

The Unofficial Guide to Garmin fenix Profiles

Written by nub98

WARNING:

The following is a list of settings on the Garmin fenix GPS. I have made every effort to ensure these settings are accurate. However, please exercise care while editing the profiles on your GPS.

Please send corrections to joe@pilotorientedolutions.com.

30 May 2013

Version 3.33

(Updated to Firmware 3.30)

PROFILE SCRIPT AS SEEN IN EDITOR	SETTINGS		
<?xml version="1.0" encoding="UTF-8"?><Profile><Settings>	Opens Profile Settings		
<MsgTone>0</MsgTone>	Message Tone [matches "Message Vibrate" selection]		
	22 0 22 0	Tone Vibration Tone & Vibration None	
	Message Vibrate [matches "Message Tone" selection]		
	0 1 1 0	Tone Vibration Tone & Vibration None	
	Key Tones		
<KeyTone>0</KeyTone>	0 3	Off On	
	Backlight Time		
<BacklightTimeout>15</BacklightTimeout>	1 5 15 30 60 120	Stays On 5 Seconds 15 Seconds 30 Seconds 1 Minute 2 Minutes	
	Auto Light		
	<AutoLight>1</AutoLight>	0 1 2	Off After Sunset Always
		Opens Main Menu Selections	
		Main Menu Pages [duplicate for as many pages as needed]	
	<MmlItem>5</MmlItem>	11 22 15 21 20 23 7 19 17 2 1 14 8 18 5 10 13 16 9 6 12	Active Route Alerts Area Calc. Clock Coordinates FIT History Geocaches GPS Tools Hunt & Fish MOB POIs Profiles Routes Satellite Setup Share Data Sight 'N Go Sun & Moon Tracks Waypoints Wpt. Avg.

	25 26 27 24	Autopilot* Sail Race* Tack Assist* Tides* * - quatix specific items				
</MainMenu>	Closes Main Menu Selections					
<MapOrientation>1</MapOrientation>	Map Orientation					
	0 1	North Up Track Up				
<AutoZoom>1</AutoZoom>	Auto Zoom					
	0 1	Off On				
<GoToLine>2</GoToLine>	Go To Line					
	0 2	Bearing Course				
<MapPointsZoom>1</MapPointsZoom>	Map Points Zoom [setting based on selected "Distance Units"]					
	0	Off	Off	Off	Off	Off
	1	Auto	Auto	Auto	Auto	Auto
	2	5m	20ft	20ft	5yd	5m
	3	8m	30ft	30ft	10yd	8m
	4	12m	50ft	50ft	15yd	12m
	5	20m	80ft	80ft	25yd	20m
	6	30m	120ft	120ft	40yd	30m
	7	50m	200ft	200ft	60yd	50m
	8	80m	300ft	300ft	100yd	80m
	9	120m	500ft	500ft	150yd	120m
	10	200m	800ft	800ft	250yd	200m
	11	300m	0.2mi	0.2nm	0.2mi	0.2nm
	12	500m	0.3mi	0.3nm	0.3mi	0.3nm
	13	800m	0.5mi	0.5nm	0.5mi	0.5nm
	14	1.2km	0.8mi	0.8nm	0.8mi	0.8nm
	15	2km	1.2mi	1.2nm	1.2mi	1.2nm
	16	3km	2mi	2nm	2mi	2nm
	17	5km	3mi	3nm	3mi	3nm
	18	8km	5mi	5nm	5mi	5nm
	19	12km	8mi	8nm	8mi	8nm
	20	20km	12mi	12nm	12mi	12nm
	21	30km	20mi	20nm	20mi	20nm
	22	50km	30mi	30nm	30mi	30nm
	23	80km	50mi	50nm	50mi	50nm
	24	120km	80mi	80nm	80mi	80nm
	25	200km	120mi	120nm	120mi	120nm
	26	300km	200mi	200nm	200mi	200nm
27	500km	300mi	300nm	300mi	300nm	
28	800km	500mi	500nm	500mi	500nm	
<WaypointsZoom>1</WaypointsZoom>	[same setting as "Map Points Zoom"]					
<MarineColors>0</MarineColors>	Map Colors					
	0 2	Normal Marine				

<TrackRecordMethod>2</TrackRecordMethod>	Track Recording Method [matches "Training Indoors" setting]		
	2 0 1 1 3	Auto Distance Indoor Time UltraTrac	
	Track Recording Interval [for "Track Recording Method" of Distance]		
	###.000000 in meters		
	Track Recording Interval [for "Track Recording Method" of Auto]		
<TrackInterval>25.000000</TrackInterval>	7.5 15 25 35 50	Most Often More Often Normal Less Often Least Often	
	Track Recording Interval [for "Track Recording Method" of Time]		
	###.000000 in seconds		
	<UltraTracInterval>60</UltraTracInterval>		
	UltraTrac Recording Interval ## in seconds		
<AutoStart>0</AutoStart>	Auto Start Tracks		
	0 1	Off On	
<AutoSave>0</AutoSave>	Auto Save Tracks		
	0 1	Off On	
<AutoPause>0</AutoPause>	Auto Pause Tracks [matches "Ski Mode Auto Pause" setting]		
	0 1 0	Off On Ski Mode	
	Unused Settings		
<AnchorDrag>0</AnchorDrag>			
<AnchorDragDist>0.000000</AnchorDragDist>			
<OffCourse>0</OffCourse>			
<OffCourseDist>500.000000</OffCourseDist>			
<TimeFormat>0</TimeFormat>	Time Format		
	0 1	24-Hour 12-Hour	
<DstMode>2</DstMode>	Daylight Savings Time Mode		
	0 1 2	No Yes Automatic	
	Unused Setting		
<OtherTimeZone>0</OtherTimeZone>			
<TimeZone>28</TimeZone>	Time Zone		
	28 17 25 21 27 96	Automatic Samoa US Hawaii US Alaska US Pacific Mex. Pcf.	

