



Marathon's World GPS Triathlon Watch
Model Name: MWW
User Manual



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Thank you for purchasing MW GPS Watch, we sincerely hope you will enjoy using high tech GPS equipment, to understand MW GPS Watch functions and features, please read the Instruction Manual before starting operation.

1. Introduction and Features

1.1 Introduction

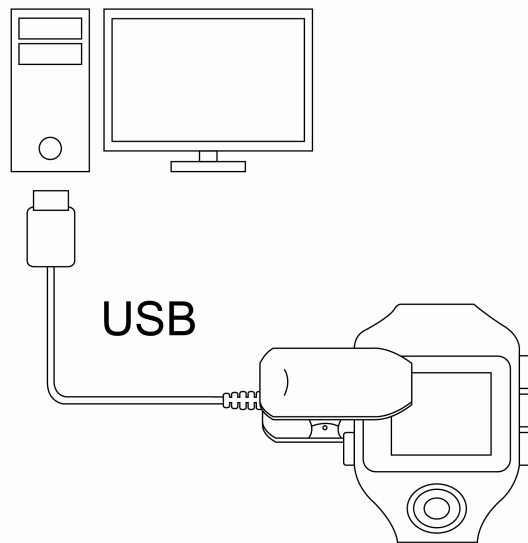
The MW GPS Watch excellent analysis capabilities are especially designed for running, cycling, swimming, triathlon, etc sports groups, and has high performance chips that can locate even in areas with a poor signal. The watch always keeps up with 42 kinds of special data, including time, distance, heart rate, step frequency, speed, etc, and can be set according to user preference, thus getting better results from training.

1.2 Features

MW GPS Watch Main Features:

- Built-in high-performance GPS chip, even in weak signal conditions, superior sensitivity is still able to maintain position sensitivity.
- Built-in 2.4GHz ANT+ chip can support data for heart rate monitoring devices, speed sensors, step frequency sensors, etc.
- Exclusive uploads to Marathon's World, providing complete data analysis.
- 5ATM waterproof standards, can withstand 5 atmospheric pressure, to support swimming training.
- Glass display screen is drop-proof, scratch-proof, and glare resistant.
- Supports triathlon and biathlon mode, and marathon and half marathon mode.
- Supports a variety of training methods: interval training, distance mode, timed mode, calorie mode, pace running.
- 16 to 18 hours of battery life with power saving mode, 12.5 hours with normal mode.
- Built-in metronome function.

1.3 Charging MW GPS Watch



Use the enclosed USB charging cable to connect the watch to a computer, and in accord with the programming instructions for before using MW GPS Watch, please first completely charge the MW GPS Watch. Please note the body and charger should be dry to start charging.

1. First connect the USB charger with the computer port.
2. Align and connect the charger with the notch in the back of the MW GPS Watch to begin charging.
3. For first use, please charge for two hours.
4. If the battery is defective, please return it to the factory.
5. Please do not improperly replace the battery, use only the factory battery.
6. Please follow local regulations to properly dispose of waste batteries.

2. Specifications

Model	MWW
Size	49x44x15mm
Recording capacity	150,000
Screen	144x168 Black and white power saving screen
Resolution	144x168 Pixels
Waterproof level	5ATM

Backlight	1 white LED backlight module
Operation temperature	-10℃ to 60 ℃
Operating humidity	20% to 80% R.H. non=condensing
Voltage	Via pogo pin with 5V @ 500mA max
Battery	rechargeable Li-polymer

Data transmission interface	USB cable with clip charger
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ANT+	ANT+ for link to HRM, Cadence, Speed, Combo
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GPS Specifications

GPS Chip	High performance GPS chip
AGPS	Supports AGPS fast location

BLE Specifications

Working voltage	DC:5V -USB Charge, Battery:4.2~3.5V
Antenna information	Application: BLE+ANT, Model Number: AC A-5020-A2-MC-S

