Contents

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Triax **Elite** features
HRM/SDM training system

This manual describes the functions of the Triax Elite HRM/SDM training system and the Triax Elite HRM training system.

NOTE: *Any information pertaining to the SDM pod will not apply to the Triax Elite HRM system.*

- Digital Heart-Rate Monitor

- Digital Speed and Distance Monitor

- Two-way Digital Radio Technology
  Virtually eliminates radio cross-talk

- Comprehensive PC/Macintosh Training Application

- Complete Stopwatch Functionality

- Extra Large LCD Display

- View Button
  Display on-the-fly heart rate, pace, distance or time

- Easy-Access Battery Hatch

- Time/Day/Date/Alarm
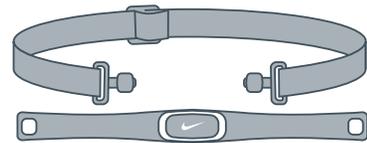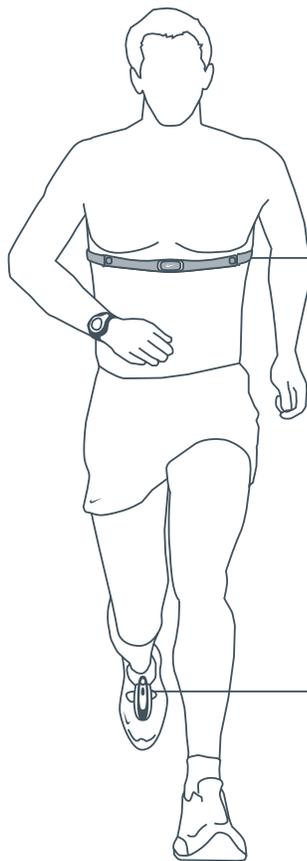
HRM transmitter
The HRM (Heart-Rate Monitor) transmitter reads heart-rate information when worn directly against the skin and within a few meters of the watch. The transmitter is ergonomically designed to fit comfortably during all types of exercise.

SDM pod
The SDM (Speed Distance Monitor) pod measures foot acceleration/deceleration 100 times per second. When properly calibrated, the pod accurately calculates speed and distance even if stride length and running pace changes.

ATTENTION: *Anyone beginning an exercise regimen for the first time (especially users of pacemakers or other implanted devices) should consult a physician or health professional before using the Triax Elite HRM/SDM training system.*

2

Triax Elite Introduction

The Triax Elite training system will help you intelligently gauge **how hard** and **how long** you are working out.

Why?

Managing the **Intensity** and **Duration** of exercise provides the ability to:

- Train the correct or desired body systems
- Avoid overtraining
- Achieve peak performance

By training smart, you can reach a variety of fitness goals, whether it's weight loss, long-term health or competitive performance.

The Triax Elite application provides the ability to create, schedule and upload personalized workouts to the watch. Upon completion, detailed training data can be downloaded from the watch to be viewed in the application. It's all possible with the USB dock and the Triax Elite training system.

Minimum System Requirements

Windows

Pentium 266
Windows 98, ME, 2000 or XP
800 x 600 Minimum Screen Resolution
32MB RAM
256 VGA Color (32-BIT Supported)
20MB Available Hard-Disk Space
USB Port
Internet Connection (Optional)

Macintosh

PowerPC
MacOS 8.6 - 10
800 x 600 Minimum Screen Resolution
32MB RAM
20MB Available Hard-Disk Space
USB Port
Internet Connection (Optional)

USB dock

The USB dock links the watch to the computer via a 916 MHz digital radio transmission. **DO NOT plug the USB dock into a USB port on your computer before installing the Triax Elite application.**

3

VERY IMPORTANT   Setup of the Triax Elite Training System   VERY IMPORTANT

It is crucial that you follow the steps below in sequential order to ensure
trouble-free installation and full functionality of your Triax Elite training system.

WARNING! *You must install the Triax Elite application before plugging the USB dock into the computer.*

1. Open package and remove all contents.

   Package Contents

   (1) Triax Elite watch
   (1) HRM transmitter
   (1) SDM pod   *(not included with Triax Elite HRM training system)*
   (1) AAA Alkaline battery   *(see page 28,* Battery *to install the SDM pod battery)*
   (1) USB dock
   (1) Triax Elite CD-rom
   (1) Triax Elite manual
   (1) Bicycle watch mount

2. Insert the CD-rom into your computer.

3. Install the Triax Elite application. *See page 6,* Installing Application, USB Dock and Drivers.
   DO NOT open the Triax Elite application until step 4 is complete.

4. Plug USB dock into an open USB port on your computer.

5. Open the Triax Elite application.

6. Scroll to PC mode on the watch to establish a link with the computer. *See page 7,* Link the Watch to the Computer.

Success! Enjoy your Triax Elite training system.

4

Setup Positioning the HRM Transmitter and SDM Pod for Use

Follow steps ❶ through ❹ to position the HRM transmitter and SDM pod before a run or workout.

① Push tab up through slot in HRM transmitter.

② Press down tab until flush.

③ Attach other side of HRM transmitter around chest. Position on rib cage just below the breast plate. The transmitter should be worn directly against skin and snug enough to stay in place during workout.

④ Generously **wet both sensors** on the back of the HRM transmitter to ensure strong connection between your pulse and the transmitter.

① Remove the top strap and unseat the SDM pod from the bottom clip.

② Loosen shoe laces and slide pod clip under laces.

③ Secure the SDM pod with black strap. The pod should rest just below where laces tie and be secure enough to stay in place during workout.

④ Turn SDM pod ON. Press and hold power button until LED light begins to blink.

NOTE: *Press and hold power button again to turn pod OFF.*

5

Installing Application, USB Dock and Drivers

The CD included contains the Triax Elite application and drivers for the USB dock. Use the instructions below to install the application, USB drivers and USB dock.

NOTE: *You must install the Triax Elite application before plugging the USB dock into the computer.*
NOTE: *USB drivers are automatically installed with the Triax Elite application.*

Windows 98, ME, 2000 or XP

1. Insert Triax Elite CD into CD-ROM drive.

2. The Setup Wizard will launch. If the program does not begin automatically, locate Setup.exe in the root folder of the Triax Elite CD and double-click the icon to begin.

3. Click **Next** to continue through the Welcome window.

4. Read the license agreement carefully. If you agree to the conditions, select the **Yes** check box and click **Next** to accept.

5. Select a destination folder for the application. The default is C:\ Program Files \ NIKE \ TRIAX ELITE.

6. Click **Next** to begin the installation.

   NOTE: *When USB driver installation begins, some users will receive a "Window Logo testing compatibility" warning. Simply ignore this message and press CONTINUE.*

7. Click **FINISH** at the Installation Complete window.

   NOTE: *Some systems may ask you to reboot after installation. Make sure to complete step 8 before rebooting your system.*

   NOTE: *You must install the USB dock before opening the Triax Elite application for the first time.*

USB Dock Installation

8. Plug the USB dock into an open USB port on the computer.

9. The computer will take a moment to recognize the USB dock.

10. Proceed to page 7, *Link the Watch to the Computer*, to attempt for the first time.

NOTE: *To uninstall the Triax Elite application, see page 25.*

Macintosh OS X

1. Insert Triax Elite CD into CD-ROM drive.

2. Double-click the Triax Elite CD icon.

3. Double-click the **Install Triax Elite OSX** icon.

4. Click **Continue** at the Welcome screen.

5. After viewing the Read Me file – Click **Continue**.

6. Read the license agreement carefully and click **Continue**.

7. In the proceeding drop-down menu, click **Agree** to accept the license agreement.

8. Select a destination disk from the Viewable Icons and click **Continue**.

9. Click **Install** at the Easy Install window.

   NOTE: *The Triax Elite Software needs all components in the Custom Install window to function properly.*

10. Click **Continue Installation** to proceed past the restart notification.

11. Restart the computer when the software is successfully installed.

    NOTE: *You must install the USB dock before opening the Triax Elite application for the first time.*

USB Dock Installation

12. Plug the USB dock into an open USB port on the computer.

13. Proceed to page 7, *Link the Watch to the Computer*, to attempt for the first time.

6

PC Link the Watch to the Computer

Use PC mode to connect the Triax Elite watch to the computer through the USB dock. The watch communicates with the USB dock as long as they are within 6 feet of each other. Follow steps ❶ through ❺ to link the watch to the computer.

