

Content

User Interface	3
FR230/FR235 Keys	4
FR630 Keys	5
Screen description	5
Entering main menu	7
Setting pool length.....	9
Customizing screen	10
Enabling autolap	15
Managing settings in Garmin express.....	16
Managing settings in Garmin Connect app.....	21
Using the app	27
Understanding data in Garmin Connect	31
Watching data in 3 rd party sites	36
www.sportstracks.mobi	36
www.trainingpeaks.com	38
www.runalyze.com	40
www.strava.com	41

Appendix	42
Replacing native fields in Garmin connect (tcx method)	42
Add activity with data to strava (tcx method)	45
App logs.....	48

User Interface

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.

FR230/FR235 Keys

Key behavior for FR230/FR235 matches the usual behavior in native applications such as running or cycling.

Button 3 starts/stops the activity.

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

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.



FR630 Keys

For a better user experience, touch screen function has been limited in the app.

Button 3 starts/stops the activity.

Button 4 triggers an interval if activity is running. Otherwise, it causes the main menu to be displayed.

You can toggle screen 1 and screen 2 by pressing button 2 while activity is running. You can use the same button to exit the activity and enter the save/discard menu.

Touch screen is only active in menu screens (main menu or save/discard menu).

For convenience, FR230/FR235 screenshots will be used in the user guide. Please refer to this chapter for future reference.

Screen description

Data screen 1 shows summary data before activity has started, or if activity is paused. 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

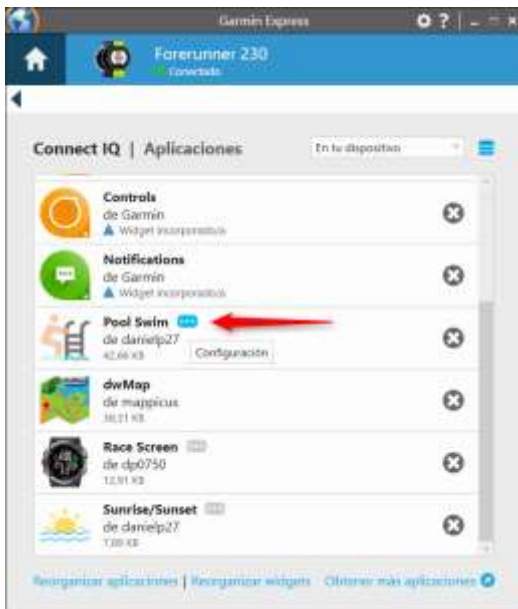
Connect your watch to your PC using the provided USB cable and open Garmin Express. Select your watch in the device list.



Choose option “manage ConnectIQ apps”



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

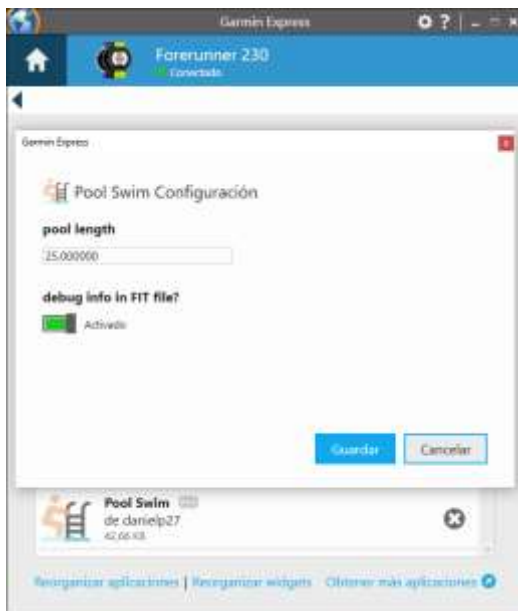


User settings are shown.

Here you can:

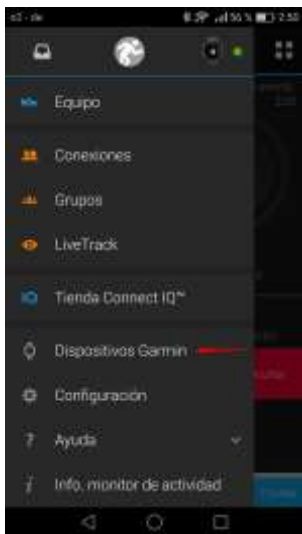
- Configure a custom pool length in meters
- Enable debug info in FIT file. This option will write additional data in your FIT file which can be used to provide support or improve app features. Enabling

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

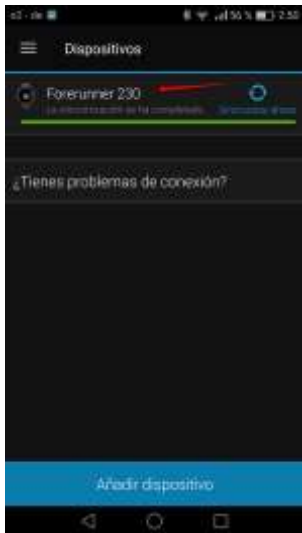


Managing settings in Garmin Connect app

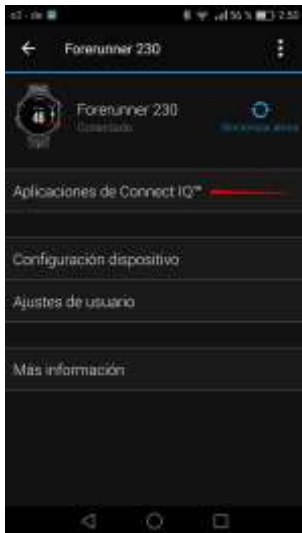
Open Garmin Connect app in your smartphone. Choose option “Garmin Devices”.



