

## Tomtom Running Watch User Guide

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Runner & Multi-Sport GPS watch User Manual - TomTom Support

This User Manual explains everything you need to know about your new TomTom Runner 3, TomTom Spark 3 or TomTom Adventurer watch. If you want a quick read of the essentials, we recommend that you read the Getting started page. This covers downloading TomTom Sports Connect and using the desk dock. Here are some good starting points:

TomTom GPS Watch User Manual

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Wear the watch in the normal way, with the watch face on top of your wrist and the bottom of the watch touching your skin, away from the wrist bone. Do the strap up so that it is tight to your wrist without being uncomfortable. You get the most accurate results from the heart rate monitor when you are warmed up. Cleaning your watch

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TomTom GPS Watch - User Manual  
Welcome This User Manual explains everything you need to know about your new TomTom Runner 3, TomTom Spark 3 or TomTom Adventurer watch. If you want a quick read of the essentials, we recommend that you read the Getting started page. Page 6: What's New Explore new terrain and upload trails to your watch.

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This User Manual explains everything you need to know about your new TomTom Runner 3, TomTom Spark 3 or TomTom Adventurer watch. If you want a quick read of the essentials, we recommend that you read the Getting started page. This covers downloading TomTom Sports Connect and using the desk dock. Here are some good starting points:

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To connect the watch to your computer, remove the watch module from the strap. Using the USB cable, connect the watch module to your computer. Download and install TomTom Sports Connect on your computer. [Download for Windows](#)  
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[Cable ties](#) To use the TomTom Cadence Sensor with your watch, do the following: 1. Attach the chainstay sensor to the chainstay on your bicycle, using three of the cable ties provided. Use two ties for the main body of the sensor and one tie for the smaller part of the sensor.

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[TomTom RUNNER 2 - Sky Captain Blue/Scuba Blue - Large. TomTom Watch](#) [Charging Cable](#). [User Guide](#). [Specifications](#). [Battery lifetime](#). [Activity tracking](#): up to 3 weeks, [GPS](#): up to 11 hours. [Waterproofing](#). 40 m / 130 feet (5 ATM) [Display size](#). 22x25 mm.

[TomTom Runner 2 GPS Fitness Watch](#)

[Cable ties](#) To use the TomTom Cadence/Speed Sensor with your watch, do the following: 1. Attach the chainstay sensor to the chainstay on your bike, using three of the cable ties provided. Use two ties for the main body of the sensor and one tie for the smaller part of the sensor.

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