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## Screen description

Pop up screen is shown during 3 seconds. Buttons are not responsive.



After pop up screen, data screen 1 is shown. There are two data screens. You can toggle screen 1 and screen 2 by pressing buttons 1 and 2. Data screen 1 shows summary data before activity has started, or if activity is paused.

Button 3 starts/stops the activity. Button 4 closes the app if activity is stopped. Otherwise, it triggers an interval.



When activity is started, data screen 1 shows data fields. Data screen 2 always show data fields (also when activity is paused). It is recommended to use data screen 2 for data fields which might be useful during a pause, such as heart rate (if available), or current time of day.



## Entering main menu

Main menu can only be entered when activity is paused.  
Hold button 1 for three seconds to enter the main menu.



Use buttons 1 and 2 to choose the suitable option. Press button 3 to select an option. Press button 4 to go back.

The main menu comprises the following options:



## Setting pool length

Select “length” in main menu. Most typical pool lengths are shown. Choose your choice and press button 3. Pressing button 4 leaves the menu without changing the pool length. If your pool length is not shown in the list, you can still configure the pool length by using Garmin Connect app in your smartphone or garmin express in your PC. See next chapter for instructions on how to achieve this.



## Customizing screen

Data screens 1 and 2 can be customized:

- Number of fields shown
- Fields to be shown

Choose option “Screens” in main menu to customize your screens-





Choose the screen to be customized:



Select option “Format” to choose the number of fields to be shown:



Select the number of fields to be shown in that screen.



In order to customize a data field, browse till the suitable screen and data field in the main menu. You will find a list of available data fields which can be shown. Choose a data field. Repeat the same operation for the rest of the data fields.



## Enabling autolap

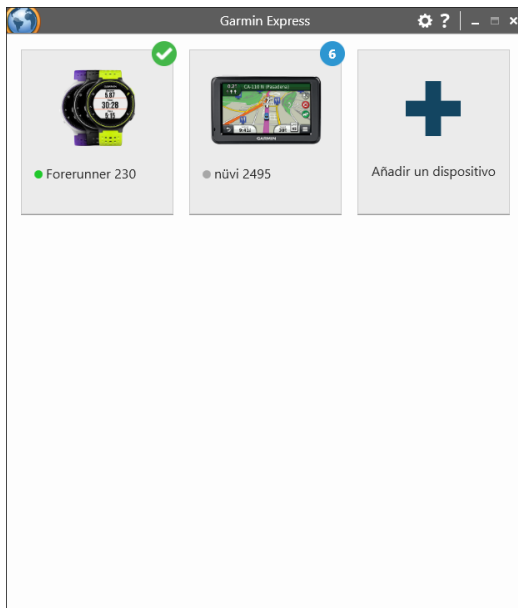
Autolap feature triggers an interval after a certain number of lengths (even if you don't enable autolap, you still can trigger intervals during an activity by pressing button 4).

To enable autolap and configure the number of lengths of every interval, enter "autolap" option in main menu and configure the suitable settings.



## Managing settings in Garmin express

Connect your watch to your PC using the provided USB cable and open Garmin Express. Select your watch in the device list.

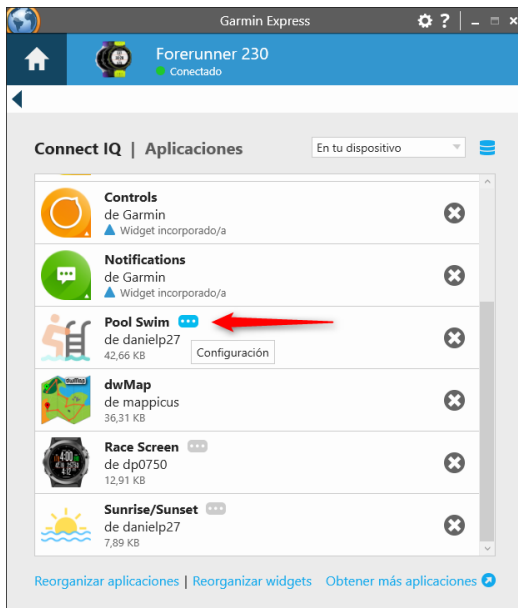


Choose option “manage ConnectIQ apps”



Click on the three dots close to “Pool swim” app.



