

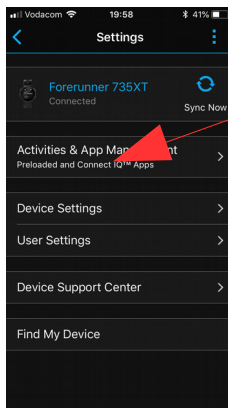
Paceband instruction guide

1. How to install and get to setup on Garmin Connect

Open Garmin connect on your phone.

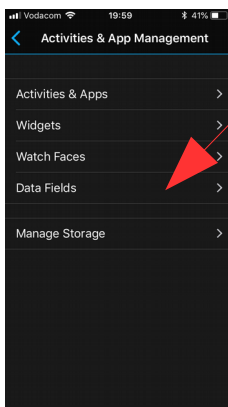
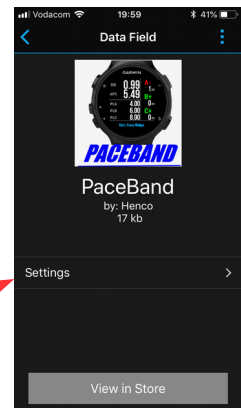


Select "My Day" and then the watch icon.



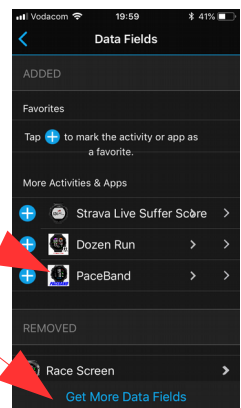
Select "Activities & App Management"

Here you will find the settings, including distances, checkpoint names, and target times. Change the settings according to your pace plan (see next page on Pacing Charts) and select "Save" at the bottom.



Select "Data Fields"

If Paceband is installed, you should see it here, select it. If not, select here to go to the IQ Store and search for "Paceband". Install and let it sync to your watch.



2. Pacing charts

Download the excel paceband sheet here:

<http://www.paceband.co.za/PaceBand/Paceband.xlsx>

Edit the GREEN blocks according to your pacing plan.

If you want less checkpoints, put "0" in the distance. Some watches only support 7 checkpoints, make Distance for checkpoint 8 & 9 zero in that case. Some watches only supports 2 plans. Use Plan A and B.

Time is in hours:minutes format. Plan A must be your fastest plan, and C (or B if your watch only supports 2 plans) the slowest. Time and distance is from the start point, not from the previous checkpoint. This example shows 11, 11:30 and 12 hour plans for a 91km Comrades route.

Tip: Setup a 92km plan for Comrades!

	A	B	C	D	E
1	EDIT GREEN VALUES ONLY		Plan A	Plan B	Plan C
2	Checkpoint	Distance (km)	Time (hh:mm)	Time (hh:mm)	Time (hh:mm)
3	1	16	02:01	02:06	02:12
4	2	24	02:58	03:05	03:13
5	3	30	03:39	03:49	03:59
6	4	41	04:57	05:10	05:24
7	5	45	05:27	05:42	05:57
8	6	58	06:56	07:14	07:33
9	7	72	08:35	08:58	09:21
10	8	81	09:41	10:07	10:33
11	9	91	11:00	11:30	12:00
12					

The spreadsheet will do some calculations for you. Check the yellow values to make sure that your plan makes sense! Paces should be realistic.

F	G	H	I	J	K	L	M	N	O
	Plan A			Plan B			Plan C		
Split Dis	Time(min)	Split Time	Split Pace	Time(min)	Split Time	Split Pace	Time(min)	Split Time	Split Pace
16	121	121	07:34	126	126	07:53	132	132	08:15
8	178	57	07:08	185	59	07:23	193	61	07:38
6	219	41	06:50	229	44	07:20	239	46	07:40
11	297	78	07:05	310	81	07:22	324	85	07:44
4	327	30	07:30	342	32	08:00	357	33	08:15
13	416	89	06:51	434	92	07:05	453	96	07:23
14	515	99	07:04	538	104	07:26	561	108	07:43
9	581	66	07:20	607	69	07:40	633	72	08:00
10	660	79	07:54	690	83	08:18	720	87	08:42
	Plan A			Plan B			Plan C		
Time		11:00 hours		Time		11:30 hours	Time		12:00 hours
Ave Pace		07:15 m/km		Ave Pace		07:35 m/km	Ave Pace		07:55 m/km

Once you are happy with your pacing plan, use the Paceband values from the spreadsheet to setup your Paceband in Garmin Connect. (As on the first page, Data Fields, Paceband, Settings)
These values are km's and minutes since start to the checkpoint.

Paceband values				
Checkpoint	Distance (km)	Plan A Time	Plan B Time	Plan C Time
1	16	121	126	132
2	24	178	185	193
3	30	219	229	239
4	41	297	310	324
5	45	327	342	357
6	58	416	434	453
7	72	515	538	561
8	81	581	607	633
9	91	660	690	720

3. Running

You need to now setup one of your watch screens with the Paceband Data Field. All watches are different, so look at the manual of your watch if you do not know how. This is a guideline for most watches.

Scroll to the “Run” activity on your watch.

Select “Menu”

Select “Activity Settings”

Select “Data Screens”

Select the Screen that you want to use for Paceband. Some watches have 2, some 4 and some even more.

For the Screen:

* “Status” must be “On”

* “Layout” must be “1 Field”

* “Field 1” you select “Connect IQ” and then “Paceband”



When you now select “Run” and scroll to the poaceband screen you will see this. If you did something wrong in your pacing setup, it will show “Invalid”

Tip: If it shows invalid, open Garmin Connect and edit the Paceband settings while this screen is open. When you select “Save” on Garmin Connect, the settings will update on this screen and you will see whether it is valid again.



When your run is started, the screen will change to this.

DIS is distance to next checkpoint.

APC is your current average pace since the last checkpoint.

PLA, B and C indicates what your target pace was setup for this section.

Once a checkpoint is reached, your watch will beep and A+, B+, C+ will indicate whether you are behind or ahead of plan. + and green is ahead and - and red is behind. If will also show how many minutes you are ahead or behind. If you are behind less than a minute, it will be indicates as + and green, only once you are behind with more than a minute will it show the minutes behind.

When a checkpoint is reached, it will show distance to the next checkpoint and the new paces as setup by you.

Note: Paceband will not adjust PLA, PLB and PLC with “Catch-up” paces! It will use your paces as planned on your pacing chart. You should use the A+, B+, C+ times as guidelines to adjust your APC yourself if you want to do some catch-up in a section. For example, if you are 5 minutes behind plan A at the first checkpoint, A- and 5m will be displayed. If the next section PLA was planned for 7.00 m/km, you need to run a little faster than 7m/km to reduce the 5min behind. At the next checkpoint, you will see whether A- was reduced and what your new status is. Since it is always showing average pace per section, you can get an idea how much faster or slower you are going than planned. If you ran slower than the planned pace, the minutes behind will increase at the next checkpoint. These minutes are total minutes ahead or behind for the race up to the last checkpoint. Use it to determine where you stand on your total plan.

Future plans are to include a “Catch-up” pace as well so that you know how fast you should go for the remaining of the race to be able to catch up or how much slower you can go and still reach your target.

Remember that your other screens are always available during your run. You can always use those and just scroll to the paceband screen once it beeps at a checkpoint to check your plan status. I use the “Dozen run” data field a lot together with Paceband. It gives you lots of information on one screen and also an estimated finishing time.