❶ The USB dock MUST be connected to the computer before opening the Triax Elite application. If you have opened the application before installing the USB dock, shut down the application and see page 6, *Installing Application, USB Dock and Drivers,* to ensure the USB dock is properly attached to the computer.

❷ Open the Triax Elite application. You will be asked to provide **USER PROFILE** information the first time you open the application. Once you have created a **USER PROFILE**, be sure to select the correct profile before linking the watch to the computer.

Successful Link

Scroll to PC mode.
Watch will begin
linking

NOTE: *The link has failed if the display reads* ***PC NOT FOUND****. Press* ***START*** *to retry.*

NOTE: *The* ***WKOUT ACTIVE*** *or* ***CHRONO ACTIVE*** *display means you must save a workout or run data before linking to the computer. See page 15,* Begin a Workout, *or page 19,* Save Run Data.
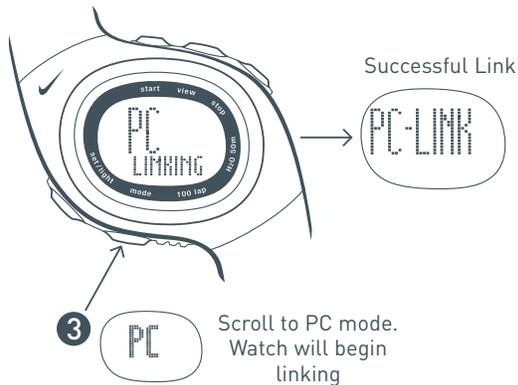
❹ Once you have established a successful link with your computer, click the **SYNC** button at the bottom of the Calendar window in the application.

SYNC

❺ The **TRANSFER DATA** window will open. Run and workout data is downloaded to the application. Scheduled workouts are uploaded to the watch.

7

Features of the Application

Below is an outline of the advanced training features found in the Triax Elite application. Detailed descriptions of all features listed here are also located in the application Help files. The Help files can be accessed by clicking the **HELP** button at the top of any application window.

- Set up multiple **USER PROFILES** to allow friends, family, teammates or colleagues to store personal training data.
- Easily set all watch functions (time, alarms, user preferences) from within the application by clicking the **SET WATCH** button.
- Design custom training workouts and long-term programs using the **WORKOUT BUILDER** and **PLAN BUILDER**.
- Design workouts based on personal pace or heart-rate zones.
- Design monthly or weekly training schedules with the simple drag-and-drop calendar.
- Use the **SYNC** button to upload ten-day training schedules and **FAVORITE** workouts to the watch.
- Use the **SYNC** button to download detailed heart rate, distance, pace, lap and total-time data of completed and saved runs or workouts.
- Log and track exercise programs and fitness progress.
- Automatically **CALCULATE** maximum heart rate based on your **USER PROFILE** information.
- **GRAPH** and **PRINT** heart rate, speed data and calendar information.
- **ZOOM IN** to view detailed point-to-point run or workout data.
- Share custom workouts, long-term plans and training logs with friends, between computers and across multiple operating systems platforms.
- Includes sample workouts and training programs for running and walking.

8

PC

Using SET WATCH Feature

Numerous watch settings can be controlled using the Triax Elite application. Below is a screenshot of the **SET WATCH** window with a brief description of each function. You can enter this window by clicking the **SET WATCH** button in the upper left corner of the Calendar Screen. If the USB dock is not connected to your computer, the **SET WATCH** button will not appear on screen. If you have a current successful link between the watch and USB dock, the application will load any new settings to the watch when you save the **SET WATCH** window.

Enable / Disable TIME mode

Set time and date for Time Zone 1

Click SET AS PRIMARY to show TZ1 or TZ2 in display

Set time and date for Time Zone 2

Click USE COMPUTER TIME to set watch to computer's time and date

Use 12- or 24-hour clock

Enable / Disable audible alarms

Enable / Disable POWER SAVE and set POWER SAVE time frame

Enable / Disable WORKOUT mode

Enable / DIsable out-of-zone alarms

Enable / Disable end-of-step alarms

Enable / Disable CHRONOGRAPH mode

Enable / Disable Auto-Lap and set Auto-Lap distance

Enable / Disable STATS mode

Select alarm

Set alarm time

Turn alarm ON/OFF

Set pace units

Set distance units

Set heart-rate unit

CALCULATE maximum heart rate

Save to watch

9

NOTE: *If you disable any modes in this window by unchecking the mode box, the unchecked modes will not appear on the watch.*

PC Schedule and Upload Workouts

Follow steps ❶ through ❽ on the next two pages to use the Triax Elite application to enter workouts in the calendar and upload any scheduled or favorite workouts to the Triax Elite watch.

❶ Open the Triax Elite application. If this is the first time the application has been opened, you will be prompted to enter **USER PROFILE** information. Once you have created a **USER PROFILE** be sure to select the correct profile before scheduling workouts. The application opens to the current day in the monthly Calendar. The Calendar can be viewed by the month or by each week. The **MONTH** and **WEEK** tabs are located in the top center of the Calendar window. Click either tab to switch to desired view.

WEEK MONTH

❷ Locate the **WORKOUTS** menu in the left center of the Calendar window. The Triax Elite application includes sample workouts listed in the **WORKOUTS** window. Any of these workouts can be deleted by dragging them to the **TRASH** icon in the lower right corner of the Calendar window.

🗑 **TRASH**

❸ Click on the **WORKOUT BUILDER** button at the bottom of the **WORKOUTS** menu. Use the SELECT pulldown menu in the upper left corner to choose a sample workout and view the steps involved.

NOTE: *See the application Help files for complete information about customizing any of the sample workouts, building new workouts or developing long-term plans. The Help files can be accessed by clicking the **HELP** button at the top any application window.*

HELP

❹ Close the **WORKOUT BUILDER** window by clicking the **CLOSE** button at the bottom of the screen.

CLOSE

10

5 Click and drag any workout in the **WORKOUTS** menu to the current day on the calendar.
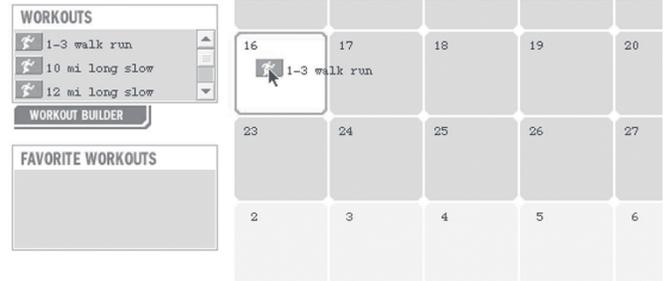
6 Click and drag a few more workouts to future Calendar dates.

