

Information is **power**.

HRM Triax 100 is engineered to provide quick, one-touch access to a variety of critical information during training and in competition.

Used properly this heart rate monitor will help you train more effectively by delivering accurate and timely heart rate readings. Whether your goal is to increase your race performance using advanced training methods, improve your fitness or just lose weight, you will find this to be a valuable tool.

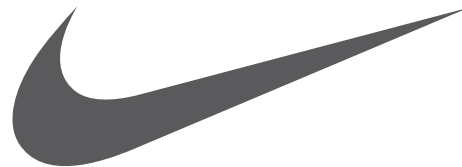
This manual combines step-by-step operational instructions to help you identify the programmable features and functions of each specific mode. It is not the goal of this manual to provide all of the information necessary to embark upon a training regimen. There are numerous books on the subject, good information on the Internet, and professional trainers affiliated with most health clubs. Remember, this heart rate monitor is just one part of an intelligent exercise plan.



*Before beginning any exercise regimen you should consult your physician or health professional. There are numerous factors to consider when determining your heart rate limits and exercise intensity level. Some of these factors include your age, the frequency with which you exercise and your overall physical fitness.*



*Throughout this manual look for the  symbol to identify especially useful and important information.*



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## GETTING STARTED

We've tried to make this watch as easy as possible to use. Great care has been taken to make the button functions consistent and clear. Even if you don't read the whole manual, you should be able to work your watch if you understand, in general, how the buttons work.

### *BUTTON FUNCTIONS, LEFT SIDE*

#### **ADJUST/RESET**

Think of ADJUST/RESET as the button to use when you want to adjust, set or reset something. For example, if you want to adjust the time, or reset the chronograph. This button is a little different than the other buttons because you usually have to press and hold it for a few seconds. This is so you don't accidentally reset or adjust something.

#### **MODE/NEXT**

The MODE/NEXT button will normally move you to the next mode. When you are making adjustments or setting something, the MODE/NEXT button will move you to the next adjustable element. ▶



### BUTTON FUNCTIONS, RIGHT SIDE

The buttons on the right hand side of the watch have more functions than the buttons on the left side. For that reason we've included all the details for quick reference.

#### START/LAP

You can think of the START/LAP button as the "go", "plus," or "move forward" button. It also functions as an on/off switch in some modes.

- In TIME mode, press to turn the chime on and off.
- In CHRON mode, press to start the chronograph and mark lap completion.
- In TIMER mode, press to start the countdown timer.
- In PULSE mode, press to view time of day.
- In GRAPH mode, press to move forward through the list of data points.
- In DATA mode, press to move through the list of data points for each run.
- In ALARM mode, press to turn the alarm on and off.
- When making adjustments, press to advance the blinking element.

#### STOP

The STOP button is the opposite of the START/LAP button. Think of it as the "stop," "minus," or "go backwards" button. This button will also allow you to alternate selections in some modes.

- In TIME mode, press and hold to select time zone 1 or 2.
- In CHRON mode, press to stop the chronograph and save run data to memory.
- In TIMER mode, press to stop the countdown timer.
- In PULSE mode, press to select zone 1 or 2.
- In GRAPH mode, press to move backwards through the list of data points.
- In ALARM mode, press to select alarm 1 or 2.
- In DATA mode, press to select run number.
- When making adjustments, press to reverse the blinking element.

#### ELECTROLITE BUTTON

The ELECTROLITE button is used to turn on the light.



*If you press and hold the ELECTROLITE button, you can make the light come on at the press of any button. It's great for night use. We call it auto-Electrolite.*

## THE CHEST TRANSMITTER

The chest transmitter enables your watch to provide information about your heart rate. You can always use your watch without the transmitter as a multi-function sport timepiece.

The chest transmitter will function automatically as long as it is being worn correctly and is within several feet of the watch.

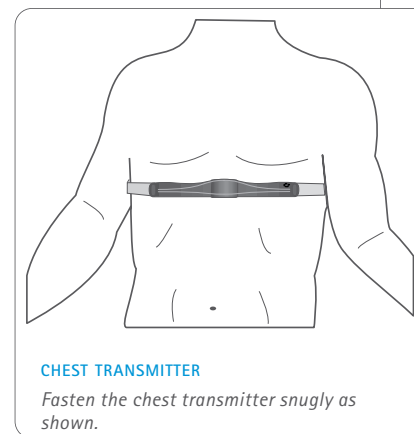
The grooved part of the chest transmitter houses sensors that time electrical pulses in your heart to determine heart rate. This information is then transmitted to your watch.