Antenna form	Soldered on PCB
Antenna gain	0 dBi
Output rate	0 dBm
Modulation mode	GFSK modulation
Frequency range	2.4GHz~2.4835GHz
Number of channels	40 Channel

MW GPS Watch

Frequency interval	2MHz
Channel frequencies	2402,2404,2406,...,2476,2478,2480MHz
Channel local oscillation frequencies	FHSS
Channel control	Auto
Data transfer rate	1Mbps



Button	Description
Power/Back	Press for two seconds to turn the MW GPS Watch on and off. In Menu mode, press to exit or go back to the previous page.
Backlight	When MW GPS Watch is in boot up mode, press to turn on the watch backlight. Press for two seconds for steady light.
Up	In Menu mode, press this button to move up to select desired item.
Down	In Menu mode, press this button to move down to select desired item.
OK / Pause	In Menu mode this is the OK button. In training mode it is Start or Pause.

3. Menu

Start Exercise	Running	Basic Run	
		Distance Run	
		Timed Run	
		Calorie Run	
		Pace Run	
		Interval Training	
		Marathon	
		Half Marathon	
		Indoor Sports	
	Cycling	Basic Training	
		Distance Mode	
		Timed Mode	
		Calorie Mode	
		Indoor Sports	
	Swimming	Indoor 50 Meters	
Indoor 25 Meters			
Outdoor Training			
Triathlon/Composite			
Settings	Auto Pause		
	Auto Lap	Turn off	
		Position	
		Distance	
		Time	
	Metronome		
	Page Settings	Running	Page 1 to Page 4
		Cycling	Page 1 to Page 4
		Swimming	Page 1 to Page 4
	Key Sounds		
	Time	Time zone	
		Daylight saving time	
Set time			
Connections	Heart rate		Connections
			Maximum heart rate
			Heart rate alert
	Cycling	Cycling 1 to Cycling 3	Speed and Cadence
			Speed Sensor
			Cadence Sensor
			Power Meter
			Wheel Circumference
App			
Power Save Mode			
Date of Birth			

	Weight	
	Language	
	Erase	
	Reset	
	About	

4. Antenna Introduction

5. Start Exercise

5.1 Basic Operation

1. Start

You can select any exercise mode to start exercise, and in open air complete positioning, when positioning is finished, press OK to start exercise.

2. Pause

During exercise, pressing OK pauses the exercise. While paused, data will not be recorded, so that speed (pace) and other information will be calculated more accurately.

3. End and Save

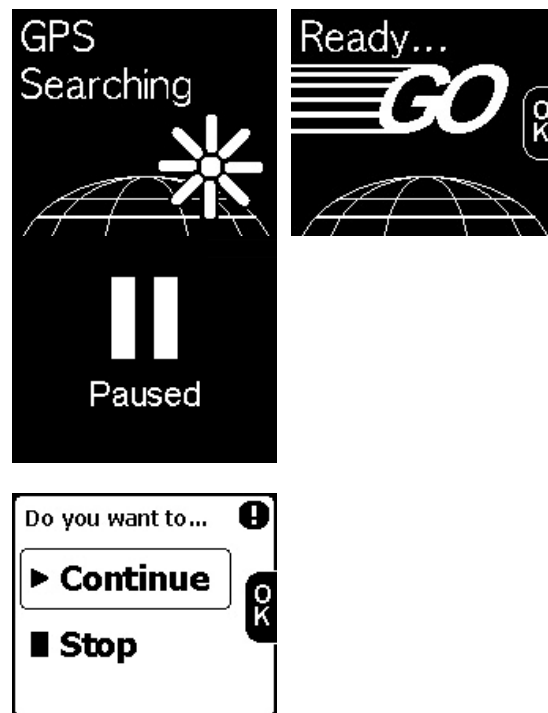
During exercise, if you want to stop recording, press OK to pause exercise, press OK again to make the 'Continue/Stop' menu appear, select Stop to store the recording.