7 Locate the **FAVORITE WORKOUTS** menu on the lower left side of the Calendar window. Click and drag a few workouts from the **WORKOUTS** menu to the **FAVORITE WORKOUTS** menu. These workouts will not be scheduled on specific dates, but will be available on the watch to complete at anytime.
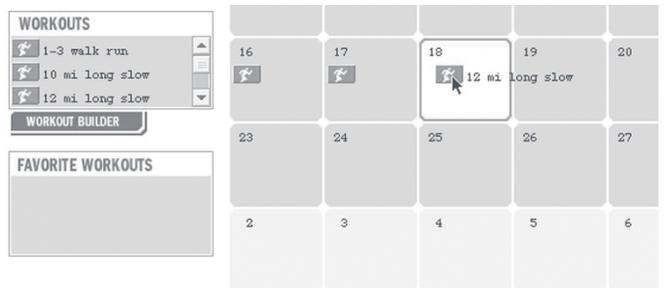
8 Follow steps 3-6 on page 7, *Link the Watch to the Computer*. During **TRANSFER DATA**, the application will scan the Calendar and upload 10 days of scheduled workouts. The application will also load any workouts contained in the **FAVORITE WORKOUTS** menu.

11
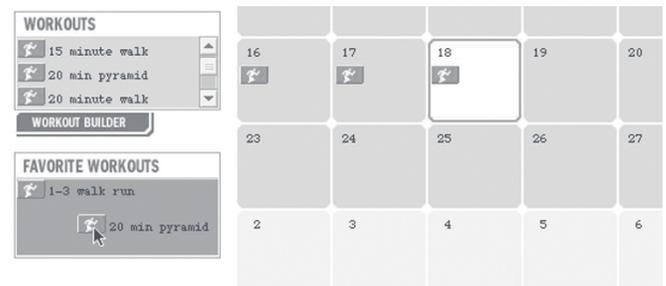
TIME Set Time

Follow steps ❶ through ❺ to set the time and date. All settings shown below may also be set using the Triax Elite application. See page 9, *Using SET WATCH Feature*.

Press to change element.

❸

+

–

❺ EXIT

HOLD TO ADJ

❷ 3 SEC

TIME

❶

Scroll to TIME mode.

❹

Press to select adjustable element.

Switch Time Zones
Press to view.
Hold two seconds to switch.

2 SEC

Chime ON/OFF
Chime sounds at the press of any button.

Electrolight ON

Power Save (0-23 hrs.)
The watch goes to sleep after set hours with no activity. Push any button to wake.

10:35₂₈ PM HOUR	10:35₂₈ PM MINUTE	10:35₂₈ PM SECOND	8-1 DAY	8-1 MONTH	2003 YEAR	12 H 12-24H	THU 1	0 HR POWER	0 CONT
Set Hour	Set Minutes	Set Seconds	Set Day	Set Month	Set Year	Choose 12- or 24-hour Clock	Show Day or Month in Display	Power Save	Set Contrast

12

TIME Set Alarm

In TIME mode you can set up to seven alarms. The alarm will sound intermittently for 55 seconds. Press any button to stop the audible alarm. Follow steps ❶ through ❻ to set an alarm. All settings shown below may also be set using the Triax Elite application. See page 9, *Using SET WATCH Feature*.

Alarm is ON after exiting adjust mode.

Press to change element. ④

Press VIEW button to select alarm. ②

❻ EXIT

HOLD TO ADJ

❸ 3 SEC

TIME ①

Scroll to TIME mode.

④

⑤

Press to select adjustable element.

Set Hour   Set Minutes

etc...

Turn Alarm ON/OFF
The alarm icon •)) will show in the display of any mode when an alarm is turned ON.

Time Warp
Within any mode, press and hold the MODE button for 2 seconds to enter TIME mode.

13
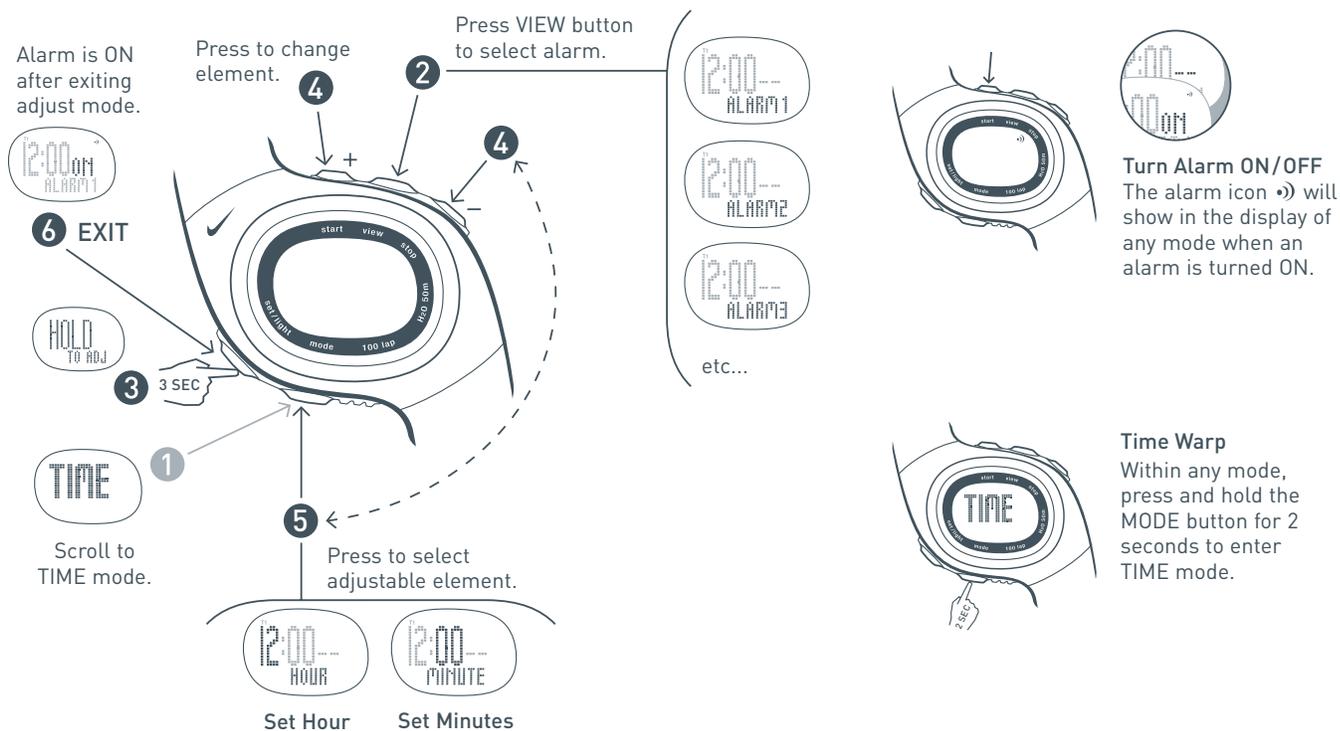
WKOUT Select Workouts and Review Segments

In WORKOUT mode you can select and review the steps of workouts loaded to the watch.
Follow steps ❶ through ❸ to select and review a desired workout.

