

GARMIN®



ENDURO™ 2

РЪКОВОДСТВО

© 2022 Garmin Ltd. or its subsidiaries

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, fēnix®, ANT®, ANT+®, Approach®, Auto Lap®, Auto Pause®, Edge®, inReach®, QuickFit®, TracBack®, VIRB®, Virtual Partner®, and Xero® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery™, Connect IQ™, Firstbeat Analytics™, Garmin Connect™, Garmin AutoShot™, Garmin Explore™, Garmin Express™, Garmin Golf™, Garmin Move IQ™, Garmin Pay™, Health Snapshot™, HRM-Dual™, HRM-Pro™, HRM-Run™, HRM-Swim™, HRM-Tri™, Rally™, tempe™, TrueUp™, Varia™, and Vector™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Android™ is a trademark of Google LLC. Apple®, iPhone®, iTunes®, and Mac® are trademarks of Apple Inc., registered in the U.S. and other countries. The BLUETOOTH® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. The Cooper Institute®, as well as any related trademarks, are the property of The Cooper Institute. Di2™ is a trademark of Shimano, Inc. Shimano® is a registered trademark of Shimano, Inc. iOS® is a registered trademark of Cisco Systems, Inc. used under license by Apple Inc. STRAVA and Strava™ are trademarks of Strava, Inc. Training Stress Score™ (TSS), Intensity Factor™ (IF), and Normalized Power™ (NP) are trademarks of Peakware, LLC. Wi-Fi® is a registered mark of Wi-Fi Alliance Corporation. Windows® is a registered trademark of Microsoft Corporation in the United States and other countries. Zwift™ is a trademark of Zwift, Inc. Other trademarks and trade names are those of their respective owners.

This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

Въведение

 **ВНИМАНИЕ**

Important Safety u Product Information

Първи стъпки

1 LIGHT

2

Garmin Pay™

3

4

Преглед на устройството



① Сензорен екран

-
-
-
-
-

② LIGHT

-
-
-
-

③ UP-MENU

-
-
-

④ DOWN

-
-
-

⑤ START-STOP

-
-
-

⑥ BACK-LAP

-
-
-

Активиране и деактивиране на сензорния екран

- DOWN START.
- MENU, System > Touch,

Използване на часовника

- LIGHT
- UP DOWN
- START
- MENU

Часовник

Задаване на аларма

- 1 MENU.
- 2 Clocks > Alarms > Add Alarm.
- 3

Редактиране на аларма

- 1 MENU.
- 2 Clocks > Alarms > Edit.
- 3
- 4

- Status.
- Time.
- Repeat,
- Sound and Vibe.
- Backlight.
- Label.
- Delete.

Стартиране на таймера за обратно отброяване

- 1 MENU.
- 2 Clocks > Timers.
- 3 MENU, Save Timer.
- 4 MENU Add Timer Quick Timer,
- Time
- Restart > On
- Sound and Vibe,
- 5 START

Изтриване на таймер

- 1 MENU.
- 2 Clocks > Timers > Edit.
- 3
- 4 Delete.

Използване на хронометъра

- 1 MENU.
- 2 Clocks > Stopwatch.
- 3 START
- 4 LAP



- 5 STOP,
- 6 .
- . DOWN.
- . MENU, Save Activity.
- . MENU, Done.
- . MENU, Review.
- . Review
- . MENU, Go to Watchface.
- . MENU, Lap Key.

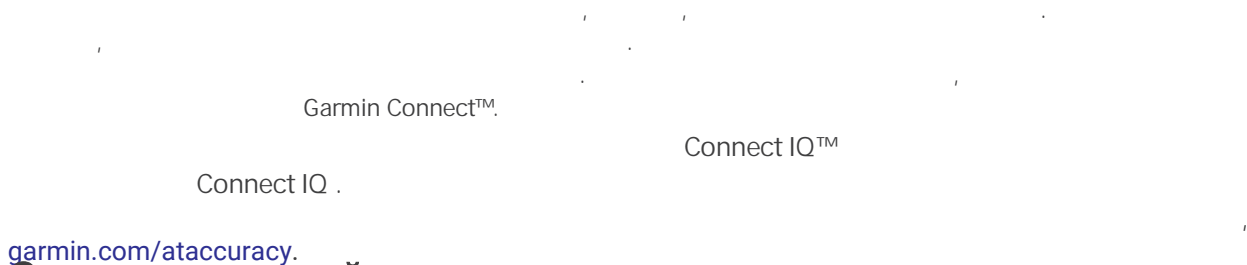
Добавяне на алтернативни часови зони

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Add Alt. Time Zone.
- 3
- 4

Редактиране на алтернативна часова зона

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Edit.
- 3
- 4
-
- Rename Zone.
- Change Zone.
- Reorder Zone.
- Delete Zone.