*HRM Triax 100 will work best if both sensors on the grooved part of the chest strap are wet. A few drops of water or saliva should be sufficient to cover the sensors.*

#### POSITIONING THE CHEST TRANSMITTER

- 1: Attach the adjustable strap to the transmitter.
- 2: Wet the grooved electrodes with saliva or water.
- 3: Adjust the chest strap to fit comfortably and securely. It should be tight enough that it won't slip when you exercise.
- 4: Position the chest transmitter below the breast so that it sits on your rib cage.



*Note: The chest strap is most effective when worn directly against the skin.*



#### Triax HRM 100 Digital (North American model only)

The strap and watch use a digital link to improve signal strength. If you change the watch battery or reset the watch by pressing all 4 buttons, you will need to "ID" the watch to the chest transmitter. Follow these steps:

1. Remove the chest transmitter battery.
2. Replace the chest transmitter battery.
3. Go to PULSE mode on the watch.
4. Wait at least 30 seconds.
5. The blinking heart icon indicates a successful link. Repeat if necessary.

## OPERATING INSTRUCTIONS

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### MODES

The various features of your watch are grouped into 7 different modes.

#### CYCLE TO A MODE

Press MODE/NEXT repeatedly until desired mode appears

#### TIME

Time and calendar information for two time zones

#### PULSE

View pulse, set and view zone training information

#### GRAPH

View graphic display of heart rate

#### CHRON (CHRONOGRAPH)

Measure and record lap and split times

#### DATA

Recall lap, split and heart rate data

#### TIMER

5-segment countdown timer

#### ALARM

Features 2 alarms

#### BATTERY CHANGE

If your heart rate display becomes erratic or stops it may be necessary to replace the battery in the chest transmitter.

- 1: Open the battery lid on the chest transmitter with a coin by turning counter-clockwise.
- 2: Insert a CR2032, 3V lithium battery with the writing facing you. Take care not to touch the 2 contacts.
- 3: Replace the battery lid.

The chest transmitter is water resistant. Wipe dry after use.



For best results, Nike's authorized center should change the watch battery. See back page for contact information.



#### CYCLE TO A MODE

Press MODE/NEXT to select desired mode.

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### MAKING ADJUSTMENTS TO MODE SETTINGS

Within each mode there are various settings which you can adjust. All these settings are adjusted in a similar way.

- 1: Press MODE/NEXT to select the desired mode.
- 2: Press and hold ADJUST/RESET for two seconds. A message like "HOLD to ADJUST" or "HOLD to SET" is displayed. An element begins blinking. This is the adjustable element. The symbols "+" and "-" will appear on the display, indicating that START/LAP and STOP will increase or decrease the adjustable element.
- 3: Press START/LAP to increase or advance the flashing element.
- 4: Press STOP to decrease or reverse the flashing element.
- 5: Press MODE/NEXT to cycle to the next adjustable element.
- 6: Repeat steps 3-5 until all adjustable elements are set.
- 7: Press ADJUST/RESET to save changes.



When adjusting mode settings the bottom line usually tells you what you are adjusting!



#### ADJUST

Press and hold ADJUST/RESET to adjust mode settings.

#### ADJUSTABLE ELEMENTS IN EACH MODE

##### TIME MODE

Seconds, Hours, Minutes, Day, Month, Day/Month, 12/24 and Year.

##### PULSE MODE

High Zone Limit, Low Zone Limit and Zone Alarm on/off.

##### GRAPH MODE

Sample Time.

##### CHRONOGRAPH MODE

Recovery Timer on/off, Lap/SPLIT and LAP/Split.

##### TIMER MODE

Seconds, Minutes, Hours and Segment Number.

##### ALARM MODE

Hours, Minutes and Time Zone.

## TIME

In TIME mode you can set the time and calendar information for two time zones.

You can also set a chime to sound at the press of any button, and on the hour, every hour.



### SET TIME OF DAY AND CALENDAR INFORMATION

See *Making Adjustments to Mode Settings*.

### CHANGE TIME ZONES

1. In TIME mode, press and hold STOP.  
The alternate time zone information appears.
2. Release the button when time zone indicator stops flashing.
3. Follow instructions in *Making Adjustments to Mode Settings* to set the time and calendar information for the alternate time zone.

Hold STOP for fewer than 3 seconds for a brief display of alternate time zone information.

### TURN THE CHIME ON/OFF

Press START/LAP.

The  toggles on and off each time the button is pressed.



