The Nike+ SportWatch GPS Powered by TomTom Reviewer's Guide

Overview

Welcome to the Nike+ SportWatch GPS Powered by TomTom. The watch works with GPS and a Nike+ shoe sensor to record distance, pace, elapsed time, BPM (separate heart rate monitor required), and calories burned while running. Upon completion of a workout, connect the watch to a computer USB port to upload runs to nikeplus.com, where you can see where you ran, find great new routes, track progress, set goals, challenge your friends and more.

What's Included

(A) Nike+ SportWatch GPS
Use the Scroll button to highlight options, use the Select button to make choices, and tap the Screen to mark laps or turn on the backlight.

(B) Nike+ Sensor (shoe pod)
Place the shoe pod underneath the insole of your left Nike+ ready shoe for use when running indoors or where the GPS signal may be weak.

(C) USB cable
A USB connector is built into the watch strap—the USB cable provides easier access to your computer's USB port to upload run data, if needed.

(D) Nike+ Connect software
Download the Nike+ Connect software and customize your Nike+ SportWatch GPS, including setting the time, before your first run. Go to nikeplus.com/downloads, then download and install the Nike+ Connect software. Plug the watch into a USB port on your computer to set it up, and to charge the battery.
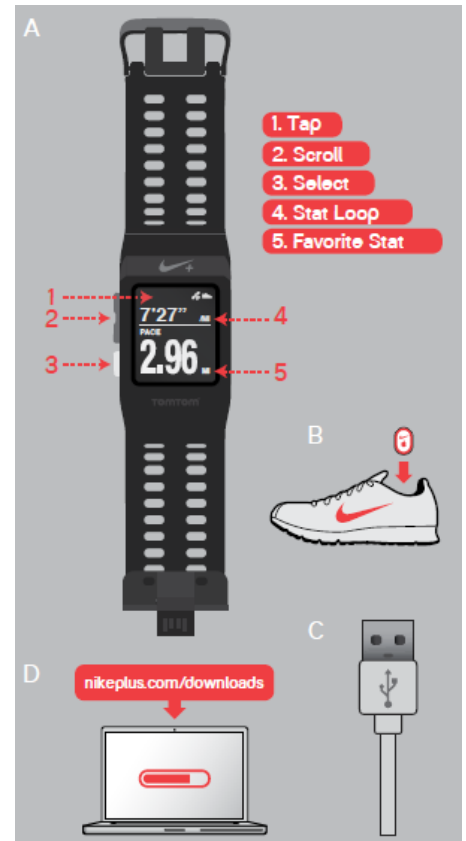
Getting Started

To use your Nike+ SportWatch GPS, you must have:
- A Macintosh with built-in USB. Mac OSX v10.4 or later or
- A PC with built-in USB or a USB card installed. Windows XP (SP2) or later, or Windows Vista (SP2) or Windows 7.
- Internet access. Broadband is recommended.

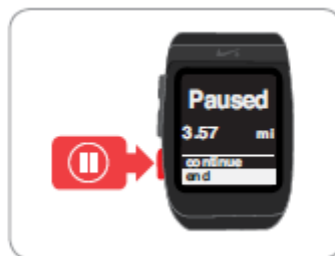Press and hold the Select button for 3 seconds.

The satellite icon will blink until a signal is found. You can't use GPS unless you're outside.
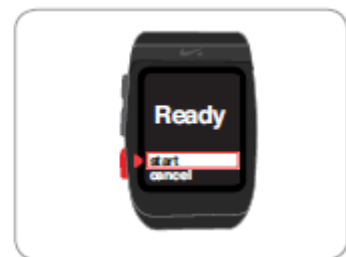
When you see "Ready," press the Select button to start your run.

As you run, use the scroll button to toggle through your distance, pace, elapsed time, calories or time of day.

Press the Select button anytime you want to pause your run.

Press and hold the Select button for 3 seconds to end your run.

After your run, plug the watch strap into a USB port on your computer, and upload your run info to nikeplus.com.

Using the Shoe Sensor
Place the Nike+ sensor underneath the sock liner of your Nike+ ready shoe. The shoe sensor will work with your watch to continuously track your run info when a GPS signal is weak, or when you're running indoors.

Quickstart
To start a run before a GPS signal is found, you can use the quickstart feature, which uses the Nike+ sensor (in your shoe) to track run info until your watch locates a GPS signal. Use this option by going to run > Shoe Pod > on > quickstart.

Losing Connection to a Sensor
If you lose the connection to a sensor, your watch will go into a paused state automatically. If the paused state is on for an additional 5 minutes, then your watch will end the run. If you entered the paused state intentionally, your watch will end the run after 5 minutes.

Using the Nike+ Connect Software
To get the most out of your run, customize the settings on the watch with the Nike+ Connect software. The software allows you to customize your settings, and automatically saves your info, and closes when you take your watch out of your computer.
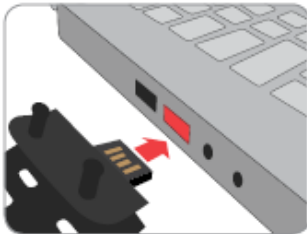
- First, plug your watch into a USB port on your computer. You can also use the USB cable that came with your watch.