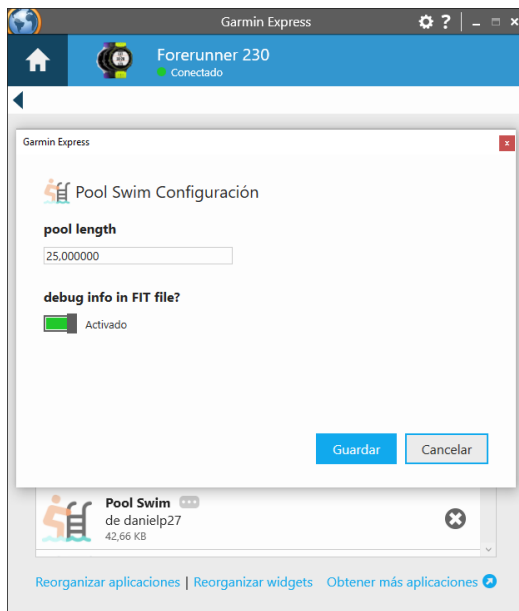


User settings are shown.

Here you can:

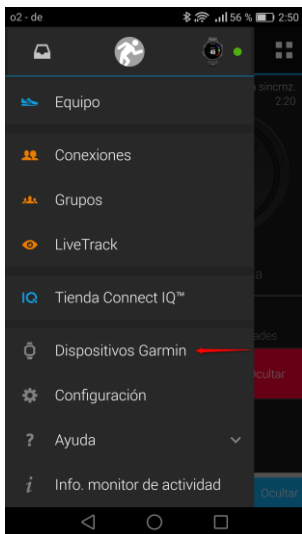
- Configure a custom pool length in meters
- Enable debug info in FIT file. This option will write additional data in your FIT file which can be used to provide support or improve app features. Enabling

this option will increase the size of the fit file by aprox. 10 times, and might cause sync issues with some 3<sup>rd</sup> party sites. It is not recommended to enable it unless you were instructed to do it.

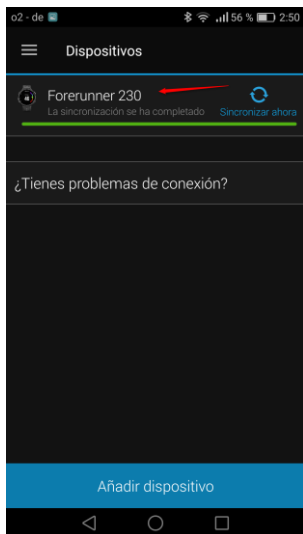


## Managing settings in Garmin Connect app

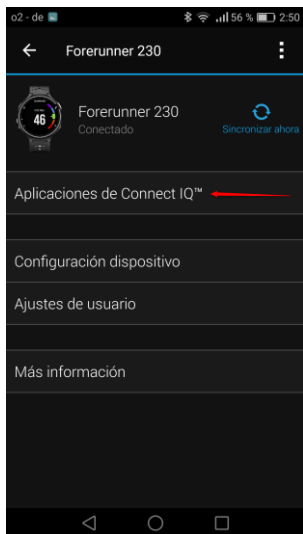
Open Garmin Connect app in your smartphone. Choose option “Garmin Devices”.



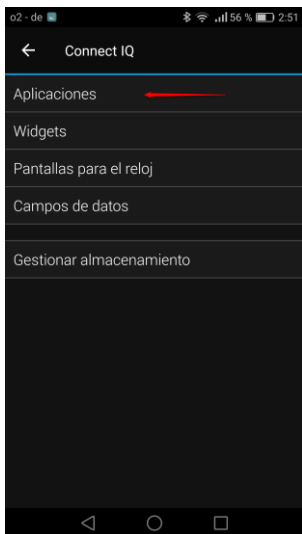
Choose the device where “Pool swim” app has been installed.



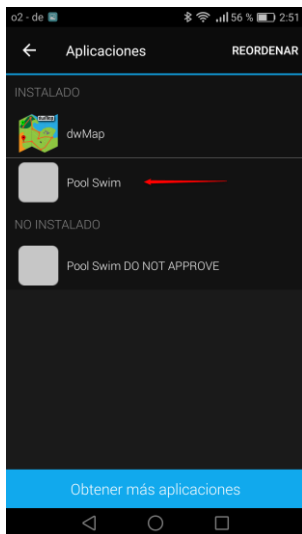
Choose option “ConnectIQ apps”.