*Most people like easy access to TIME mode. Press and hold MODE/NEXT for one second in any mode for quick return to TIME mode.*

## PULSE MODE

In PULSE mode you can view your heart rate and access zone training information.



### PULSE MODE DISPLAY

HRM Triax 100 features a graphic display of where your heart rate is within your exercise zone. If your heart rate is higher than your upper limit the word "HI" appears in the display with a . If your heart rate is lower than your lower limit the word "LO" appears in the display with an .

## ALTERNATE DISPLAY

Press START/LAP.


The default display shows your high and low limits. You can briefly view the time of day and current zone number by pressing START/LAP.

## AUDIBLE ZONE ALARM

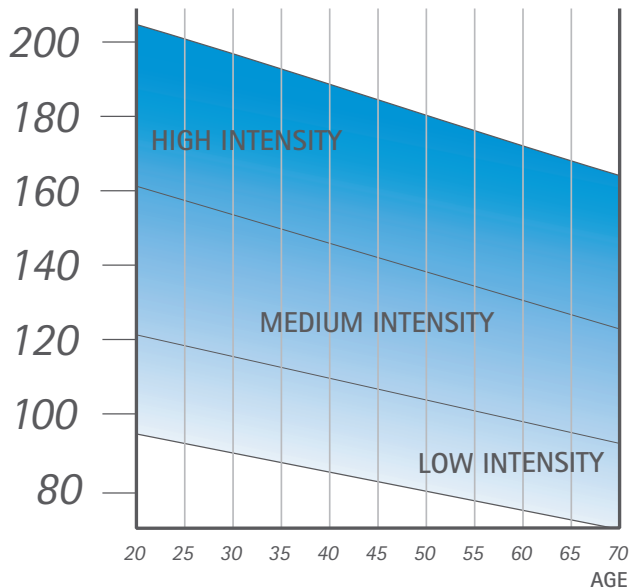
You can set an audible alarm to sound when you are outside of your training zone. Press any button to silence the alarm.

Follow directions in *Making Adjustments to Mode Settings* to set zone limits and activate and deactivate the audible alarm.

## SWITCH BETWEEN ZONE 1 AND ZONE 2

Your heart rate monitor allows you to set two different training zones. In the course of a workout you may want to train in one zone for warm-up and cool down and train in a different zone for the main portion of the workout. Or, you may train in one zone for a few days of the week and in a different zone on other days. 

## HEART RATE / BPM



## PERFORMANCE GRAPH

*This graph is for general reference only. Appropriate intensity levels will vary depending on your physical fitness, which sport you participate in and what your goals are.*

Press STOP to select a zone.

Follow instructions in *Making Adjustments to Mode Settings* to set zone limits and activate and deactivate the audible alarm for the alternate training zone.

## ZONE TRAINING

### ABOUT ZONE TRAINING

You can set an upper and lower heart rate limit and control the intensity of your workout so that your heart rate stays within that limit. This is called "Zone Training." Zone training allows you to pace yourself more accurately, avoid over-exertion and in general have a more targeted and therefore more productive workout.



*Zone training is just one part of a structured fitness regimen. It is very important that you train in a zone that is appropriate for your fitness level and goals. Consult a doctor or health professional in order to determine the best training zone for you.*

### HIGH INTENSITY

Exercise at high intensity only if you are in excellent physical condition. Exercise at this intensity to:

- increase your peak performance.
- accustom your body to competition-level performance.
- increase your tolerance to lactic acid.

### MEDIUM INTENSITY

Exercise at this intensity to:

- increase cardiovascular health.
- improve endurance.
- lose weight.

### LOW INTENSITY

Exercise at this intensity:

- after an injury.
- when beginning an exercise regimen.
- during recovery sessions.
- to improve overall health.



**PULSE MODE**  
Training zone display.

## GRAPH MODE



In GRAPH mode you can view a graphic representation of your heart rate over a period of time which you determine. This feature provides you with a quick and simple view of your heart rate trend.

The bar graph can represent up to 28 data points. If you set a sample time of 1 minute, the bar graph can show your heart rate over the last 28 minutes. You can set a sampling time from 10 seconds to 10 minutes.

You can also view the exact value of each bar in the graph. The value of each bar in the graph represents your heart rate at the beginning of each sample time.

### RESET THE BAR GRAPH

The bar graph will display your heart rate as soon as the watch begins receiving a signal. You may want to reset the bar graph at the very beginning of an exercise session.

Press and hold ADJUST/RESET until the bar graph disappears.