Дейности и приложения



Стартиране на дейност

- 1 GPS () START.
- 2 Done.
- 3
- 4 GPS ()
- 5 START, GPS ()

Съвети за записване на дейности

-
- LAP,
- UP DOWN,
-
- MENU, Power Mode

Спиране на дейност

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

STOP.

Resume.

Save,

START,

Resume Later.

Lap.

Back to

Start > TracBack.

GPS.

Back to Start > Route

GPS.

Recovery HR,
Discard.

30

Оценяване на дейност

f nix

Save ([Stopping an Activity, page 6](#)).



Garmin Connect.

Бягане

Бягане на пистата

400

START > Track Run.

MENU.

Lane Number.

BACK

START.

3

STOP > Save.

Съвети за записване на бягане на писта

- GPS
- 3
- Auto Lap 1600 4
- 1,

Отидете на Virtual Run

- 1 START.
- 2 Virtual Run.
- 3 Zwift™
- 4
- 5 START,
- 6 STOP,

Калибриране на Treadmill Distance

- 1
- 2 1,5 (1) f nix 1,5 (1) .
- 3 STOP.
- 4 Save.
- 5 Calibrate & Save > Yes.

Записване на Ultra Run активност

- 1 START.
- 2 Ultra Run.
- 3 START,
- 4
- 5 LAP, Lap Key
- 6 LAP,
- 7 UP DOWN, () .
- 8 STOP Save.

Плуване

ЗАБЕЛЕЖКА

HRM-Pro™, HRM-Swim™ HRM-Tri™.

Терминология по плуване

Length:

Interval:

Stroke:

Swolf:

swolf 15
30 45. , swolf
25 . Swolf

Critical swim speed (CSS): CSS
CSS,

Видове загребвания

Garmin Connect.

Free

Back

Breast

Fly

Mixed

Drill drill logging

Съвети за плувни дейности

•

MENU,

• LAP,

• LAP,

Почивка по време на плуване в басейн

- 1 LAP,
 - 2 UP DOWN, ().
 - 3 LAP
 - 4
- Auto Rest**

15

LAP,

Тренировки с Drill Log

drill log

- 1 UP DOWN
- 2 LAP,
- 3 LAP.
- 4
- 5 LAP.
UP DOWN,

Мултиспорт

Тренировка по триатлон

- 1 START.
- 2 Triathlon.
- 3 START
- 4 LAP
- 5 STOP Save.

Създаване на мултиспорт дейност

- 1 START.
- 2 Add > Multisport.
- 3 (2).
- 4
- 5 Done,
- 6 Yes,

Дейности на закрито

- f nix
- GPS,
- GPS.
- GPS,

Записване на дейност за силова тренировка

- (reps)
- 1 START.
- 2 Strength.
- 3
- 4 View ().
- 5 Do Workout.
- 6 ✓
- 7 START,
- 8
- 9 LAP,
- 10 DOWN
- 11 LAP,
- 12
- 13 START,
- 14 Save.

Тренировъчен статус

Firstbeat Analytics.

garmin.com/performance-data/running.



Training status:

VO2 max.: VO2

()

VO2 max.

VO2 max.

Training load:

(EPOC)

7

EPOC

Training load focus:

Recovery time:

4

Нива на състоянието на тренировката

Peaking:

Productive:

Maintaining:

Recovery:

Unproductive:

Detraining:

Overreaching:

No Status:

max.

Съвети за получаване на тренировъчен статус

max.

VO2

70%

VO2 max.

VO2 max.

70%

10

Physio TrueUp,

Аклиматизация при топлина и надморска височина

f nix

VO2 max.

22°C (72°F)

VO2 max.

800 m (2625 ft.).

GPS

Тренировъчно натоварване

(EPOC)

Фокус на тренировъчното натоварване

4

7

Below targets:

Low aerobic shortage:

High aerobic shortage:

VO2 max.

Anaerobic shortage:

Balanced:

Low aerobic focus:

High aerobic focus:

, VO2 max.

Anaerobic focus:

Above targets:

Относно тренировъчния ефект

Training Effect

Training Effect

Garmin Connect.

Aerobic Training Effect

VO2"

(EPOC),

(>180)

()

EPOC

10 120

Трен. ефект	Аеробна полза	Анаеробна полза
0,0 - 0,9		
1.0 - 1.9		
2.0 - 2.9		
3.0 - 3.9		
4.0 - 4.9		
5.0		

Training Effect
www.firstbeat.com.

Firstbeat Technologies Ltd.

