rate zones and Training Effect.

To train with a TE target level (Suunto t3c and t4c 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.

## 2.5 Using Coach (t4c)

Suunto Coach is a unique feature of Suunto t4c. It follows the guidelines of the American College of Sport Medicine for exercise prescriptions and generates a training program for the next 5 days based on your current fitness level and recorded training history. Each program day includes a Training Effect (TE) target level and recommended training duration.

To use the Suunto Coach recommendation:

1. Enter Coach by pressing [Start Stop] in the logbook main view.
2. Select the current day using [View Back] or [Light -].
3. Accept the recommendation by pressing [Mode].

This last step takes you directly to **TRAINING** mode with the TE target level and training duration pre-set in the view. You can now start the log recorder and begin your training session as normal.

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