❸ Begin Workout.

❷

❶ **WKOUT**

Scroll to
WKOUT mode.

1-3 WAL
RUN
NOV 11

Workout 1

10 MI LO
NG SLOW
NOV 12

Workout 2

6 MILE I
NT RUN
NOV 13

Workout 3

etc...

4 sec

Workout segments
begin to auto-scroll.

WALK
0:01'00"
1 OF 2

Segment 1
2 sec

RUN
0:03'00"
2 OF 2

Segment 2
2 sec

REPEAT
X10
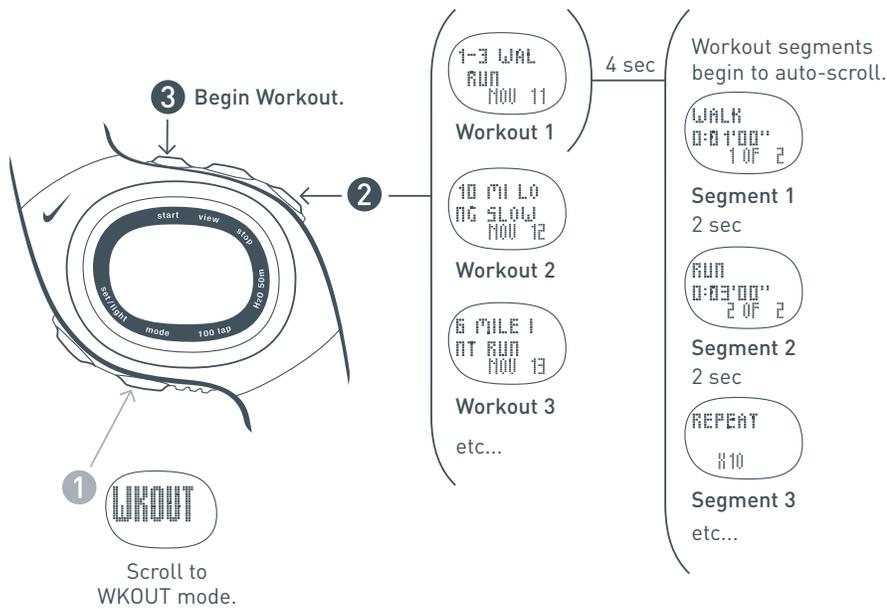
Segment 3
etc...

Turn segment chime ON/OFF
A chime will sound between
segments if they are not
ended manually.

Follow steps 1-4 below to turn the
segment chime ON/OFF.

NEXT SEG
CHIME
ON

NEXT SEG
CHIME
OFF

❸

EXIT

❹

HOLD
TO ADJ
3 SEC ❷

❶ **WKOUT**

Scroll to
WKOUTmode.

14
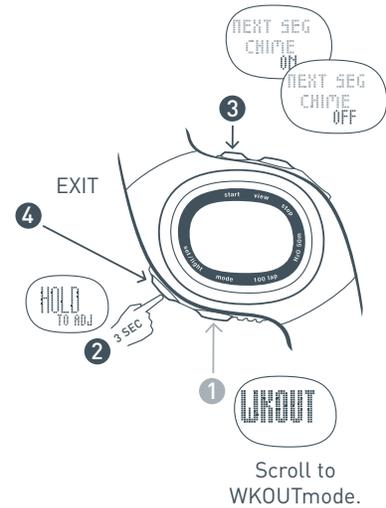
WKOUT

Begin a Workout

Follow steps ❶ through ❸ to begin and complete a desired workout.

❶ Begin Workout.

Press VIEW button during workout to access on-the-fly statistics.

❷

❸ **Save Workout**
To save data, press when entire workout is DONE.

NOTE: *All workouts must be saved before they can be downloaded to the application.*

Zone Indicators and Alarms

If the workout is set up for a pace or heart-rate intensity zone, the zone indicator bars display the user's current position within the zone. Zones can only be set by the application WORKOUT BUILDER.

Segment Time
Total Time

Segment Distance
Total Distance

Segment Pace
Average Pace

Segment HR
Average HR

3 SEC

Press **STOP** once to manually **PAUSE** segment.

While Paused, press **STOP** again to **SKIP** segment

or

Press and hold **SET/LIGHT** to end and save entire workout.

Press **START** to begin **PAUSED** segment.
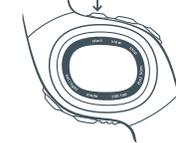
AUTO-START
If a segment is not set to **AUTO-START**, press **START** to begin.

Within Target Zone
Find the three bars in the display:
Top Bar: upper zone limit
Bottom Bar: lower zone limit
Middle Bar: location within zone

Out-of-Zone: Below Target Zone
An arrow will be displayed under a bar. You will hear a double-beep to indicate you are below the target zone.

Out-of-Zone: Above Target Zone
An arrow will be displayed above a bar. You will hear a triple-beep to indicate you are above the target zone.

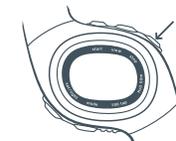**NOTE:** *Out-0f-Zone alarms can be disabled in the SET WATCH window of the application.*

15

WKOUT|CHRON Auto-Calibrate the SDM Pod

Once calibrated, the Speed Distance Monitor (SDM) pod is more than 97% accurate for most runners. To calibrate the SDM pod, use either WORKOUT or CHRONOGRAPH mode. Calibrate the SDM pod by running 400-800 meters on a marked track, then adjust the watch to exact distance. Go to a 400-meter marked track and follow steps ❶ through ❽ to automatically calibrate the SDM pod.

❶ Turn SDM pod ON by pressing the power button until LED begins to blink.

HOLD TO ADJ

❸ 3 SEC

❷ WKOUT CHRON

Scroll to WKOUT or CHRON mode.

❹ Press several times to scroll to CALIB PUSH START.

CALIB PUSH START

TURN ON SDM LINKING
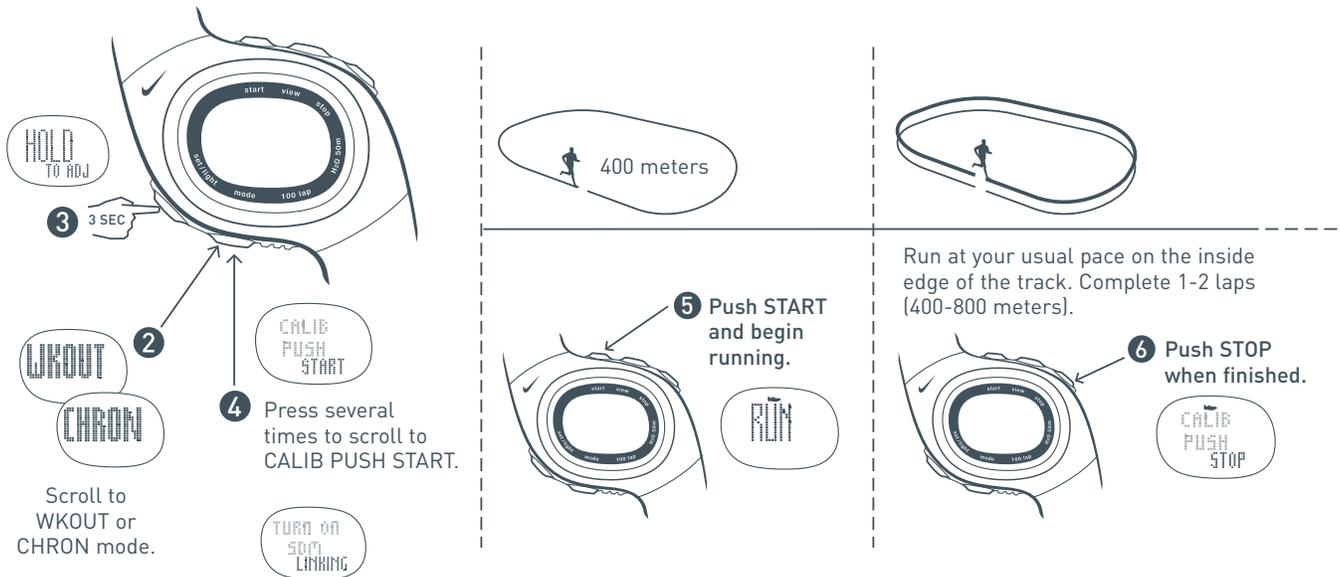
NOTE: If you see the screen displayed above while scrolling during step 4, the SDM pod is not turned ON. See step 1.

