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Owner ' s Manual Edge 205/305 - Garmin International

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Forerunner® 305 | Garmin

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Enter a minimum and maximum pace/speed for that zone. 4. Repeat step 3 for each zone you want to change. Forerunner 205/305 Owner ' s Manual ® Setting Heart Rate Zones NOTE: Heart rate zones are a feature of the Forerunner 305 only. Page 56 3. Select the Zones fi eld. Then select Custom. 4. In any heart rate zone, select a heart rate value you ...

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