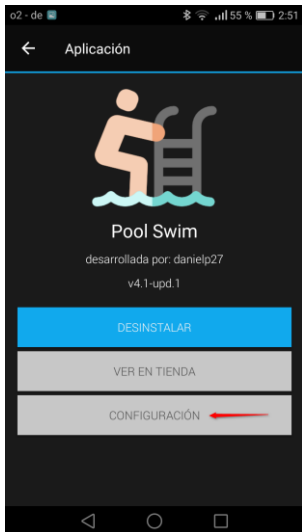
Choose option “Apps”.



Choose “Pool swim”.



Select “Configuration”

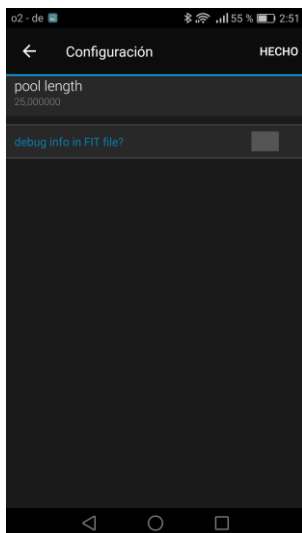


Here you can:

- Configure a custom pool length in meters
- Enable debug info in FIT file. This option will write additional data in your FIT file which can be used to provide support or improve app features. Enabling this option will increase the size of the fit file by approx. 10 times, and might cause sync issues with



some 3<sup>rd</sup> party sites. It is not recommended to enable it unless you were instructed to do it.



## Using the app

In your watch, browse “Pool swim” app.

Wait for the pop up screen to be hidden.



Once in the summary screen, do not press start until you are ready to start swimming. If you have to adjust goggles, headset, etc., do this before pressing button 3.



During the first 10 seconds of the activity, the app will calibrate the orientation of your pool swim using the built-in compass. Therefore, it is very important to start swimming as soon as button 3 is pressed. A bad calibration of the pool orientation might cause poor length detection accuracy.

During the activity, lengths are detected a few seconds after turning around, when built-in compass detects a change in swimming direction.

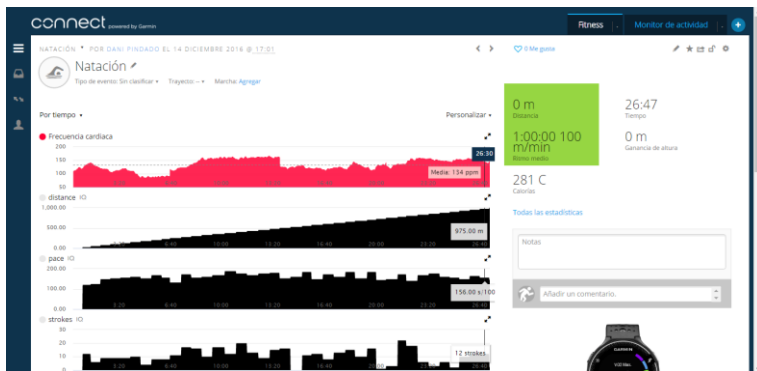
You can create intervals by pressing button 4. A summary for intervals is shown in Garmin Connect and 3<sup>rd</sup> party sites.

Whenever you need to make a pause longer than 10 seconds, it is recommended to pause the activity (button 3). Please note that lengths are detected by using the compass. Arm movement during a rest period might trigger a length if activity has not been paused.

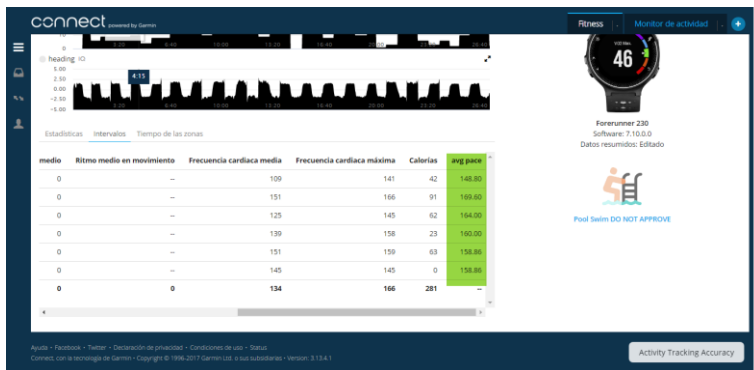
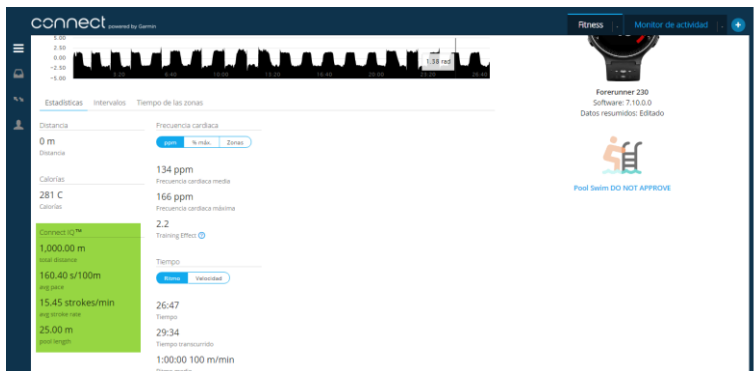