400 meters

❺ Push START and begin running.

RUN

Run at your usual pace on the inside edge of the track. Complete 1-2 laps (400-800 meters).

❻ Push STOP when finished.

CALIB PUSH STOP

16

Manually Calibrate the SDM Pod

After calibration, the SDM pod automatically calculates an offset value. The default value is 1000.

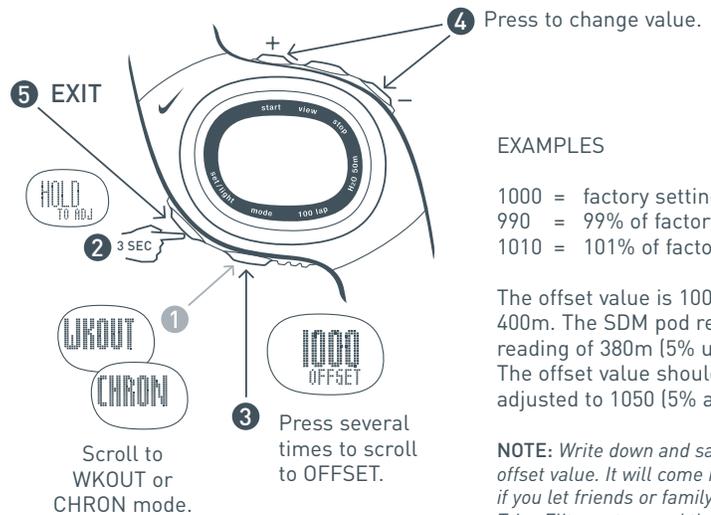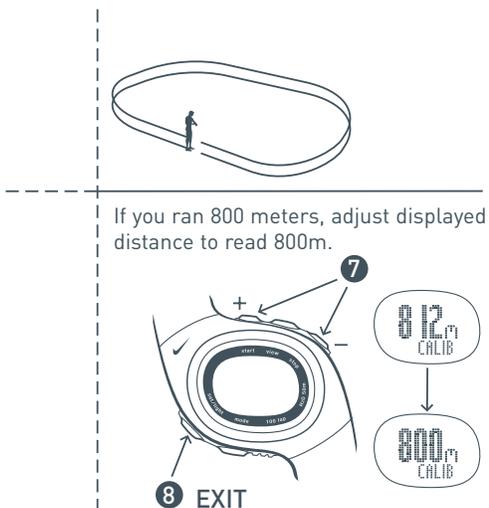Change the offset value to make small adjustments to the calibration. If the SDM pod is slightly under measuring a known distance, increase the offset value. Different shoe models may affect the pod calibration. Adjust the offset value accordingly if you notice differences between shoes. Follow steps ❶ through ❺ to fine-tune the offset value.

If you ran 800 meters, adjust displayed distance to read 800m.

8 12m
CALIB

800m
CALIB

❽ EXIT

❹ Press to change value.

❺ EXIT

HOLD
TO ADJ

❷ 3 SEC

WKOUT

CHRON

Scroll to WKOUT or CHRON mode.

❸ Press several times to scroll to OFFSET.

1000
OFFSET

EXAMPLES

1000 = factory setting
990 = 99% of factory setting
1010 = 101% of factory setting

The offset value is 1000. You run 400m. The SDM pod returns a reading of 380m (5% under) The offset value should be adjusted to 1050 (5% above).

NOTE: *Write down and save your offset value. It will come in handy if you let friends or family borrow the Triax Elite system and they change the calibration setting.*

17

CHRON Using the Chronograph

CHRONOGRAPH mode will record heart-rate, distance, pace, lap and total-time data during a run if the components are in the correct operating position. See page 5, *Setup*. Both lap times and total-time are captured simultaneously when you press the lap button. Follow steps ❶ through ❺ to use the chronograph.

Press VIEW button at any time during run to switch information in main display.

Lap View

Total-Time View

Heart-Rate View

Distance View

Pace View

❶ CHRON

Scroll to CHRON mode.

Mark Laps
Lap time is the time required to go once around a track or complete a segment of a run.

LAP 1

and

Mark Total-Time
Total time is the time from the beginning of run up to the point of mark.

TOTAL 1

❷ Start Run
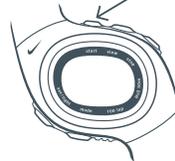
❸ Mark Lap/Total
You will have 7 seconds to read lap and total time before chronograph continues.
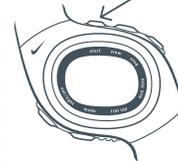
AUTO LAP ON

Auto-Lap ON
You cannot manually mark laps if the Auto-Lap feature is ON. See page 20, *Set the Auto-Lap Feature*, to turn the feature ON/OFF.

18

⑤ Save Run Data and Reset the Chronograph

3 SEC

HOLD
TO SAVE

00'00"₀₀ LAP
RUN 2
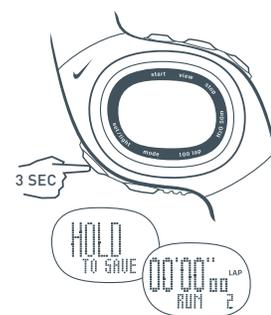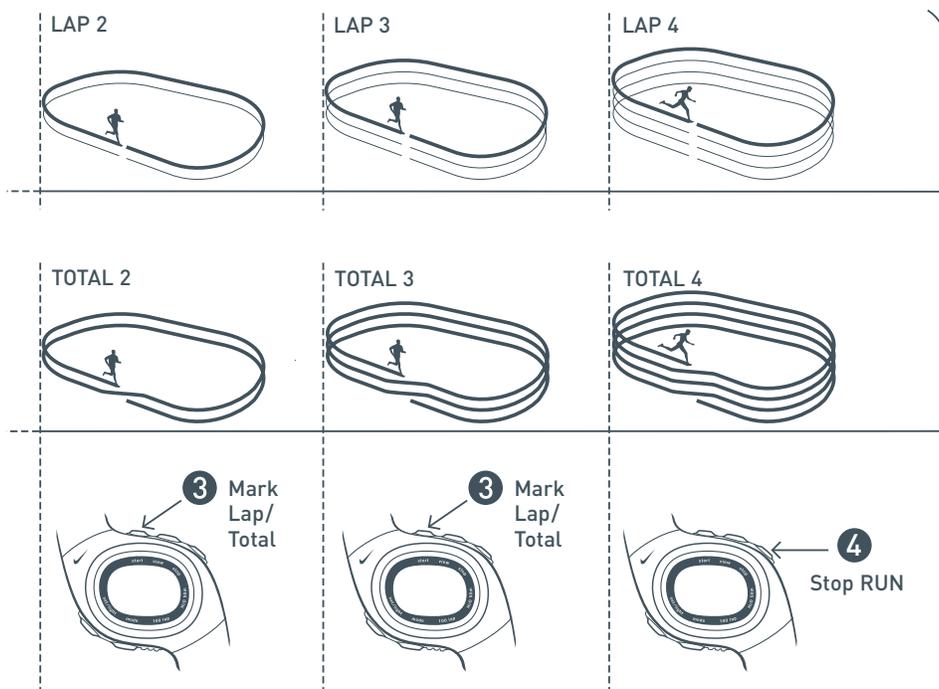
The information for this run is saved and viewable in STATS mode. The chronograph is reset to the next run.

