RUNNING SPEED CALIBRATION OF THE POLAR S625X

For the most accurate speed – and distance results Polar recommend the following calibration of the S1 running speed sensor.

Press the upper right button twice in the Time Of the Day display

1

Press OK and scroll to Speed set with the upper right button

2

Press ok twice (red)

3

4
Set the calibration distance, e.g. 1200 meters (3 laps on the inner lane of the track)
Polar recommend a minimum calibration distance of 1200 meters. The longer the distance, the better.
An accurate calibration distance (on a running track), gives the best results. A distance measured by a cycling computer is not the best way to optimize your running calibration.
Keep the foot with the S1 running speed-sensor on the start line. Press the red OK button and run at a steady pace (time has no effect on the calibration).

Use your normal running pace.
When you have reached the chosen distance, stand still on the "finishing line" for 15 seconds to allow the wrist unit to collect all the data. Press OK. (note that running/walking time has no effect on the calibration)

Do not adjust the distance displayed even if it differs from the actual distance which you ran. It is an essential part of the calibration formula.
If Calibration FAILED appears during calibration, please start over again. Calibrations FAILED appears if contact with the shoe sensor is interrupted. If you hold the wrist unit in front of you for more than 10 seconds after the calibration run, contact with the shoe sensor can be interrupted.
MANUAL CALIBRATION

Applies only if you know the exact calibration factor. E.g. if you use several pairs of running shoes and have more than one calibration factor.

1. Press the UP button
2. Press OK
3. If choosing manual, select a factor.

Actual distance
Factor = -------------------------- x Old factor in S625X
S625x displayed distance
Press OK

And

Press and hold the STOP button until Time Of the Day is displayed.

ENJOY YOUR EXERCISE