4. Backlight

Press the Backlight button to turn on the watch backlight, press it for two seconds for steady light.

5. Lap

During exercise, press the Lap button to record laps, for auto lap please see 6.2.



6. Page Settings

Please see 6.4.

7. Auto Pause

Please see 6.1.

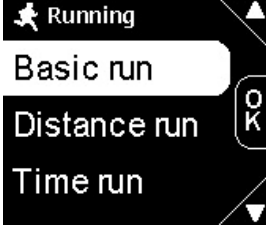
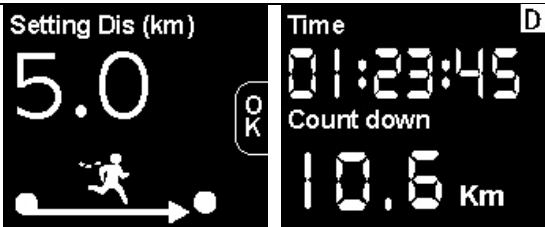

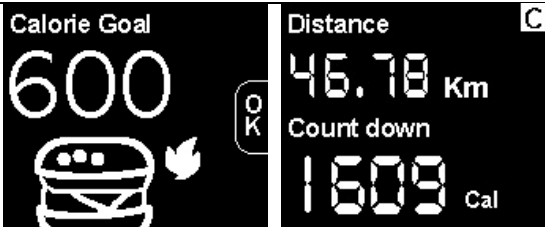
8. Metronome





Please see 6.3.



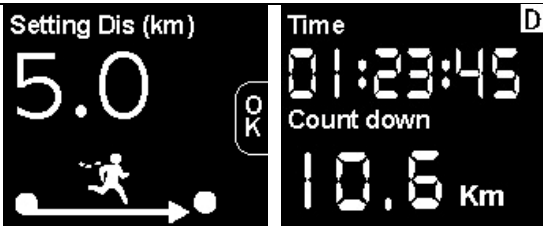
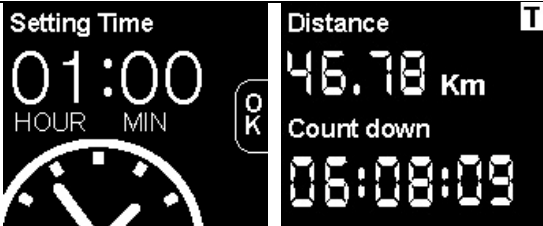
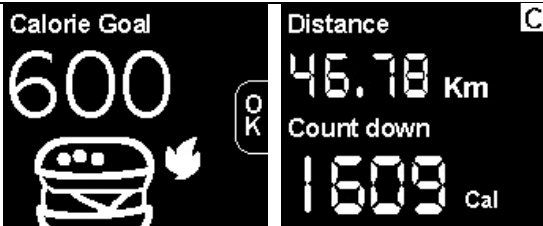
9. Heart Rate Alert

Please see 6.7.1.3.

5.2 Running Training

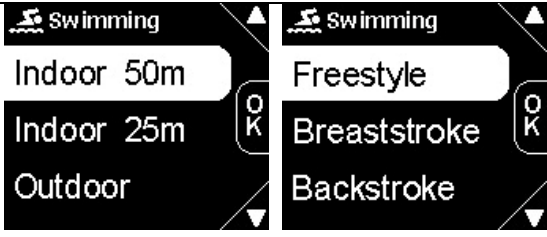
<p>5.2.1 Basic Run [Menu] > [Start Exercise] > [Running] > [Basic Run] You can use Basic Run to start your Running training. 1. Use the up and down keys to switch from page 1 to page 4 to display different information.</p>	
<p>5.2.2 Distance Run [Menu] > [Start Exercise] > [Running] > [Distance Run] You can use Distance Run to help you complete training runs with distance goals, please follow the watch prompts to set estimated kilometers completed. See page D for remaining distance to complete goal.</p>	
<p>5.2.3 Timed Run [Menu] > [Start Exercise] > [Running] > [Timed Run] 1. You can use Timed Run to help you complete training runs that are timed, please follow the watch prompts to set estimated remaining time. 2. See page T for remaining time to complete goal.</p>	
<p>5.2.4 Calorie Run [Menu] > [Start Exercise] > [Running] > [Calorie Run] 1. You can use Calorie Run to help you complete training runs that have calorie burning goals, please follow the watch prompts to set estimated calories burned. 2. See page C for remaining unburned calories to complete goal.</p>	