Any heart-rate, distance, pace, lap and total-time data is stored in memory and will be automatically downloaded from the watch the next time the **SYNC** button is pressed in the application.

NOTE: *Be sure to select the correct USER PROFILE in the upper left corner of the application Calendar window before pressing the SYNC button. Once run or workout data is downloaded it cannot be moved to another profile.*

LAP 2

LAP 3

LAP 4

TOTAL 2

TOTAL 3

TOTAL 4

❸ Mark Lap/Total

❸ Mark Lap/Total

❹ Stop RUN

19

CHRON Set the Auto-Lap Feature

The chronograph contains an Auto-Lap feature which will automatically mark a lap after a determined distance.
You cannot manually mark laps when Auto-Lap is activated. Follow steps ❶ through ❺ to set up the Auto-Lap feature.

❸ Press to change.

❺ EXIT

Set

HOLD
TO ADJ

❷ 3 SEC

CHRON ①

Scroll to
CHRON mode.

❹

Press to select
adjustable element.

			LAP 1	LAP 2
Set Auto-Lap	**Start Run**		**Auto-Lap Marked**	**Auto-Lap Marked**
Set lap distance (example: 1 mile)	Press START button		(1 mile)	(2 miles)

DISTANCE UNITS ENGLISH	SPEED UNITS /MI	HR UNITS BPM	AUTO LAP DISTANCE ON	1.0 MILE	1.0 MILE	100 BPM MAX HR	1000 OFFSET	CALIB PUSH START
UNITS METRIC	UNITS /KM	UNITS %	DISTANCE OFF	1.0 KM				
	UNITS /400M							

Distance Unit

Set Speed Unit

Set Heart-Rate Unit

Auto-Lap ON/OFF

Set Auto-Lap Unit

Auto-Lap Distance

Set Maximum Heart-Rate Max HR can be calculated in SET WATCH window.

SDM Manual Calibration (See page 17 *Manually Calibrate the SDM Pod.*)

SDM Auto Calibration (See page 16 *Calibrate the SDM Pod.*)

20

STATS Review Saved Runs or Workouts

Use STATS mode to review saved information including total time, average heart rate, total distance, average pace and detailed lap information. Up to 100 laps and multiple runs or workouts can be stored. Detailed statistics will be available for the most recent run. Summary statistics will be available on all other runs.
Follow steps ① through ❺ to view saved run or workout data.

❸ Enter the Selected Run or Workout

30'46″50
TOTAL

❷ Scroll to a Run or Workout.

CHRONO
RUN 1

10 MI LO
NG SLOW
RUN 2

CHRONO
RUN 3

6 MILE I
NT RUN
RUN 4

① Scroll to STATS mode.
Odometer will appear in display.

STATS

15
ODO MI

Follow these steps to view detailed STATS on most recent run.

❹

Total Time	Average HR	Total Distance	Average Pace
30'46″50 TOTAL	161 BPM AVERAGE	4.00 MI TOTAL	7'41″ MI AVERAGE

❺

Lap 1 Time	Lap 1 Avg. HR	Lap 1 Distance	Lap 1 Avg. Pace
7'45″20 LAP 1 7'45″20	158 BPM LAP 1 7'45″20	1.00 MI LAP 1 7'45″20	7'45″ MI LAP 1 7'45″20
Lap 2 Time...	Lap 2 Avg. HR...	Lap 2 Distance...	Lap 2 Avg. Pace...
7'42″10 LAP 2 15'57″30	162 BPM LAP 2 15'57″30	1.00 MI LAP 2 15'57″30	7'38″ MI LAP 2 15'57″30

Follow these steps to view summary STATS on all other runs.

❹

Total Time	Average HR	Total Distance	Average Pace
38'22″10 TOTAL	159 BPM AVERAGE	5.17 MI TOTAL	7'24″ MI AVERAGE

Clear STATS
Hold for 4 seconds to clear ALL RUNS. Hold for 7 seconds to clear odometer.

4 SEC

NOTE: *Detailed data will not show on past runs but it is still available to download.*

NOTE: *Saved runs or workouts will no longer be viewable in STATS mode once they have been downloaded from the watch.*

21

Heart-Rate Intensity Chart

Starting with your Maximum Heart-Rate (MHR), use this chart to help calculate your heart-rate zones depending on the workout intensity desired. To determine your MHR, enter your age into the equation below or click the **CALCULATE** button in the **SET WATCH** window of the Triax Elite application. Your MHR is dependent on your personal fitness level so the formula below may not work for everyone.

Find your Max Heart Rate	**Determine your Target Heart Rate Zones (Intensities)**			
$210 - \left(.7 \times age \right)$	**Light Intensity (60-70% of Max HR)** Exercise in this range at the start of a workout or to recover from a tough workout or race. You should be able to easily maintain a conversation while exercising at this intensity.	**Moderate Intensity (70-80% of Max HR)** Exercise in this range to develop endurance and prepare your muscles to make the transition from aerobic to anaerobic. You should be able to maintain this for a while. You should not be completely breathless and this should not hurt.	**Heavy Intensity (80-90% of Max HR)** Exercise in this range to increase muscle strength and improve your anaerobic threshold. This is uncomfortable. You should be breathing very heavily. You should be able to sustain this for a brief time.	**Maximum Intensity (90-100% of Max HR)** Exercise in this range to increase mental toughness, Max V02 and tolerance to lactic acid. This is very uncomfortable. You can barely sustain it. You should be completely breathless. Do not exercise at this intensity except on the advice of a trained medical professional.

Max Heart Rate

Max Heart Rate				
205 bpm	123 - 143 bpm	144 - 163 bpm	164 - 184 bpm	184 - 205 bpm
200	120 - 139	140 - 159	160 - 179	180 - 200
195	117 - 136	137 - 155	156 - 175	176 - 195
190	114 - 132	133 - 151	152 - 170	171 - 190
185	111 - 129	130 - 147	148 - 166	167 - 185
180	108 - 125	126 - 143	144 - 161	162 - 180
175	105 - 122	123 - 139	140 - 157	158 - 175
170	102 - 118	119 - 135	136 - 152	153 - 170
165	99 - 115	116 - 131	132 - 148	149 - 165
160	96 - 111	112 - 127	128 - 143	144 - 160
155	93 - 108	109 - 123	124 - 139	125 - 155
150	90 - 104	105 - 119	120 - 134	121 - 150

Running Pace Chart

Use this chart to determine your pace (time per distance) for common races and finishing times.