### DETERMINE SAMPLING INTERVAL

In order to adjust the sampling time you must first reset the bar graph. Press and hold ADJUST/RESET until the bar graph disappears. Continue to hold ADJUST/RESET as "HOLD to SETUP" is displayed.

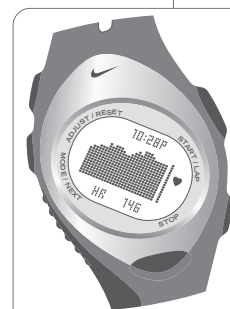
Follow directions in *Making Adjustments to Mode Settings* to select the sample time.

### VIEW EXACT VALUE OF EACH BAR IN THE GRAPH

Press STOP or START/LAP.

The number at the base of the display represents your heart rate at the beginning of each sample time. The number at the top shows the time elapsed since the sample was taken.

After 10 seconds the display returns to the current heart rate and bar graph display.



**GRAPH DISPLAY**  
Example of the bar graph display.

## CHRONOGRAPH

In CHRONOGRAPH mode you can view heart rate, and measure and record the lap, split and heart rate data for individual runs. Runs are organized by date. Recorded data is accessed in DATA mode.

Lap and split times are displayed simultaneously. The primary display is centrally located and larger than the secondary display. You can select whether lap or split time occupies the primary display.

Lap time is the time required to go once around a track, or complete a segment of a run. Split time is the total time from the beginning of the run.

CHRONOGRAPH mode also features a heart rate recovery timer.



### START MEASURING A LAP

Press START/LAP.

### MARK LAP COMPLETION AND START NEXT LAP MEASUREMENT

Press START/LAP.

Lap/split time appears for 5 seconds, then the display returns to the overall time.

### STOP TIME MEASUREMENT

Press STOP.

The counting stops. The lap time and split time appear.

### RESTART TIME MEASUREMENT

Press START/LAP.

The counting continues.

### SAVE DATA FOR A RUN

The chronograph must be stopped to save data for a run. If the chronograph is running press STOP.

Press and hold STOP for 2 seconds. "HOLD to NEXT" is displayed. The chronograph resets and the data is stored in memory. Your next times will be stored as part of a new run.



## RESET CHRONOGRAPH

You can reset the chronograph without saving any data. The chronograph must be stopped to reset. If the chronograph is running press STOP.

Press and hold ADJUST/RESET for 2 seconds. "HOLD to CLEAR" is displayed. The chronograph resets.

## SWITCH THE PRIMARY DISPLAY BETWEEN LAP AND SPLIT TIME

Follow directions in *Making Adjustments to Mode Settings* to adjust the chronograph display. The chronograph must be stopped and reset to adjust the display.

## USING THE RECOVERY TIMER

The rate at which your heart rate returns to a predetermined level after exercise is a good indicator of physical fitness. As your fitness improves your heart rate should decrease more rapidly after exercise.

Your HRM Triax 100 will automatically begin measuring the time it takes for your heart rate to reach your predetermined recovery point as soon as you stop the chronograph. Your heart rate recovery time is accessed in DATA mode.

## DETERMINE A HEART RATE RECOVERY POINT

There are various formulas you can use to determine your heart rate recovery point, depending on your fitness goals and the details of your training regimen.

In general, your heart rate recovery point should be somewhere below your normal exercise heart rate and above your resting heart rate. As long as you consistently use the same recovery point you can make valid comparisons of recovery time.

Follow directions in *Making Adjustments to Mode Settings* to activate or de-activate the recovery timer, and to select a heart rate recovery point.



**RESET WITH SAVE**

Press and hold STOP to reset and save run data.



**RESET WITHOUT SAVE**

Press and hold ADJUST/RESET to reset without saving any data.

**DATA MODE**

In DATA mode you can recall timing and heart rate data for saved runs.

The HRM Triax 100 has a 100 lap memory, 32 run memory.

**SELECT A RUN**

Press STOP.

The run number and date of the run are displayed.

**VIEW DATA POINTS**

Press START/LAP repeatedly.

The following information is displayed:

- Date of run and run number
- Lap and split times and heart rate at each lap count
- Minimum and maximum heart rate for each run
- Best lap and average lap time
- Total time in zone and heart rate recovery time (if activated)

**ERASE DATA FOR AN INDIVIDUAL RUN**

Press the STOP button to select the run that you want to erase.

Press and hold ADJUST/RESET. "HOLD to CLEAR" flashes and you will hear a confirmation tone to indicate that the data for the selected run has been deleted.

