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Garmin Training Center before you connect to your computer. See page 61 to install Garmin Training Center. mini-USB port cradle. 2 Forerunner® 205/305

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Enter a minimum and maximum pace/speed for that zone. 4. Repeat step 3 for each zone you want to



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Setting Heart Rate Zones NOTE: Heart rate zones are  
a feature of the Forerunner 305 only. Page 56 3.  
Select the Zones field. Then select Custom. 4. In any  
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