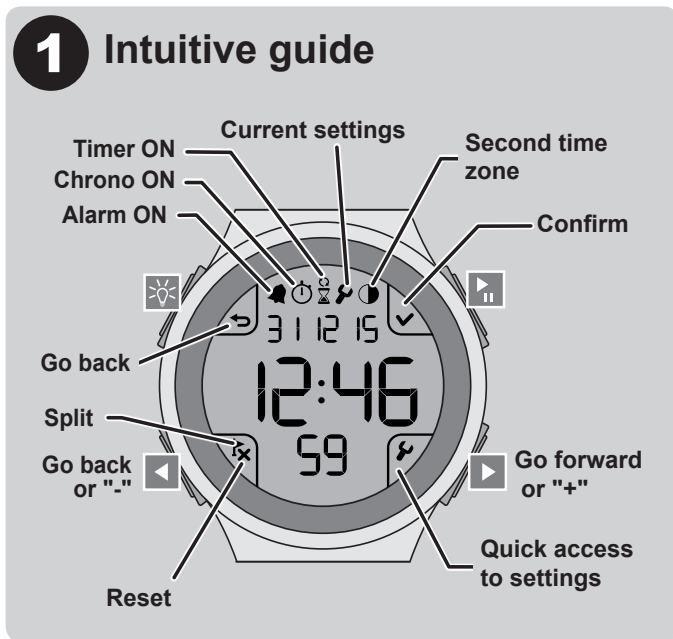




## 1 Intuitive guide



## 5 Using the countdown timer feature (TIMER)



This model is equipped with a 5 interval countdown timer for performing a segmented workout to improve your endurance and performance.

<b>WARM UP</b>	Warm up phase
<b>RUN</b>	Acceleration phase
<b>REST</b>	Deceleration phase
<b>REPEAT</b>	Number of repeated RUN + REST sequences
<b>SERIES</b>	Exercise series number RUN/REST
<b>BREAK</b>	Rest time between 2 exercise series RUN/REST
<b>COOL</b>	Warm down phase

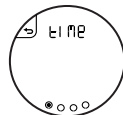
- Select the TIMER function, see **3**.
- Adjust the countdown time ▶ Press and follow the intuitive guide, see **1**
- Start ▶ Press
- Pause ▶ Press
- Reset ▶ Press
- Return to the menu ▶ Press

## 2 First use

- To start your product, press for 5 seconds.
- Follow the intuitive onscreen guide, see **1**, for setting the time and date.

## 3 Main menu

from the "time" screen



- Access the menu ▶ Press
- Select function ▶ Press or
- Confirm ▶ Press
- Return to the menu ▶ Press

## 4 Using the stopwatch (CHRONO)



- Select the CHRONO function, see **3**.
- Start the stopwatch ▶ Press
- Pause ▶ Press
- Reset (Stopwatch paused) ▶ Press
- Take a split time (SPLIT) ▶ Press
- Return to the menu ▶ Press

## 6 Alarm (ALARM)



The alarm settings be accessed via the SET function (see **7**)

- Stop the alarm sound ▶ Press any button.

## 7 Settings (SET)



- Select the SET function, see **3**.
- Choose item to set ▶ Press or
- Confirm the selection ▶ Press

**TIME** = time setting  
*FORMAT* = format; *HOUR* = hour; *MINUTE* = minute

**DATE** = date setting  
*YEAR* = year; *MONTH* = month; *DAY* = day  
*ddMM* = day month; *MMdd* = month day

**ALARM** = alarm time setting  
*ON* = active or *OFF* = inactive,  
 Adjust the hours and minutes.



Select the time zone to which you want to allocate this alarm.

**TIMER** = countdown time setting  
**T1** = 1st time zone      **T2** = 2nd time zone

**ON** = Activate 2nd time zone  
**OFF** = Deactivate 2nd time zone



- Follow the intuitive onscreen guide, see **1**, for setting the data.

## 8 Turn backlight on

- From the "time" screen
  - ▶ Press .
- From any of the other screens
  - ▶ Press and hold  for 3 seconds.

## 9 Display date




- Add the date to the "time" screen
  - ▶ Press 3 times .
- Return to the menu
  - ▶ Press .

## 10 Double Time zone

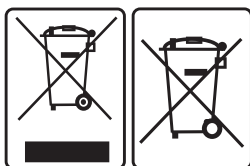


T1 = 1st time zone, T2 = 2nd time zone. To adjust T2, see **7**

- To display T2 on the time screen
  - ▶ Press  twice.
  - appears on the screen



To change the battery: contact the retail outlet where you bought your product. If you change it yourself, you risk damaging the seal and impairing the waterproof design as well as voiding your warranty. Battery life is influenced by the length of time it is stored in the shop and the way in which you use the product.



The "crossed-out bin" symbol means that this product and the batteries it contains must not be thrown away with general household waste. They are subject to a specific type of sorting. Please take the batteries and your unusable electronic product to an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health. Dispose of your batteries in a place where they will be recycled.

**The product has a 2 years guarantee for normal usage.**

The guarantee does not cover:

- damage resulting from misuse, from a failure to respect the precautions for use, from accidents, from improper maintenance or from commercial use of the product.
- damage resulting from repairs carried out by persons not authorised by DECATHLON.
- batteries and casings which are cracked or broken or which show signs of impacts.

The A 300 M Swip, A 300+ M Swip, W 500 M Swip, W 500+ M Swip, W 700 XC M Swip, W 900 M Swip watches are only compatible with the STRAP M which have the Swip System.  
The A 300 S Swip, W 500 S Swip watches are only compatible with the STRAP S which have the SwipSystem.



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