

Global Trainer FAQ's

Q: Where can I buy the TIMEX Global Trainer watch?

A: The Global Trainer is available at most Specialty Sport stores including running specialty, Outdoor Specialty, and fitness specialty stores in September 2010. It is also available through a number of authorized online retailers.

Q: How can I get a bike mount—I don't see one in the box?

A: There is a bike mount included in every box—in fact the watch comes wrapped around it. So make sure you hold that piece!

Q: Is Global Trainer compatible with Macs?

A: Starting September 2010, there will be a Device Agent compatible with Macs available on TimexIronman.com/DeviceAgent.

Q: How do I turn on the Global Trainer watch?

A: Hold the left middle button (BACK/PWR) in until you see the display come on with the TIMEX Ironman logo.

Q: I turned the watch on, but none of the buttons are working?

A: You only activated the time display in POWER OFF Mode. Hold down the BACK/PWR button until the TIMEX Ironman logo appears.

Q: Can I start the chrono for my workout before the watch has a GPS signal fix?

A: We recommend keeping the watch still while you're waiting for the GPS signal—that will speed things up. You can start the chrono before getting a signal fix, but no GPS-related speed, distance, pace, altitude or mapping data will be captured.

Q: How long does it usually take to fix onto the GPS signal?

A: The initial GPS fix can take several minutes, but in later use, GPS signals will be captured in less than 90 seconds.

Q: Can I swim with my Global Trainer?

A: Yes, it is water resistant to 50 meters. However, GPS does not work below the surface of the water, so you will only get sport-watch functionality.

Q: How does the countdown timer work?

A: There are five customizable countdown timers on the Global Trainer, each of which can be individually named and programmed to count down and stop, countdown and repeat, or link to another timer (for interval training.) To use these timers, you will need to add them to your Performance Mode or MultiSport Mode screen. This can be done manually on the watch, or on your computer through the Device Agent. Once the timer(s) is included on your screen, press the Start/Split button to activate it.

Q: How many pieces of information can I display at one time?

A: Each screen may be customized to display 1- 4 panes of information. There are a total of 5 screens.

Q: How long is the battery life?

A: 15 hours in full time GPS mode, up to 12 days in standby Time of Day.

Q: Should I turn off the GPS while indoors?

A: It will help save battery life. If no GPS signal can be found (due to being indoors) you will be prompted to either turn the GPS off or continue to search for GPS. You can also manually turn off the GPS by going to the GPS menu in the CONFIGURE Mode.

Q: Does the Global Trainer read heart rate?

A: Yes, it is compatible with any HRM strap using ANT+™ technology.

Q: What other ANT+™ sensors are compatible with the Global Trainer?

A: The Global Trainer is compatible with the Timex ANT+™ Speed/Cadence sensor, as well as aftermarket ANT+™ speed, cadence, and combination speed/cadence sensors. The Global Trainer is also compatible with aftermarket ANT+™ compatible power meters including SRM, Quark, and Saris/CycleOps.

Q: Do I have to use the GPS for my bike speed and distance measurements?

A: No, when on the bike you may use an ANT+™ bike sensor instead of GPS. This will prolong the Global Trainer battery life, but you will not record mapping information.

Q: Does the Global Trainer compute caloric burn?

A: Yes.

Q: Does the Global Trainer sync with any online software?

A: Yes, the Global Trainer downloads through an online device agent to Timex Trainer Online powered by Training Peaks. Go to TimexIronman.com/DeviceAgent to download this software.

Q: What's the easiest way to set up the Global Trainer?

A: All of the basic watch functions and the advanced programmability of the Global Trainer may be completed through your computer. Simply download the software from TimexIronman.com/DeviceAgent to get started.

Q: How do I replace the battery?

A: The Global Trainer uses a rechargeable Lithium-ion battery that does not need replacement. Simply connect the provided USB adaptor to the appropriate charging location on the watch and you will see the re-charge status as it progresses toward 100% charge.

Q: Will I damage the battery by only partially charging it?

A: No.

Q: How many charges will the battery take?

A: The battery used in the Global Trainer is rated for over 500 full charges before any loss of capacity is noticeable.

Q: Does the Global Trainer come in a smaller size?

A: No. It is available in one size; however it is designed to work with the smallest women's standard wrist profile all the way to the large men's standard wrist profile. The Global Trainer weighs a mere 84 grams – less than three ounces.

Q: Does the Global Trainer utilize a wireless download system to computers?

A: No. The Global Trainer utilizes the USB charging cable to transfer information to and from your computer since it must be recharged periodically anyway.

Q: I am a beginner, is the set-up difficult?

A: No. The Global Trainer is preprogrammed ready to use right out of the box after the first full charge. There is a Quick Start Guide included to review the basic functions as well as an in-depth guide if you chose to become a power user.

Q: Does TIMEX own its own satellites?

A: No, TIMEX uses the same satellite constellation as the rest of the world uses for GPS applications. These satellites are owned by the US government.