*Note: When you delete a run the next run takes its place. For example, if you delete RUN 3 from memory, RUN 4 replaces RUN 3. If DATA memory becomes full during a run, delete that run and begin a new run.*

**ERASE ALL DATA**

Press and hold ADJUST/RESET button for an additional 4 seconds after erasing an individual run.

You will hear a continuous tone. "HOLD to CLEAR ALL" flashes in the display. After 7 seconds, [-- --] indicates that all data has been erased.

**TIMER**

TIMER mode features a 5-segment countdown timer. You can use this as an interval training tool by exercising at a higher intensity for a certain period of time, followed by a recovery interval at a lower intensity level.

You can set up to 5 timed segments for your workout. As each timer segment is completed the next begins. Set unused segments to zero.

**SELECT A TIMER**

Press STOP.

The selected timer will be the first to count down.

**SET THE TIMERS**

Follow directions in *Making Adjustments to Mode Settings* to set each countdown timer.

**START THE COUNTDOWN TIMER**

1. Set any or all 5 segments.
2. Press STOP to advance to the segment you want to start with.
3. Press START/LAP.

Countdown begins. When the countdown reaches zero, the timer beeps, and the countdown begins for the next segment. The number of completed timer cycles appears below the countdown display.

*NOTE: When the countdown is complete for all 5 segments, the cycle repeats. For example, when segment 1 is completed, segment 2 will begin. If segments 3, 4 and 5 are set to zero, segment 1 will begin at the completion of segment 2.*

**STOP THE TIMER DURING COUNTDOWN**

Press STOP.

**RESET TIMER**

When timer is stopped, press ADJUST/RESET.

Display returns to the original starting point.

## ALARM

In ALARM mode you can set two distinct alarms that will sound for 20 seconds, or until any button is pressed.

## SET AN ALARM

See *Making Adjustments to Mode Settings*.

*Note: Each alarm is active only in the time zone for which it is set.*

## ADVANCE TO THE NEXT ALARM

Press STOP.

The next alarm number appears at the bottom of the display.

## TURN THE ALARM ON AND OFF

Press START/LAP.

The word ON toggles off and on each time you press the button.



## NIKE ELECTROLITE DISPLAY

## ILLUMINATE THE DISPLAY

You can illuminate the display by pressing ELECTROLITE.

Activating the auto-Electrolite display feature illuminates the display at the press of any button.

## ACTIVATE THE AUTO-ELECTROLITE FEATURE

Press and hold ELECTROLITE for about 2 seconds.

The  symbol appears. The Electrolite display will illuminate at the press of any button.

## DE-ACTIVATE THE AUTO-ELECTROLITE FEATURE

Press and hold ELECTROLITE for about 2 seconds. The  symbol disappears.

*Note: To conserve battery life the auto-Electrolite feature will automatically turn off after 12 hours.*

## TROUBLESHOOTING

## WHAT IF THERE IS NO HEART RATE READING OR IT IS EXTREMELY ERRATIC?

- You may not have wet the sensors enough. If you are wearing the chest transmitter over clothing, try getting the clothing wet also.
- Sources of electromagnetic fields like appliances, computers and power lines can cause interference. Other heart rate monitors can cause interference also.
- You may not have the chest transmitter positioned correctly. Make sure the sensors (the grooved part) are flat against the skin.
- The battery on the chest transmitter may be weak. The battery should last for about 16 months if used one hour per day.

## SPECIFICATIONS

MODEL	Mode Limits	H <sub>2</sub> O Resistance	Materials	Battery Type
HRM Triax 100	Timer = 23:59'59" Chrono = 23:59'59"	5ATM	CRYSTAL = Mineral Glass CASE = Plastic Resin CASEBACK = Stainless Steel STRAP = Polyurethane BUCKLE = Stainless Steel	Watch: CR2032 Battery life: Approximately 1-2 years.  Chest Transmitter: Battery life: 16 months at 1 hour/day

## WARRANTY

### One Year Limited Warranty

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of one year from the date of original retail purchase. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs, or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, the defective parts or watch will be repaired or replaced, at Nike's option, with the same product (if available) or a similar product of equal price.

This limited warranty is in lieu of all other express or implied warranties, and excludes refund of the purchase price. In no event shall NIKE be liable for direct, indirect, incidental, or consequential damages arising out of the use of the watch, and any recovery is limited to the purchase price. No other person or company is authorized to change this limited warranty, and your dealer is solely responsible for any other warranties.