		Pace (minutes per mile)														
		12:00/mi	**11:30**/mi	**11:00**/mi	**10:30**/mi	**10:00**/mi	**9:30**/mi	**9:00**/mi	**8:30**/mi*	**8:00**/mi	**7:30**/mi	**7:00**/mi	**6:30**/mi	**6:00**/mi	**5:30**/mi	**5:00**/mi
		Pace (minutes per kilometer)														
		7:28/km	**7:09**/km	**6:50**/km	**6:31**/km	**6:13**/km	**5:54**/km	**5:35**/km	**5:17**/km	**4:58**/km	**4:40**/km	**4:21**/km	**4:02**/km	**3:44**/km	**3:25**/km	**3:06**/km
2 mi	3.2 km	24:00	23:00	22:00	21:00	20:00	19:00	18:00	17:00	16:00	15:00	14:00	13:00	12:00	11:00	10:00
3 mi	4.8 km	36:00	34:30	33:00	31:30	30:00	28:30	27:00	25:30	24:00	22:30	21:00	19:30	18:00	16:30	15:00
3.1 mi	**5 km**	37:17	35:44	34:11	32:37	31:04	29:31	27:58	26:24	24:51	23:18	21:45	20:12	18:38	17:05	15:32
3.5 mi	5.6 km	42:00	40:15	38:30	36:45	35:00	33:15	31:30	29:45	28:00	26:15	24:30	22:45	21:00	19:15	17:30
5 mi	8.1 km	1:00:00	57:30	55:00	52:30	50:00	47:30	45:00	42:30	40:00	37:30	35:00	32:30	30:00	27:30	25:00
6 mi	9.7 km	1:12:00	1:09:00	1:06:00	1:03:00	1:00:00	57:00	54:00	51:00	48:00	45:00	42:00	39:00	36:00	33:00	30:00
6.2 mi	**10 km**	1:14:34	1:11:27	1:08:21	1:05:15	1:02:08	59:02	55:55	52:49	49:43	46:36	43:30	40:23	37:17	34:11	31:04
9.3 mi	**15 km**	1:51:51	1:47:11	1:42:32	1:37:52	1:33:12	1:28:33	1:23:53	1:19:13	1:14:34	1:09:54	1:05:15	1:00:35	55:55	51:16	46:36
10 mi	16.1 km	2:00:00	1:55:00	1:50:00	1:45:00	1:40:00	1:35:00	1:30:00	1:25:00	1:20:00	1:15:00	1:10:00	1:05:00	1:00:00	55:00	50:00
12.4 mi	**20 km**	2:29:08	2:22:55	2:16:42	2:10:29	2:04:16	1:58:04	1:51:51	1:45:38	1:39:25	1:33:12	1:27:00	1:20:47	1:14:34	1:08:21	1:02:08
1/2-Marathon 13.1 mi	21.1 km	2:37:19	2:30:45	2:24:12	2:17:39	2:11:06	2:04:32	1:57:59	1:51:26	1:44:53	1:38:19	1:31:46	1:25:13	1:18:39	1:12:06	1:05:33
15 mi	24.1km	3:00:00	2:52:30	2:45:00	2:37:30	2:30:00	2:22:30	2:15:00	2:07:30	2:00:00	1:52:30	1:45:00	1:37:30	1:30:00	1:22:30	1:15:00
15.5 mi	**25 km**	3:06:25	2:58:39	2:50:53	2:43:07	2:35:21	2:27:35	2:19:49	2:12:02	204:16	1:56:30	1:48:44	1:40:58	1:33:12	1:25:26	1:17:40
18.6 mi	**30 km**	3:43:42	3:34:22	3:25:03	3:15:44	3:06:25	2:57:05	2:47:46	2:38:27	2:29:08	2:19:49	2:10:29	2:01:10	1:51:51	1:42:32	1:33:12
20 mi	32.2 km	4:00:00	3:50:00	3:40:00	3:30:00	3:20:00	3:10:00	3:00:00	2:50:00	2:40:00	2:30:00	2:20:00	2:10:00	2:00:00	1:50:00	1:40:00
Marathon* 26.2 mi	42.2 km	5:14:37	5:01:31	4:48:24	4:35:18	4:22:11	4:09:05	3:55:58	3:42:52*	3:29:45	3:16:38	3:03:32	2:50:25	2:37:19	2:24:12	2:11:06

*Common Races and Finishing Times*

Example: If your goal is to finish a marathon in 3:43:00 you would need a pace of 8:30/mi. If this is your goal, you might want to train with the pace zone at 8:40/mi for the slow threshold and 8:20/mi for the fast threshold.

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# Linking Digital Components to the Watch

All componetns in your system share a unique digital ID to avoid crosstalk with other Triax Elite systems. Before the components communicate properly, the watch must be linked to the HRM transmitter and SDM pod to establish this shared ID. The original components which came with the watch were linked at the factory. Follow steps ❶ through ❼ to re-link the original components or link any replacement components to the Triax Elite watch.

NOTE: *These directions describe how to link both components. If you are replacing/re-linking only one component, you can ignore the steps for the other component. Exit ID SENSOR LINKING once you establish a successful link with the new component.*

NOTE: *After steps 1 and 2 below, the watch will begin to search for the components. If the watch displays NO HRM or NO SDM before you are finished with all 6 steps, you will need to exit PC mode and re-enter ID SENSOR LINKING.*

NO HRM
NO SDM
ID SENSOR

HOLD
TO ADJ

❷ 3 SEC

❼
EXIT

❶ PC

Scroll to
PC mode.
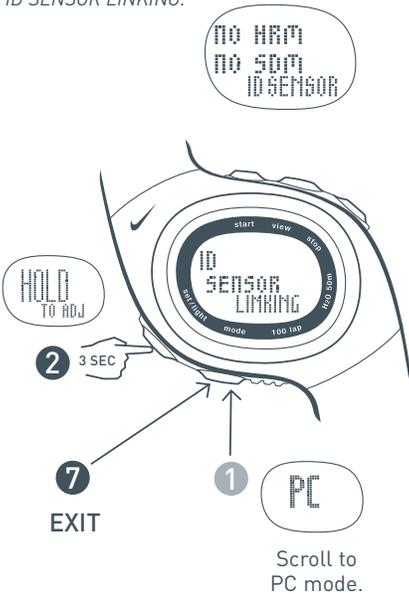
❸ Firmly grasp the HRM transmitter with both hands, one on each end, making sure to touch the sensors on the back side of the transmitter. There is no ON/OFF switch for the transmitter. It sends a digital signal during the first 10 seconds of connection with the sensors.
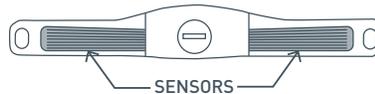
SENSORS

NOTE: *If you are unable to enter ID SENSOR LINKING before the 10 seconds expires, wait two minutes for the HRM transmitter to automatically turn off and try again.*

❹ After a few seconds the watch should display NEW HRM. This means the watch has located the digital ID of the HRM transmitter for the first time.

NEW HRM

LINKING

NOTE: *Once you have linked the HRM transmitter for the first time, the watch will remember the digital ID until you switch to a different transmitter. If you would now exit PC mode and re-enter ID SENSOR LINKING, the display would read HRM instead of NEW HRM.*

❺ Using a coin, turn the SDM pod battery hatch 90 degrees clockwise. Insert a AAA Alkaline battery with the negative node facing you.

