

## Timex Ironman Triathlon User Guide

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The Ironman®Triathlon®Digital Heart Rate Monitor is like hiring a personal trainer. This high-tech tool is designed for demanding athletes like you to measure how you track against your workout goals and offers you the ability to track, store, and analyze key indicators of your personal fitness level for up to 50 laps.

[Digital Heart Rate Monitor - Timex](#)

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Timex Ironman Triathlon Watch Manual ironman triathlon An Ironman Triathlon is one of a series of long-distance triathlon races organized by the World Triathlon Corporation (WTC) consisting of a swim, a bike and a marathon (26 miles 385 yards, 42.195 km) run, raced in that order and without a break.

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Your TIMEX IRONMAN GPS watch is designed to hold multiple workouts, but we recommend you connect your watch to the Timex Connect computer application at least once per week. The computer application provides details about your workout that are not available on the watch. Page 44 Pressing the Menu / Enter Button on a Lap will reveal the Lap Details. Delete Workout As stated above, it is easiest and most convenient to manage your TIMEX IRONMAN GPS watch using the Timex Connect computer ...

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2 ENGLISH 098095000 will stay activated for 8 hours or until deactivated by pressing and holding INDIGLO® button again for 4 seconds... WATER AND SHOCK RESISTANCE If your watch is water-resistant, meter marking or (O) is indicated...

[10 LAP / 30 LAP / 50LAP / TRANSIT - Timex](#)

Select the desired minute value using the "+" and "-" buttons. Press the "Mode/Next" button to move the flashing from the minutes to the seconds. Press either the "+" or "-" button to reset the seconds place to zero. Hit the "Mode/Next" button to continue. Set the day of the week on your Timex Ironman 30 wrist watch.

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