<p>5.2.5 Paced Run <i>[Menu] > [Start Exercise] > [Running] > [Paced Run]</i></p> <ol style="list-style-type: none"> 1. You can use Paced Run to help you complete training runs with a set pace, please follow the watch prompts to set estimated maintained pace. 2. See page P for the difference between your current pace and your set goal. 	
<p>5.2.6 How to use MW GPS Watch for Interval Training <i>[Menu] > [Start Exercise] > [Running] > [Interval Training]</i></p> <ol style="list-style-type: none"> 1. MW GPS Watch provides Interval Training mode, to help you perform intensity staggered training. You can set warm-up distance, sprint distance, rest time, and the number of reps to reach your training needs. 2. Please follow the watch prompts to Set the data ° 3. After starting training, please follow watch instructions for warm-up, sprint, rest, etc, items. 	
<p>5.2.7 How to use MW GPS Watch to help you complete marathons <i>[Menu] > [Start Exercise] > [Running] > [Marathon]</i></p> <ol style="list-style-type: none"> 1. When you run an entire marathon, you can use Marathon mode to record your race. 2. This mode will be based on your pace, to help you calculate your estimated time to reach the finish. 	
<p>5.2.8 How to use MW GPS Watch to help you complete half marathons <i>[Menu] > [Start Exercise] > [Running] > [Half Marathon]</i></p> <ol style="list-style-type: none"> 1. When you run a half marathon, you can use Half Marathon mode to record your race. 2. This mode will be based on your pace, to help you calculate your estimated time to 	

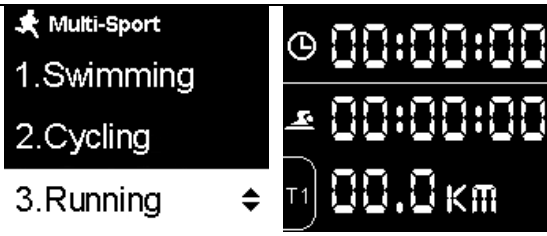
reach the finish.	
<p>5.2.9 Indoor Training</p> <p>[Menu] > [Start Exercise] > [Running] > [Indoor Training]</p> <ol style="list-style-type: none"> 1. You can use Indoor Training to record indoor sporting events. 2. Page I helps you clearly understand current entire exercise time and heart rate. 	
5.3 Cycling Training	
<p>5.3.1 Basic Training</p> <p>[Menu] > [Start Exercise] > [Cycling] > [Basic Training]</p> <p>You can use Basic Training to start your cycling training.</p> <ol style="list-style-type: none"> 1. The up and down buttons switch between the different display information on page 1 to page 4. 	
<p>5.3.2 Distance Mode</p> <p>[Menu] > [Start Exercise] > [Cycling] > [Distance Mode]</p> <p>You can use Distance Mode to help you complete cycling training with distance goals, please follow the watch prompts to set estimated kilometers completed.</p> <ol style="list-style-type: none"> 1. See Page D for remaining distance to complete goal. 	
<p>5.3.3 Timed Mode</p> <p>[Menu] > [Start Exercise] > [Cycling] > [Timed Mode]</p> <p>You can use Timed Mode to help you complete cycling exercises that have time goals, please follow the watch prompts to set estimated remaining time.</p> <ol style="list-style-type: none"> 1. See page T for remaining time to complete goal. 	
<p>5.3.4 Calorie Mode</p> <p>[Menu] > [Start Exercise] > [Cycling] > [Calorie Mode]</p> <p>You can use Calorie Mode to help you complete cycling training that has calorie burning goals, please follow the watch prompts to set estimated calories burned.</p> <ol style="list-style-type: none"> 1. See page C for remaining unburned calories to complete goal. 	
5.3.5 Indoor Training	