Press and hold the power button on the SDM pod for five seconds until the LED light begins a fast triple-flash. The pod is now in ID mode, ready to link with the watch. After 10 seconds the pod will revert to normal operation.

❻ After a few seconds, the watch should display NEW SDM under NEW HRM. This indicates the watch has successfully located the digital ID of both components.

NEW HRM
NEW SDM
ID SENSOR

NOTE: *Once you have linked the SDM pod for the first time, the watch will remember the digital ID until you switch to a different pod. If you would now exit PC mode and re-enter ID SENSOR LINKING, the display would read SDM instead of NEW SDM.*

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Troubleshooting

Watch does not link with the USB dock:

Reposition the USB dock away from your monitor or other electronic devices.

Move the watch closer to the USB dock.

Turn OFF any nearby devices possibly using the same 916MHz radio frequency (cordless phones, baby monitors, etc).

Re-enter PC mode and try linking again.

Exit and re-start the Triax Elite application.

USB dock blue LED is not flashing:

Make sure the USB dock is plugged into a working USB port on the computer.

Make sure you have installed the Triax Elite application and drivers.

Uninstalling the USB dock (Windows only):

In order to uninstall the USB drivers, you have to perform an additional step beyond uninstalling the Triax Elite application from Add/Remove programs.

1. Open the Control Panel.

2. Double-Click the Add/Remove Programs icon

3. Highlight the TRIAX ELITE icon, click Change/Remove and follow the on-screen directions.

4. After successful uninstall, Plug-in the USB dock and select System from within Control Panel.

5. Expand the Universal Serial Bus controller menu.

6. Click on the Nike Triax Elite USB Link controller.

7. Click the Driver tab and then click Remove.

8. Unplug the USB dock.

SDM pod does not link with watch:

Make sure the watch has assigned a digital ID to the SDM pod. *See page 24.*

Be sure the unit is ON by pressing the power switch on the top of the unit until the LED begins to blink.

Try replacing the battery. *See page 28.*

Check battery placement for correct orientation. *See page 28.*

Re-enter CHRON or WKOUT mode on watch.

LED light on SDM pod flashes rapidly:

This indicates low battery power.

Replace the AAA battery in the SDM pod.

Cross-talk:

If you receive "cross-talk" from another electronic device, press the button on the speed sensor. The watch and speed sensor will begin linking on another channel.

SDM pod attachment to shoe:

Make sure the SDM pod is attached to the laces securely enough so there is no wobble when running. The pod should be aligned with the foot and secured well enough that the alignment does not change during run.

Orthotics:

People who wear orthotics or have extreme pronation or supination in their stride may experience reduced accuracy.

Re-calibrate for improved accuracy.

Varying paces:

People who run at varying paces within a run may experience reduced accuracy.

Calibrate at the speed you usually run for improved accuracy.

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Troubleshooting (continued)

HRM transmitter does not link with the watch:

Make sure the watch has assigned a digital ID to the HRM transmitter. *See page 24.*

Make sure the HRM transmitter is ON by placing it on the body. The unit turns ON when it detects the two electrodes on the body. It is recommended to wear the transmitter directly against the skin.

Reposition the HRM transmitter slightly.

Try replacing the battery.

Check battery placement for correct orientation.

Moisten the electrodes with water or gel to make better contact with the body. If you are wearing the HRM transmitter over clothing, try wetting the clothing.

Re-enter CHRON or WKOUT mode to the watch.

The watch will not ID the HRM transmitter in PC adjust mode:

There is a limited time that the HRM transmitter will attempt to syncronize with the watch.

Set the HRM transmitter aside for several minutes and try again.

Watch display is frozen:

The display of your watch may "freeze" due to static electricity or recent battery replacement. If this occurs, press and hold all five buttons at the same time. This will erase the data in the memory and reset the watch to the factory settings.

Press and hold all five buttons at the same time to reset the watch to the factory settings

The SET WATCH and SYNC buttons are not present in the Triax Elite application:

Exit the application. Exit PC mode. Plug-in the USB dock to a working USB port on the computer. Open the application again and then enter PC mode.

If you unplug the USB dock while the application is open, you will need to reboot the computer before SYNC and SET WATCH buttons will appear in Calendar window.

WKOUT ACTIVE or CHRONO ACTIVE shown in watch display:

The WKOUT ACTIVE or CHRONO ACTIVE display means you must save a workout or run data before linking to the computer. See page 15, *Begin a Workout*, or page 19, *Save Run Data*.
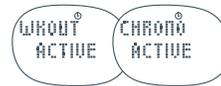
Run or Workout data downloaded to wrong USER PROFILE:

Once run or workout data is uploaded to the computer, it is permanently erased from the watch. It is also embedded into the USER PROFILE that was active at the time of the upload.

There is no way to move it to another profile.

Make sure the current USER PROFILE is set to the desired profile before downloading run or workout data from the watch.

Where can I locate my WORKOUTS, PLANS and USERS files:

Windows 2000 / XP:
C:\ Documents and Settings \ All Users \ Documents \ Nike \ TRIAX ELITE

Windows 98 / ME:
C:\ Program Files \ Nike \ TRIAX ELITE

Macintosh:
Main Hard-drive \ Applications \ Nike \ TRIAX ELITE

These files will be found at the path listed above unless you chose a custom location during installation.

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Specifications

IP code: IPX8
Applied Part: Type CF
Storage: Standard Conditions (within operating temperature)

Watch

Water-Resistant up to 50 Meters:
Designed for underwater performance
to a depth of 165 feet (50 m).

ATTENTION: *Water damage may occur if
watch buttons are pressed while underwater.*

Operating Temperature: -5˚ to 50˚ Celsius

Material Specifications:
Battery Door: Stainless Steel
Bezel: Stainless Steel
Buckle: Stainless Steel
Case: Polycarbonate
Caseback: Polycarbonate
Crystal: Mineral Glass
Strap: Urethane

Mode Limits:
Chronograph: 99:59'59"
Heart Rate: 30 - 240 bpm

HRM Transmitter

Water-Resistant up to 30 Meters:
Wipe dry after use. Do not use around conductive material.

Operating Temperature: -5˚ to 50˚ Celsius
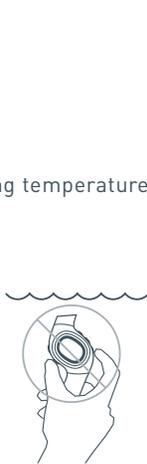
Accuracy: +-1% or +-1% bpm (steady state)

Material Specifications:
Case: Polycarbonate
Strap: Urethane
Band: Elastic

SDM Pod

Water-Resistant up to 10 Meters:
Wipe dry after use. Not intended for underwater use.

Operating Temperature: 0˚ to 40˚ Celsius

Accuracy: +-3% (most runners)

Material Specifications:
Case: ABS
Strap: Urethane
Clip: Nylon

FCC and RSS-210 Compliance

This device complies with part 15 of the FCC and
RSS-210 of the IC rules.

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

(2) This device must accept any interference that
may cause undesired operation of the device.

Tested to comply with FCC standards.

For home or office use.

FCC WARNING: *Changes or modifications not expressly
approved by Nike could void your authority to operate
this device under FCC regulations.*

Technical Support
and Product Questions

www.nike.com/timing
NIKE CONSUMER AFFAIRS: 1-888-350-6453

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