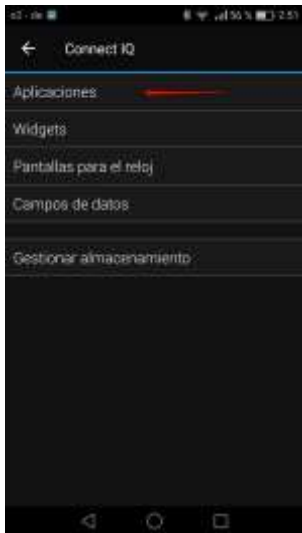
Choose the device where “Pool swim” app has been installed.



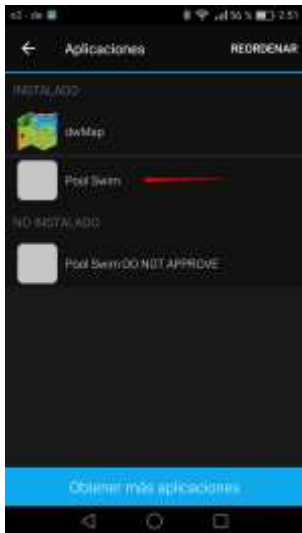
Choose option “ConnectIQ apps”.



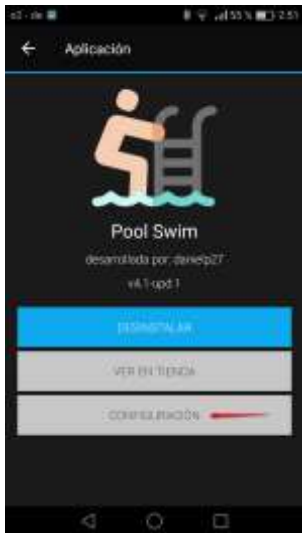
Choose option “Apps”.



Choose “Pool swim”.



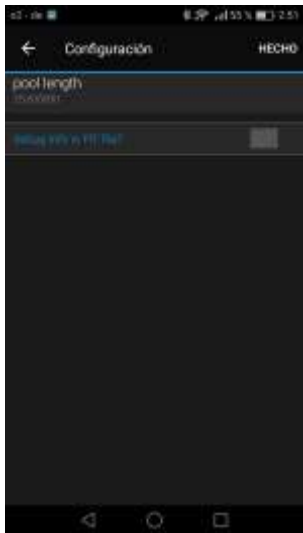
Select "Configuration"



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 3rd 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.

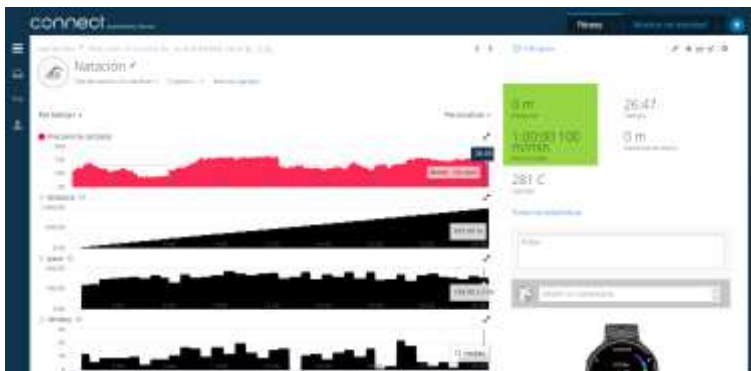
You can create intervals by pressing button 4. A summary for intervals is shown in Garmin Connect and 3rd party sites.

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:

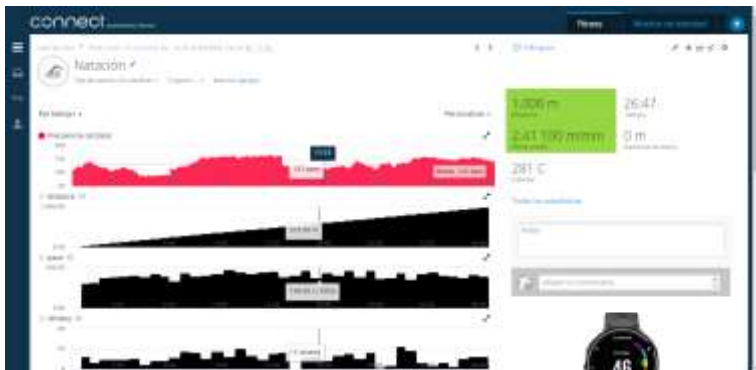
- Import a tcx file from www.sportstracks.mobi (see [appendix](#) for a description of this method)
- Manually edit the distance in Garmin Connect

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 3rd party sites

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

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.