## Understanding data in Garmin Connect

ConnectIQ apps are not allowed to override native fields in Garmin Connect. Therefore, the native distance fields will show distance = 0m. Same applies for speed. **Please note, that this is a Garmin decision. There is nothing that developers can do right now to override native fields from within an app.**



Still measured distance, speed and interval information are shown in Garmin Connect. You can find these data in the statistics and intervals region. You will find a ConnectIQ section where you can find the data recorded by the app.

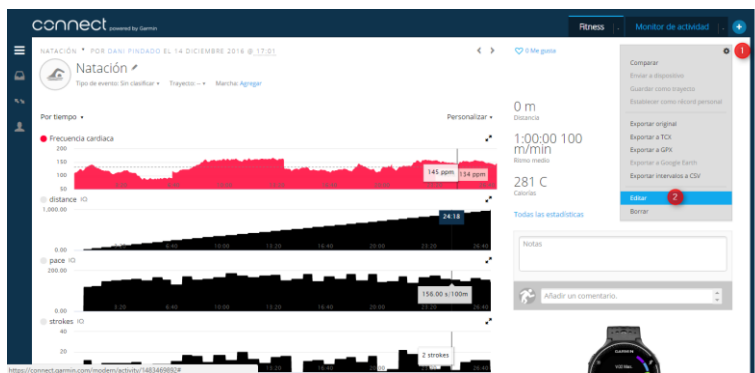


You can edit the distance shown in the native field.

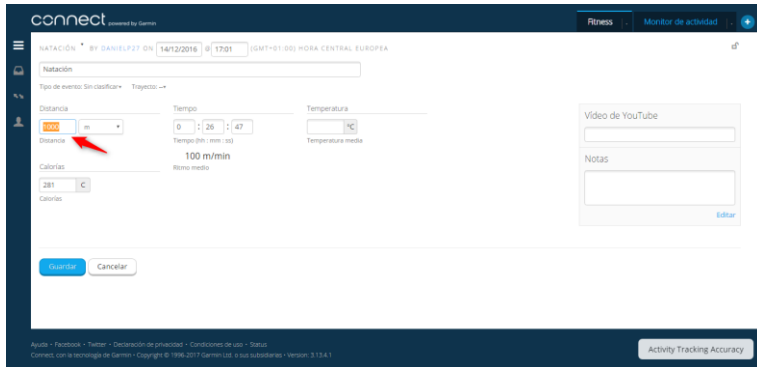
You can:

- Import a gpx file from [www.sportstracks.mobi](http://www.sportstracks.mobi) (see appendix for a description of this method)
- Manually edit the distance in Garmin Connect

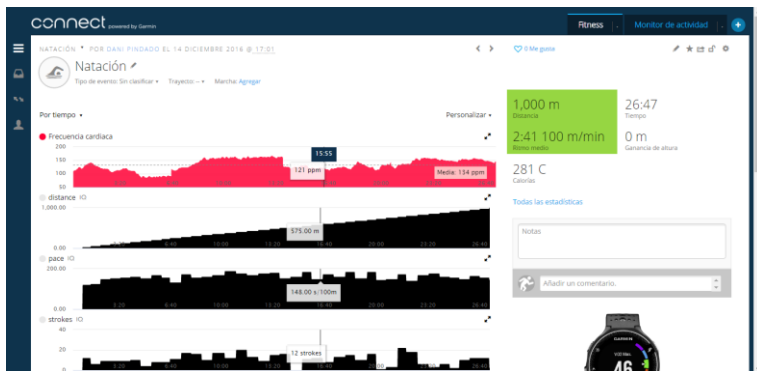
To manually modify the distance, edit the activity following the steps below:







Once you have set the proper distance, you'll see that native pace field will be also updated.