<p>[Menu] > [Start Exercise] > [Cycling] > [Indoor Training]</p> <p>If you want to do indoor cycling training, you can match up the training platform, cadence sensor, speed sensor, and use Indoor Training mode to train with, in this mode you can see time, distance, speed heart rate, cadence, etc, data the same.</p>	
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5.4 Swimming Training

<p>5.4.1 Indoor 50 Meters</p> <p>[Menu] > [Start Exercise] > [Swimming] > [Indoor 50 Meters]</p> <ol style="list-style-type: none"> 1. If you are in the 50 meter indoor swimming pool, you can use Indoor 50m to record your swimming training ◦ 2. Please choose the stroke before you start swimming, the watch will detect the number of strokes according to your stroke and automatically count laps. 	
<p>5.4.2 Indoor 25 Meters</p> <p>[Menu] > [Start Exercise] > [Swimming] > [Indoor 25 Meters]</p> <ol style="list-style-type: none"> 3. If you are in the 25 meter indoor swimming pool, you can use Indoor 25m to record your swimming training ◦ <p>Please choose the stroke before you start swimming, the watch will detect the number of strokes according to your stroke and automatically count laps.</p>	
<p>5.4.3 Outdoor Training</p> <p>[Menu] > [Start Exercise] > [Swimming] > [Outdoor Training]</p> <p>If you want to swim train in an outdoor pool or body of water, you can use Outdoor Training to record your swimming track.</p>	

5.4 Triathlon/Biathlon Training

<p>[Menu] > [Start Exercise] > [Muti-Sport]</p> <ol style="list-style-type: none"> 1. Before starting multi-sport, please select your sport order, if you want to do a triathlon (race), select the order 1. Swimming 2. Cycling 3. Running. 2. When a stage is completed, please follow the watch directions to the next stage. 	
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6. Settings

6.1 Auto Pause

[Menu]>[Settings]>[Auto Pause]

1. You can use this function when you stop moving to pause the measurements.
2. When stopped, data will not be recorded, so that speed (pace) and other information will be calculated more accurately.

6.2 Auto Lap

[Menu]>[Settings]>[Auto Lap]

1. You can use this function to automatically mark laps at a specific distance, time, or location, so that under similar time or distance conditions, you can analyze your physical performance at each zone.
2. You can set Distance, Time, Location, or Off · use the up and down buttons to switch between options, and the OK button to select.
3. Distance: Every time the total distance reaches a multiple of the value you set, the watch automatically marks one lap.
4. Time: Every time the entire time reaches a multiple of the value you set, the watch automatically marks one lap.
5. Distance: The watch will automatically record your starting position, every time you pass the starting position, the watch automatically marks one lap, useful for track running or repeated route training.

6.3 Metronome

[Menu]>[Settings]>[Metronome]

1. You can use this function train with a rhythmic cadence, take steps that follow the set frequency sound the watch makes to achieve training goal.
2. Set the unit value to: steps/minute.

6.4 Page Settings

[Menu]>[Settings]>[Page Settings]

1. You can display your preferred data during exercise.
2. Three separate sport modes for running, cycling, and swimming, each mode has four pages that can display the information you need.
3. To enter the page with the information that you want to adjust, use the up and down buttons to switch between different information fields, and the OK button to select.

6.5 Key Sounds

[Menu]>[Settings]>[Key Sounds]

Here you can set whether to turn on key sounds.