Време за възстановяване

VO2 max.

Възстановяване на сърдечната честота

140

90

50















(140 90).

Контроли

LIGHT.



Икона	Име	Описание
	Battery Saver	
	Do Not Disturb	
	Find My Phone	Bluetooth.

Icon	Name	Description
		
		
		
		Bluetooth
		
		
		
		
		
		
		
	Touch	
		Garmin Pay
	Wi-Fi	Wi Fi

Персонализиране на менюто за управление

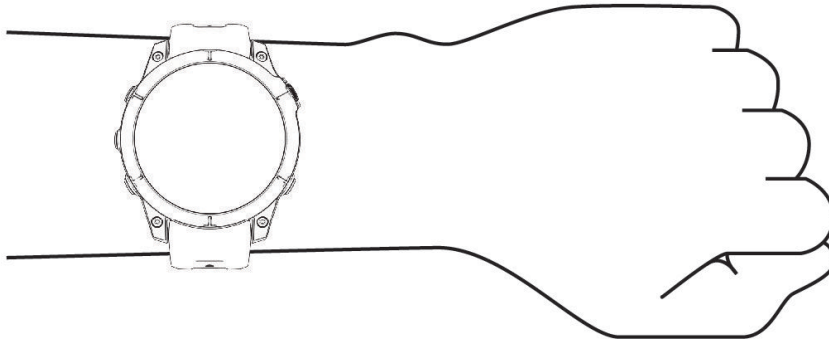
- 1 **MENU.**
- 2 **Controls.**
- 3
- 4
 - Reorder,
 - Remove,
- 5 Add New,

Вграден пулсомер

Носене на часовника

⚠ ВНИМАНИЕ

garmin.com/fitandcare.



garmin.com/ataccuracy.

www.garmin.com/fitandcare.

Съвети за нередовни данни за сърдечния ритъм

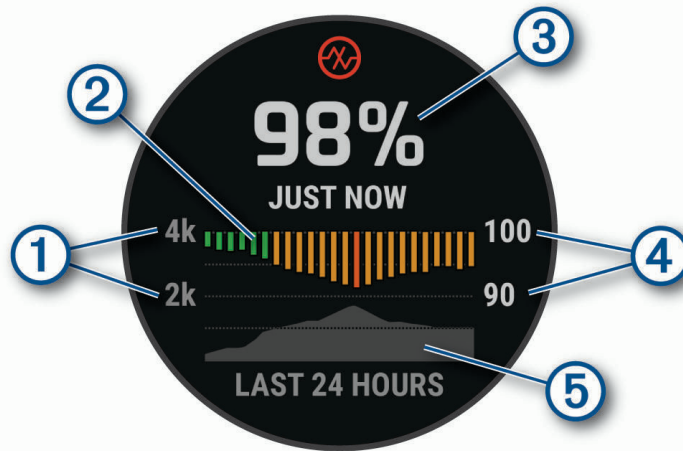


5 10

Пулсов оксиметър

Garmin Connect

garmin.com/ataccuracy



①	
②	24
③	
④	
⑤	24

Информация за устройството

Зареждане на часовника

⚠ ВНИМАНИЕ

Important Safety and Product Information

ЗАБЕЛЕЖКА

1 USB



2 USB USB

3

Зареждане със слънчева енергия

Съвети за слънчево зареждане

-
-

Спецификации

	10 ATM ¹
	-20° 45°C (-4° 113°F)
USB	0° 45°C (32° 113°F)
	0° 60°C (32° 140°F)
European Union (EU) wireless frequencies (power)	2.4 GHz @ 19.3 dBm maximum
EU SAR values	0.55 W/kg torso, 0.37 W/kg limb

Информация за батерията

Режим	Живот на батерията
	34 46 2
	111 550 2
GPS	110 150 3
	78 96 3
	68 81 3
	20
. GPS	264 714 3
Expedition GPS	77 172 2

1
2
3

50 000 lux 100 m.

www.garmin.com/waterrating.

Грижа за устройството

ЗАБЕЛЕЖКА

Почистване на часовника

⚠ ВНИМАНИЕ

ЗАБЕЛЕЖКА

1

2

www.garmin.com/fitandcare.

Смяна на UltraFit найлоновата каишка

1



2

3

Смяна на QuickFit™ каишка

1 QuickFit



2

3

4 1 3,

Регулиране на металната каишка на часовника

Управление на данни

Windows 95, 98, Me, Windows NT®, Mac OS 10.3

Изтриване на файлове

ЗАБЕЛЕЖКА

1 Garmin

2

3

4 Delete

Mac

MTP

Garmin

Windows.

Garmin Express,