## Watching data in 3<sup>rd</sup> party sites

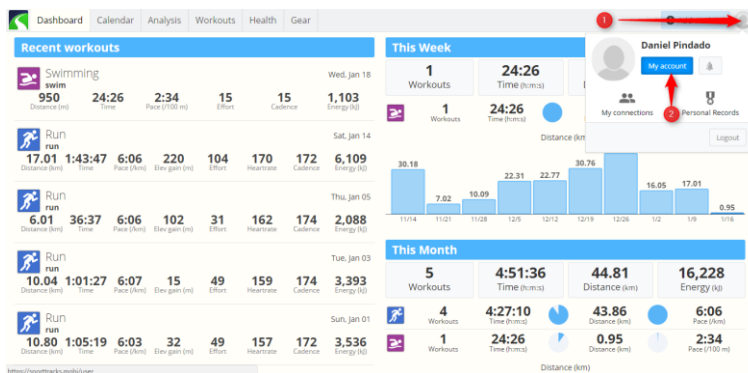
Some 3<sup>rd</sup> party sites already provide support for the FIT file generated by the app.

[www.sportstracks.mobi](http://www.sportstracks.mobi)

Sportstracks provides support for FIT2 format.

Autosync can be configured so that every activity gets automatically synced into the site.

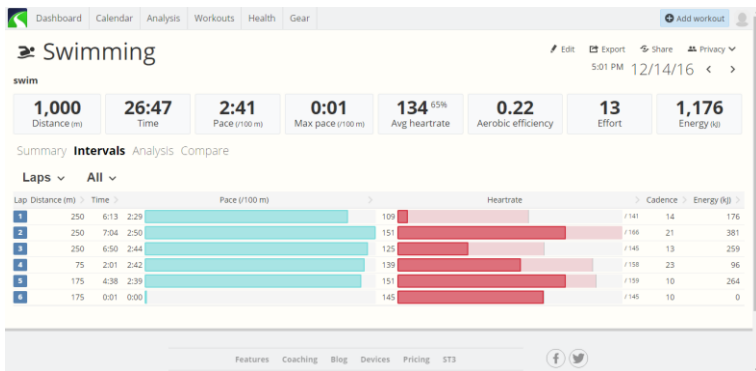
To pair your sportstracks account with your Garmin account, go to your sportstracks profile and select “my account”:



Press “Connect” to pair your sportstracks account with your Garmin Connect account.

The screenshot shows the Sportstracks web application interface. At the top, there is a navigation bar with tabs: Dashboard, Calendar, Analysis, Workouts, Health, and Gear. On the far right of this bar is a button labeled 'Add workout' and a user profile icon. A left-hand sidebar contains a list of menu items: Profile, Preferences, Training Options, Sharing (highlighted in blue), Connections, Privacy, and Subscription. The main content area has a heading 'Import your fitness data from popular services and devices. It's easy.' Below this heading is a light blue button labeled 'Connect...' with a plus icon, which is pointed to by a red arrow. Underneath, there is a section titled 'Connected services' which lists 'Garmin Connect' as a connected service, showing it is 'Connected to account' and 'Last access: 1/21/17 2:38 AM'. To the right of this entry is a 'Remove' button. Below the 'Connected services' section are two other options: 'iCalendar' with an 'Enable' button, and 'Embed' with a 'Get Profile Widget' button. At the bottom of the page, there is a footer with links for Features, Coaching, Blog, Devices, Pricing, and ST3, along with social media icons for Facebook and Twitter.

Once done, every new activity will be automatically synced with your sportstracks account, without any additional operation, showing correct data.



[www.trainingpeaks.com](http://www.trainingpeaks.com)

Trainingpeaks provides support for FIT2 format.

Autosync can be configured so that every activity gets automatically synced into the site.

To pair your trainingpeaks account with your Garmin account, go to:

<http://home.trainingpeaks.com/garminconnect>

and follow the instructions in screen.

## Garmin Connect AutoSync

Your Garmin Connect and TrainingPeaks accounts are currently connected. Continue to your account to view your activities. If your activities are not syncing, visit our [Garmin Connect AutoSync FAQ](#) page for more information.

[CONTINUE TO YOUR ACCOUNT](#)[DISCONNECT YOUR ACCOUNTS NOW](#)

Once done, every new activity will be automatically synced with your trainingpeaks account, without any additional operation, showing correct data.



[www.runalyze.com](http://www.runalyze.com)

runalyze provides support for FIT2 format.

As of now there is no autosync feature. Fit files need to be manually imported: “add activity” => “Upload” => “Upload file”

**CARGAR**

Subir archivo

- Extensiones de archivo soportadas: \*.fit, \*.fit2, \*.gpx, \*.csv, \*.xml, \*.zip, \*.logbook, \*.kml, \*.ics, \*.logbook3, \*.gpx, \*.fitbin, \*.kml, \*.fit2k, \*.xml, \*.csv, \*.json
- Tamaño máximo de archivo: 48.00 MB
- Los archivos kml son soportados por: Google, TomTom
- Los archivos xmi son soportados por: Polar, Suunto, RunningAHEAD
- Los archivos csv son soportados por: Epson, Wahoo
- Los archivos fit y gpx del mismo nombre serán combinados automáticamente

**ESTADÍSTICAS** | **ANÁLISIS** | **RECORDS** | **PERSONALES** | **RECORDS**

**ESTADÍSTICAS: LAIFEN, ÚLTIMOS 6 MESES**

Últimos 6 meses									
Month	km	h	min	sec	km/h	h	min	sec	km/h
January	100	100	100	100	100	100	100	100	100
February	100	100	100	100	100	100	100	100	100
March	100	100	100	100	100	100	100	100	100
April	100	100	100	100	100	100	100	100	100
May	100	100	100	100	100	100	100	100	100
June	100	100	100	100	100	100	100	100	100

**ESTADÍSTICAS: LAIFEN, ÚLTIMOS 10 SEMANAS DE ENTRENAMIENTO**

Últimas 10 semanas de entrenamiento									
Week	km	h	min	sec	km/h	h	min	sec	km/h
Semana 01	100	100	100	100	100	100	100	100	100
Semana 02	100	100	100	100	100	100	100	100	100
Semana 03	100	100	100	100	100	100	100	100	100
Semana 04	100	100	100	100	100	100	100	100	100
Semana 05	100	100	100	100	100	100	100	100	100
Semana 06	100	100	100	100	100	100	100	100	100
Semana 07	100	100	100	100	100	100	100	100	100
Semana 08	100	100	100	100	100	100	100	100	100
Semana 09	100	100	100	100	100	100	100	100	100
Semana 10	100	100	100	100	100	100	100	100	100

**CÁLCULOS**

VELOCIDAD: 10.00 km/h

Resistencia básica: 10.00 km/h

Fatiga (H): 10.00 km/h

Estado forma (H): 10.00 km/h

Balance Esfuerzo (H): 10.00 km/h

Fácil TRIMP: 10.00 km/h

Monitoreo: 10.00 km/h

Carga entrenamiento: 10.00 km/h

Puntos entrenamiento: 10.00 km/h

**PREDICCIÓN**

1.000m: 10.00 km/h

5.0 km: 10.00 km/h

10.0 km: 10.00 km/h

21.1 km: 10.00 km/h

42.2 km: 10.00 km/h

**VALORES CORPORALES**

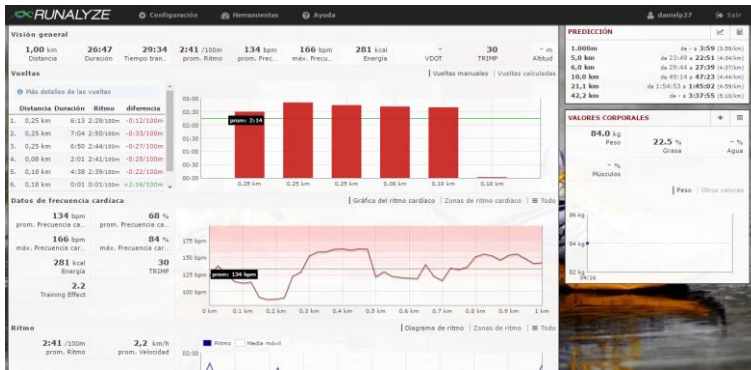
84.0 kg

22.5 %

20.00

Página

After uploading, all activity data will be shown in your runalyze account.



[www.strava.com](http://www.strava.com)

Strava does not provide support for FIT2 format. Only activity and interval duration will be shown, but no distance or speed. As a workaround, you can import a gpx file from [www.sportstracks.mobi](http://www.sportstracks.mobi) (see appendix for a description of this method).

I have created a new feature idea post in strava forum to ask for support for FIT2 format. You can vote this idea here:

<http://bit.ly/2gxJYKX>

Visión general



Daniel Pindado – Natación



17:51 del Miércoles, 18 de enero de 2017

Afternoon Swim

Añade una descripción

0m

Distancia

24:26

Tiempo en movimiento

0s/100 m

Ritmo

Tiempo transcurrido 28:13

Dispositivo: Garmin Forerunner 230

Vuelta	Distancia	Tiempo	Ritmo
1	0 m	6:07	—
2	0 m	3:56	—
3	0 m	2:46	—
4	0 m	6:25	—
5	0 m	1:57	—
6	0 m	3:11	—

## Appendix

### Replacing native fields in Garmin connect (gpx method)

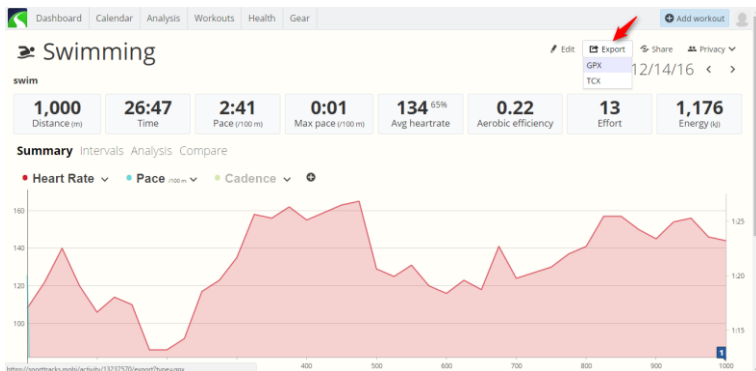
You need to have a sportstracks account for this, which is already synced with your Garmin account.

In [www.sportstracks.mobi](http://www.sportstracks.mobi), browse the activity.

Select “export” and “gpx”.

A gpx file containing the activity will be downloaded.





Upload the gpx file generated in previous step into Garmin Connect.

In order to do this, go to “my activities”, “manual upload”. Select the file and upload it.

connect powered by Garmin

Palabra clave:  Buscar

Monitor: Vivos

Edición rápida | Borrar | Comparar actividades | Favoritos

+ Actividad manual | Cargar Manual

**CARGA MANUAL**

Cargue las actividades manualmente a Garmin Connect desde su ordenador

2. Seleccionar archivo | Ningún archivo seleccionado

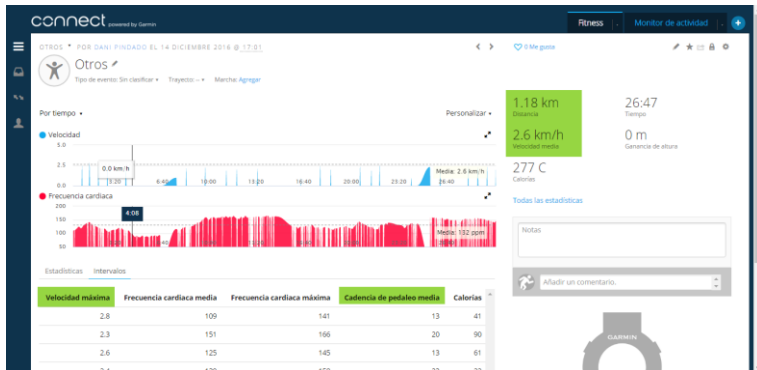
3. Cargar actividades desde archivo

Actualmente, admitimos archivos .tcx, .gpx y .fit.

Altura ganada	Altura perdida	Velocidad máxima(R)	Training Effect
251	259	4.18	3.1
129	121	3.57	2.1
75	78	4.19	3.1
93	96	3.55	2.1
159	129	9.33	--
166	166	5.87	--
189	187	4.06	3.1
181	180	4.25	2.1
219	227	3.48	3.1
178	184	4.16	3.1
12.04	1.16.09	5.56	163
8.93	51.88	5.44	160
1.18	26.47	2.6	132
1.00	26.47	2.2	134
12.52	1.13.11	5.51	164
0.00	1.44	0.0	--

The activity will be uploaded to Garmin Connect.