6.6 Time

6.6.1 Time zone

[Menu]>[Settings]>[Time]>[Time Zone]

1. Here you can set your current time zone.
2. Taiwan's time zone is GMT+8.

6.6.2 Daylight Saving Time

[Menu]>[Settings]>[time]>[Daylight Saving Time]

1. If you need this setting, you should select your current time zone and use daylight saving time, the system will display the corrected time.
2. Taiwan does not use daylight saving time.

6.6.3 Time Settings

[Menu]>[Settings]>[Time]>[Time Settings]

1. Here you can synchronize the correct time with satellite positioning, please stay outdoors in open air during positioning.
2. GPS time is very accurate, allows your watch to be accurately calibrated.

6.7 Connections

6.7.1 Heart Rate

6.7.1.1 Connections

[Menu]>[Settings]>[Connections]>[Heart Rate]>[Connections]

6.7.1.2 Maximum Heart Rate

[Menu]>[Settings]>[Connections]>[Heart Rate]>[Maximum Heart Rate]

1. Here you can set your maximum heart rate, select from Auto or User Defined settings.
2. Auto is calculated as 220 minus age.

6.7.1.3 Heart Rate Alert

[Menu]>[Settings]>[Connections]>[Heart Rate]>[Maximum Heart Rate]

1. Here you can set whether to turn on maximum heart rate or minimum heart rate alerts.
2. This function needs to be used with a heart rate band, during exercise when your heart rate is higher or lower than the value you set, the watch will give an alert.

6.7.2 Cycling

Here you can set three different bicycles.

6.7.2.1 Speed and Cadence

[Menu]>[Settings]>[Connections]>[Bicycle 1-3]>[Speed and Cadence]

6.7.2.2 Speedometer

[Menu]>[Settings]>[Connections]>[Bicycle 1-3]>[Speedometer]

6.7.2.3 Pedometer

[Menu]>[Settings]>[Connections]>[Bicycle 1-3]>[Pedometer]

6.7.2.4 Wheel Circumference

[Menu]>[Settings]>[Connections]>[Bicycle 1-3]>[Wheel Circumference]

Here you can set your bicycle wheel circumference, if your training has a paired speedometer and pedometer, make sure this value is completely set, so the watch can display accurate speed values.

6.8 Power Save Mode

[Menu]>[Settings]>[Power Save Mode]

1. Power Save Mode gives you 16 to 18 hours, normal mode gives you 12.5 hours.
2. This mode can save power, but might affect GPS positioning accuracy.

6.9 Date of Birth

[Menu]>[Settings]>[Date of Birth]

1. Here you can set your date of birth.
2. The watch will calculate maximum heart rate according to this value, please make sure to enter an accurate value.

6.10 Weight

[Menu]>[Settings]>[Weight]

1. Here you can set your weight.

2. The watch will calculate calories according to this value, please make sure to enter and accurate value.

6.11 Language

[Menu]>[Settings]>[Language]

Multi-language supporting display interface, here you can set the language you need to display.

6.12 Erase

[Menu]>[Settings]>[Erase]

You can use this function to erase all history recorded on the watch.

6.13 Reset

[Menu]>[Settings]>[Reset]

1. You can use this function to restore the watch to default settings.
2. This function will not clear the watch's training records, please use without worry.

6.14 About

[Menu]>[Settings]>[About]

Here you can see your firmware version and watch number.

7. History

[Menu]>[History]

This lists all the training records you used the watch for, you can view the recorded history of date, time, distance, active time, calories, average speed and pace. Use the up and down buttons to switch between records, and the OK button to enter to view detailed information.

8. Uploading to Marathon's World

8.1 Through PC connection

Step 1: Please first download the software from www.marathonsworld.com.

Step 2: Use the USB cable to connect your watch to the computer.

Step 3: Open the PC software, please first login user.

Step 4: The software will ask whether to read the track, if not, go to [File]>[Read Track] to activate the upload.

Step 5: After successfully uploading, you will be automatically directed to Marathon's World web site to edit your log.

