

Instructions:

- Turn unit ON: press any button.
- Turn unit OFF: press both buttons at the same time for 1 second.
- Unit is pre-set to turn on at 1.00 second interval. After initial use it will turn on at last setting.
- Scroll time UP: press/ hold down right button.
- Scroll time DOWN: press/ hold down left button.
- Unit scrolls in 1 second intervals, up and down.
- Unit time scrolls in two different speeds. After holding button down for 1 second, the time speeds up.
- Unit turns off after 1 hour from last change of setting or start-up.
- LCD automatically times out after 5-10 seconds of last adjustment. Push any button to re-display the LCD.

Unit operates in two separate modes:

Mode 1:

- 0.20 seconds to 9.99 seconds. Represented by a SINGLE Click
- Unit scrolls in .01 second intervals, up and down.

Mode 2:

- Enter MODE 2: hold right UP button after having reached 9.99 seconds.

Ideas For Getting Started:

- Focus on distance per cycle: Start with a slower pace to establish length and distance per cycle.
- Focus on cycle rate: Once distance per cycle is established, increase or decrease the pace to determine your ideal training & racing tempo.
- Circuit Training: Use the Tempo Trainer to maintain consistent intervals during circuit training.

Frequently Asked Questions:

Where do I wear the tempo trainer?

- The Tempo Trainer may be attached to swim goggles, bicycle helmets, baseball caps or additional clothing garments. When swimming, it is recommended to remove the Tempo Trainer from the outside clip and place it securely under your goggle straps or swimmer's cap. When biking or running, it is recommended to use the outside clip and attach the Tempo Trainer securely to an article of clothing within your range of hearing.

Is my Tempo Trainer broken?

- Most likely your Tempo Trainer is not broken, but is operating in an unfamiliar mode setting. If you do not recognize which mode you are in, it is easy to misconstrue whether the device is functioning properly. The majority of technical problems that occur with the Tempo Trainer are results of unfamiliarity with Mode 1 vs. Mode 2.

How do I recognize the difference between Mode 1 and Mode 2 for my Tempo Trainer?

- Mode 1 is from 0.2 to 9.99 seconds.
- Mode 2 is from 10 seconds to 10 minutes.
- The colon in Mode 1 does not flash. Mode 2 has a flashing colon.
- The sound in Mode 1 is always a single chirp.
- The sound in Mode 2 is always a triple chirp.

Stroke Rate (Cycles per Minute)	Seconds per Cycle	Seconds per Stroke *	Stroke Rate (Cycles per Minute)	Seconds per Cycle	Seconds per Stroke *
20	3.00	1.50	51	1.18	0.59
21	2.86	1.43	52	1.15	0.58
22	2.73	1.36	53	1.13	0.57
23	2.61	1.30	54	1.11	0.56
24	2.50	1.25	55	1.09	0.55
25	2.40	1.20	56	1.07	0.54
26	2.31	1.15	57	1.05	0.53
27	2.22	1.11	58	1.03	0.52
28	2.14	1.07	59	1.02	0.51
29	2.07	1.03	60	1.00	0.50
30	2.00	1.00	61	0.98	0.49
31	1.94	0.97	62	0.97	0.48
32	1.88	0.94	63	0.95	0.48
33	1.82	0.91	64	0.94	0.47
34	1.76	0.88	65	0.92	0.46
35	1.71	0.86	66	0.91	0.45
36	1.67	0.83	67	0.90	0.45
37	1.62	0.81	68	0.88	0.44
38	1.58	0.79	69	0.87	0.43
39	1.54	0.77	70	0.86	0.43
40	1.50	0.75	71	0.85	0.42
41	1.46	0.73	72	0.83	0.42
42	1.43	0.71	73	0.82	0.41
43	1.40	0.70	74	0.81	0.41
44	1.36	0.68	75	0.80	0.40
45	1.33	0.67	76	0.79	0.39
46	1.30	0.65	77	0.78	0.39
47	1.28	0.64	78	0.77	0.38
48	1.25	0.63	79	0.76	0.38
49	1.22	0.61	80	0.75	0.38
50	1.20	0.60	81	0.74	0.37