This time, native fields show the correct information, because sporttracks overrode the native fields with the ConnectIQ fields in the gpx file. The ConnectIQ fields are not available anymore.



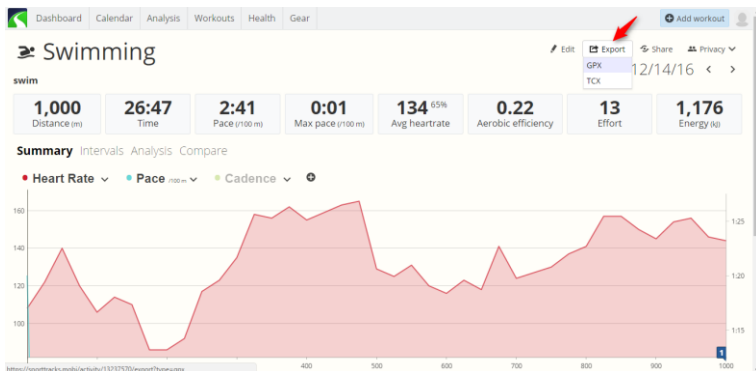
## Add activity with data to strava (gpx method)

You need to have a sportstracks account for this, which is already synced with your Garmin account.

In [www.sportstracks.mobi](http://www.sportstracks.mobi), browse the activity.

Select “export” and “gpx”.

A gpx file containing the activity will be downloaded.



Upload the gpx file generated in previous step into strava.

In order to do this, go to “my activities”, “manual upload”.  
Select the file and upload it.

## Mis actividades

Buscar

Todos los tipos de actividad ▾

554 actividades

⊕ Cargar actividad 2

📄 Añadir entrada manual

🗺️ Crear una ruta

Tipo	Fecha ▾	Título ▾	Tiempo ▾	Distancia ▾	Altitud ▾	Suffer Score	
Natación	mié. 18/1/2017	Afternoon Swim	28:13	0 m	- m		<a href="#">Editar</a> <a href="#">Eliminar</a> <a href="#">Compartir ▾</a>
Natación	mié. 18/1/2017	Natación de tarde	24:26	950 m	- m		<a href="#">Editar</a> <a href="#">Eliminar</a> <a href="#">Compartir ▾</a>
Carreña	sáb. 14/1/2017	Afternoon Run	1:43:34	17.0 km	229 m		<a href="#">Editar</a> <a href="#">Eliminar</a> <a href="#">Compartir ▾</a>
Carreña	jue., 5/1/2017	Morning Run	36:37	6.0 km	114 m		<a href="#">Editar</a> <a href="#">Eliminar</a> <a href="#">Compartir ▾</a>
Carreña	mar. 3/1/2017	Morning Run	1:00:48	10.0 km	57 m		<a href="#">Editar</a> <a href="#">Eliminar</a> <a href="#">Compartir ▾</a>
Carreña	dom. 1/1/2017	Morning Run	1:05:16	10.8 km	65 m		<a href="#">Editar</a> <a href="#">Eliminar</a> <a href="#">Compartir ▾</a>

<https://www.strava.com/upload>

The activity will be uploaded to Garmin Connect.

Using this procedure, speed and distance is properly shown, because sporttracks overrode the native fields with the ConnectIQ fields in the gpx file.

## Visión general



## Daniel Pindado – Natación



17:01 del Miércoles, 14 de diciembre de 2016

## natacion de tarde

Añade una descripción

1.000m

Distancia

29:35

Tiempo en movimiento

2:57/100 m

Ritmo

Tiempo transcurrido

29:35

Vuelta	Distancia	Tiempo	Ritmo	RC
1	250 m	6:12	2:28 /100 m	109 ppm
2	250 m	7:03	2:49 /100 m	151 ppm
3	250 m	6:48	2:43 /100 m	125 ppm
4	75 m	2:00	2:40 /100 m	131 ppm
5	175 m	4:37	2:38 /100 m	151 ppm

## App logs

In case your “pool swim” app crashes, there exist useful debug information in the app logs which can be sent to me.

In order to access the logs, plug your watch to your PC using the USB cable.

Logs can be found in this folder: (drive letter, “F:”, might be different depending on the available drives in your PC):

F:\garmin\apps\logs

CIQ\_LOG.TXT file might contain useful information which can be sent for me.

File AA18ECC9.txt does not exist. But if you create an empty file with that name in the same folder, next time that the

app runs, the app might use the file to write additional debug information which can be very valuable in order to fix the issue.