8.2 Through wireless transmission

8.2.1 iOS

※ This function is only available for models after iPhone 4S

Step 1: Please first go to the App Store and download Marathon's World App and register an account, and turn on your mobile phone Bluetooth function.

Step 2: In the App menu select GPS Watch, and read the App operating instructions.



8.2.2 Android

※ This function is only available on models after Android 4.3 and BLE supporting equipment.

Step 1: Please download Marathon's World App from Google Play and register an account, and turn on your mobile phone Bluetooth function.

Step 2: In the App menu select GPS Watch, and read the App operating instructions.



9. Information Field Description

Information Field	Description
Total Climb	Cumulative climb height
Cadence	Number of pedal rotations per minute
Average Cadence	Average cadence for entire distance
Lap Cadence	Average cadence for current lap
Previous Lap Cadence	Average cadence for previous lap
Calories	Cumulative calories burned for exercise
Clock	Current time
Total Decline	Cumulative drop in height
Distance	Cumulative exercise distance
Lap Distance	Cumulative distance for current lap
Previous Lap Distance	Cumulative distance for previous lap
Altitude	Elevation from sea level
Maximum Altitude	Highest elevation from sea level during exercise
Minumum Altitude	Lowest elevation from sea level during exercise
Direction	Direction of current movement
Heart Rate	Heart beats per minute
Heart Rate Percentage	Heart rate/maximum heart rate percentage
Average Heart Rate	Current average heart rate
Lap Heart Rate	Current lap average heart rate
Heart Rate Interval	Heart rate percentage 90%~100% Interval 5

MW GPS Watch

	80%~90% Interval 4 70%~80% Interval 3 60%~70% Interval 2 0%~60%Interval 1	
Lap	Exercise lap	
Pace	Current time per kilometer (mile)	
Average Pace	Average time per kilometer (mile)	
Lap Pace	Current lap time per kilometer (mile)	
Previous Lap Pace	Previous lap time per kilometer (mile)	
Speed	Current speed	
Average Speed	Current average speed	
Lap Speed	Current lap average speed	
Previous Lap Speed	Previous lap average speed	
Maximum Speed	Current exercise maximum speed	
Climb Rate	Number of meters (feet) climb or fall per minute	
Steps	Cumulative exercise steps	
Cadence	Number of steps per minute	
Average Cadence	Current average cadence	
Lap Cadence	Current lap average cadence	
Previous Lap Cadence	Previous lap average cadence	
Sunrise	Time of sunrise according to GPS positioning	
Sunset		Time of sunset according to GPS positioning
Time	Cumulative exercise time	
Average Lap Time	Average time per lap	
Current Lap Time	Time spent for current lap	
Previous Lap Time	Time spent for previous lap	
Previous Lap Strokes	Number of previous lap strokes	
Average Strokes	Average of strokes per lap	
Previous Lap Swolf	Previous lap stroke number plus lap time	
Average Swolf	Average stroke number plus lap time	
Temperature	Current temperature	
Slope	Climbing rate/horizontal distance percentage	

NCC Warning

Certified low power radio frequency machine model, without permission companies, firms, or users shall not alter the frequency, increase the power, or change the original design properties and functions.

The use of low power radio frequency machines should not interfere with flight safety or legal communications; when interference is discovered, it should be immediately stopped and improved to a time and place without interference to continue using.

Previously mentioned legal communications refers to wireless communication operating in compliance with telecommunications regulations.

Low power radio frequency machines must bear legal communications or industry, science, and medically used electrical radiation machine equipment interference.

BSMI Warning

Warning

If the battery is incorrectly replaced there is danger of explosion.
Please follow the manufacturer's instructions for disposal of used batteries.

FCC Warning statement

a. for FCC 15b devices (15.105)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

b. FCC Part 15.21 information for user

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void your

authority to operate the equipment.

c. FCC Part 15.19

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation