

Setting up the Garmin 25 Running Watch

How to Link the Watch with Garmin Connect on your phone & computer:

<https://www.youtube.com/watch?v=ICWIrEF3mHo>

1. Download Garmin Connect Mobile App on your phone.
2. Create an Account using your school email address (If you use a nickname or pseudonym, please only share with coach)
3. Pair your phone and your checked-out BHS Garmin watch
4. Set up Garmin Express on your computer: <https://connect.garmin.com>

How to set up your Garmin: <https://www.youtube.com/watch?v=nUxNLIq00M8>

1. Click on bottom right button to scroll through options & top red button to choose options
 - a. Settings
 - i. Setup > Units > Miles
 - b. Run Options
 - i. Auto pause > Turn on
 - ii. Data Fields > Set Page 1 > Time & Pace. Set Page 2 > Pace & Distance
 - iii. Pace/Speed > Pace (Don't choose Lap Pace or Avg Pace)