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



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.

Germin Connect AutoSync

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

[View My Profile](#)
[Disconnect From Germin Connect](#)

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



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”



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



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 tcx file from 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>

The screenshot shows the STRAVA website interface. At the top, there is a navigation bar with the STRAVA logo, a search icon, and user account options. The main content area displays a swim activity for 'Daniel Pinardi - Natick, MA'. The activity title is 'Afternoon Swim' with a distance of 0 mi and a time of 24:26. Below this, there is a table with columns for 'Laps', 'Distance', 'Pace', and 'SWIM'. The table contains 6 rows of data, all with '0' in the 'Laps' column and '0 mi' in the 'Distance' column.

Laps	Distance	Pace	SWIM
0	0 mi	4:07	--
0	0 mi	3:55	--
0	0 mi	3:48	--
0	0 mi	4:03	--
0	0 mi	4:07	--
0	0 mi	3:49	--

Appendix

Replacing native fields in Garmin connect (tcx method)

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

In www.sportstracks.mobi, browse the activity.

Select “export” and “tcx”.

A tcx file containing the activity will be downloaded.



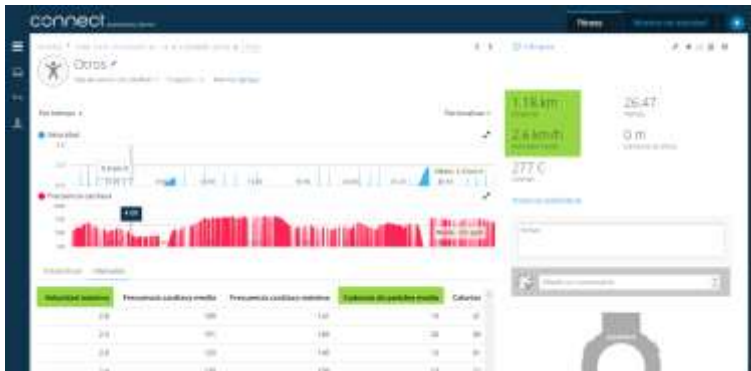
Upload the tcx file generated in previous step into Garmin Connect.

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



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 tcx file. The ConnectIQ fields are not available anymore.



Add activity with data to strava (tcx method)

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

In www.sportstracks.mobi, browse the activity.

Select “export” and “tcx”.

A tcx file containing the activity will be downloaded.



Upload the tcx file generated in previous step into strava.

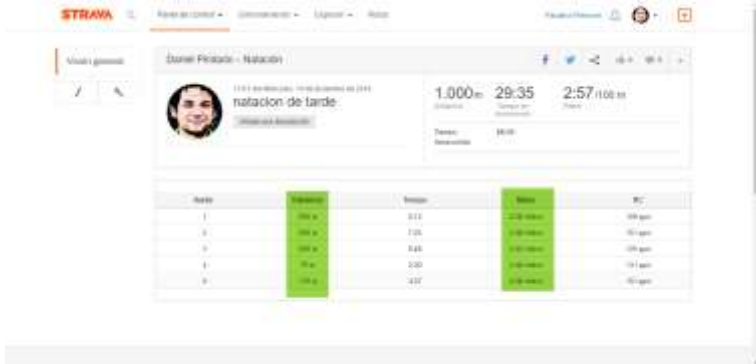
In order to do this, go to “my activities”, “manual upload”.
Select the file and upload it.

The screenshot shows the STRAVA 'Mis actividades' (My activities) page. At the top, there are navigation links for 'Inicio', 'Compartir', 'Logout', and 'Ayuda'. The page title is 'Mis actividades'. Below the title is a search bar and a filter dropdown set to 'Todos los tipos de actividad'. A dropdown menu is open in the top right corner, showing options: 'Crear actividad', 'Mis actividades recientes', and 'Crear una ruta'. The main content is a table of activities with the following columns: 'Tipo', 'Fecha', 'Tipo', 'Distancia', 'Velocidad', 'Velocidad', and 'Velocidad'. The table contains six rows of activity data.

Tipo	Fecha	Tipo	Distancia	Velocidad	Velocidad	Velocidad
Swimming	10/10/2017	Swimming Pool	10:11	0m	0m	0.0m
Swimming	10/10/2017	Swimming Pool	10:20	0m	0m	0.0m
Swimming	10/10/2017	Swimming Pool	10:24	113 km	20m	0.0m
Swimming	10/10/2017	Swimming Pool	10:27	114 km	14 m	0.0m
Swimming	10/10/2017	Swimming Pool	10:28	114 km	17 m	0.0m
Swimming	10/10/2017	Swimming Pool	10:30	114 km	18 m	0.0m

The activity will be uploaded to Garmin Connect.

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



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.