- If you're using a Mac, click the SportWatch icon on your desktop.
- If you're using a PC, click the SportWatch icon located in My Computer. Or, it might launch automatically.

- Double click the icon (named SportWatch) to open it, then double click the SportWatch. html file.
- You'll automatically be sent to a webpage where you can download the Nike+ Connect software.

The first time the Nike+ Connect software is launched, you'll be asked to Register or Login to nikeplus.com. Then you can customize your watch by clicking through the Settings.

During Your Run: SportWatch GPS Main Menu

Push the scroll button up or down from the current time of day, to get to the main menu — "clock," "run," "history" and "records."

"Clock" shows you the time of day, the date and the battery level.

"Run" lets you start a run, choose which sensors (GPS or shoe sensor) you want to run with, select lap options, or set interval preferences.


"Options," allows you to change your "laps" preference from "off" to "auto" or "manual." Set your "auto" preferences in the Nike+ Connect Customize Tab. "Manual" will mark a lap whenever you tap the screen.

Note: Laps and Intervals can't be used at the same time.
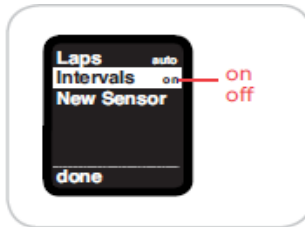
When Intervals are turned on, you'll see the word "run" on the main screen as run time counts down, then see your "interval," or rest time, count down. Intervals can be chosen in the Nike+ Connect Customize Tab. The "Run" and "Rest" times will switch back and forth until you've reached your goal.
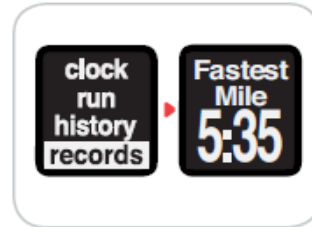

"Records" keeps track of your total miles, fastest mile, fastest km, fastest 5k, fastest 10k, fastest half marathon, fastest marathon and longest run. Your watch pulls these Records directly from your nikeplus.com account. Your records will automatically scroll down for you, or you can review them using the scroll button.

Ending a Run

To end a run, press the Select button, scroll to "end," then press the Select button again. You'll see a summary of your run, and any personal records you've achieved.

After Your Run
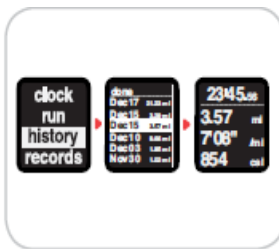
Reviewing Run History

Your watch displays stats for your 50 most recent runs, or however many unsynced runs are on your watch (whichever is greater).

From the main menu, scroll to "history" to see your runs in reverse chronological order listed by the date and distance of each run. Highlight a specific run to see those stats automatically scroll across the screen. Press the Select button for a full screen summary of your run.

Post Workout Alarms

If the sound is turned on and your memory or battery is getting low, you might hear an alarm, once you've completed a run. You'll hear three tones, then you'll see one of these screens: Low Memory, Memory Full or Low Battery. Select "ok" then plug watch into a USB port on your computer to either send your runs to nikeplus.com and free up the memory, or charge the battery.

Personal Records

Keep track of personal records by plugging the watch into a USB port on your computer and logging in to nikeplus.com. The watch will automatically sync personal records for: fastest mile, fastest mile of the month, fastest 5k, fastest 10k, longest run, and the longest run of the month. If you achieve a new personal record after a run, you'll see congratulatory message on your watch. Review personal records by selecting "records" in the main menu.

Uploading Your Runs to nikeplus.com

After recording a run, upload your workout info to nikeplus.com, to see where you ran, find great new routes, track progress, set goals, and challenge your friends.

1. After recording your runs, connect your watch to a USB port on a computer installed with Nike+ Connect software.
2. Nike+ Connect will automatically launch and upload your run info to nikeplus.com

3. Your web browser will open automatically, and take you to nikeplus.com. Meanwhile, the message "All workouts uploaded" will appear in the status bar of the Nike+ Connect software.
4. At nikeplus.com, see where you ran, find great new routes, track your goals, challenge your friends, share your progress through Facebook and Twitter, and more.
   Note: If no Internet connection is detected, the main window will show you the message "No internet connection." Click on the Try Again button to reconnect.
5. If an Internet connection is not available, or nikeplus.com doesn't respond, Nike+ Connect will queue your runs from your SportWatch for upload at a later time, and will clear your SportWatch's memory so you can record more runs. You won't see these runs on nikeplus.com until you've successfully established an Internet connection. *Note: The SportWatch records up to 30 hours of run info.*

Using Maps
After your run, your route will automatically be uploaded to nikeplus.com. You can visually map your run, find great new routes and get details on your workout when you upload a run that used GPS.