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Forerunner 305's courses feature lets you compete against previous workouts: you can compare your pace and heart rate to your past performance over the same run. You also can use Forerunner 305 to train for your next duathlon or triathlon with multi-sport workouts, a feature that lets you seamlessly transition between sports without resetting the unit, so you can use it for running, biking and ...

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Enter a minimum and maximum pace/speed for that zone. 4. Repeat step 3 for each zone you want to change. Forerunner 205/305 Owner's Manual @ Setting Heart Rate Zones NOTE: Heart rate zones are a feature of the Forerunner 305 only. Page 56 3. Select the Zones field. Then select Custom. 4. In any heart rate zone, select a heart rate value you ...

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