	26	US Mtn.
	84	US AZ
	95	Mex. Mtn.
	23	US Cntrl
	94	Mex. Cntrl
	24	US East.
	101	Venezuela
	22	US Atlntc.
	16	Newfndland
	3	Brasilia
	13	Mid-Atlantic
	5	Cape Verde
	39	UTC
	31	EU West.
	39	Iceland
	32	EU Cntrl
	98	Windhoek
	99	Lagos
	4	Cairo
	33	EU East.
	88	Kaliningrad
	97	Cape Town
	14	Moscow
	92	Samara
	100	Riyadh
	19	Tehran
	15	Muscat
	11	Kabul
	10	Islamabad
	86	Ekaterinburg
	2	Bombay
	30	Kathmandu
	0	Almaty
	90	Novosibirsk
	1	Bangkok
	34	Jakarta
	89	Krasnoyarsk
	9	Hong Kong
	35	Perth
	87	Irkutsk
	20	Tokyo
	85	Chita
	6	Darwin
	36	Adelaide
	18	Sydney
	37	Brisbane
	38	Tasmania
	93	Vladivostok
	12	Magadan
	91	Petropav.-Kamch
	7	Eniwetok
	8	Fiji
	29	Auckland

<DistanceUnits>12</DistanceUnits>	Distance Units	
	9	Metric
	10	Statute
	12	Nautical (ft)
	58	Yards
	70	Nautical (m)
<ElevationUnits>8</ElevationUnits>	Elevation Units	
	8	Feet
	11	Meters
<VerticalSpeedUnits>30</VerticalSpeedUnits>	Vertical Speed Units	
	30	feet/min
	122	feet/hour
	35	meters/min
	50	meters/sec
	124	meters/hr
<DepthUnits>7</DepthUnits>	Depth Units	
	6	Fathoms
	7	Feet
	11	Meters
<TemperatureUnits>37</TemperatureUnits>	Temperature Units	
	37	Celsius
	38	Fahrenheit
<PressureUnits>26</PressureUnits>	Pressure Units	
	26	Inches (Hg)
	27	Millibars
	28	Hectopascals
	130	mmHg
<SensorMode>0</SensorMode>	Sensor Mode	
	0	On Demand
	1	Always On
<HeadingDisplay>0</HeadingDisplay>	Heading Display [matches "Compass Primary Letters" setting]	
	0	Letters/Deg.
	52	Letters/Mils
	0	Degrees
	52	Mils
<NorthReference>17</NorthReference>	North Reference	
	17	True
	18	Magnetic
	19	Grid
	57	User
<MagneticVariation>0.000000</MagneticVariation>	Magnetic Variation (from User)	
	###.000000	
<Compass>0</Compass>	Compass Mode [matches "Compass Mode" setting]	
	0	Auto
	0	On
	1	Off

<CompassAutoswitch>1</CompassAutoswitch>	Compass Auto Switch [matches "Compass Mode" setting]			
	1		Auto	
	0		On	
<AltimeterAutoCalAdv>1</AltimeterAutoCalAdv>	Altimeter Auto Cal Adv			
	0		Off	
	2		Continuous	
<BarometerMode>9</BarometerMode>	Barometer Mode			
	8		Amb. Press.	
	10		Variable	
<AltimeterPlotType>0</AltimeterPlotType>	Altimeter Plot Type			
	0		Elev/Time	
	1		Elev/Dist	
<UGridCat>0</UGridCat>	User Grid Category [matches "User Grid Sub-Category" setting]			
	0	UTM	3	Strgrph North Pole
	1	Lamb. Conic 1 Par.	3	Strgrph South Pole
	1	Lamb. Conic 2 Par.	3	Strgrph Oblique
	2	Obliq Mrctr Pt Az.	3	Strgrph Equatorial
<UGridSubCat>0</UGridSubCat>	User Grid Sub-Category [matches "User Grid Category" setting]			
	0	UTM	5	Strgrph North Pole
	1	Lamb. Conic 1 Par.	6	Strgrph South Pole
	2	Lamb. Conic 2 Par.	7	Strgrph Oblique
	3	Obliq Mrctr Pt Az.	8	Strgrph Equatorial
<UGridFE>1000000.000000</UGridFE>	User Grid False Easting			
	#####.000000 in meters			
<UGridFN>100000.000000</UGridFN>	User Grid False Northing			
	#####.000000 in meters			
<UGridK0>0.999600</UGridK0>	User Grid Scale			
	#.000000			
<UGridLono>-1.658063</UGridLono>	User Grid Lon Origin			
	#.000000			
<UGridFld7>0.000000</UGridFld7>	User Grid Lat Origin			
	User Grid Az. Of Center Line			
	User Grid Lat Pt 1 [depends on "User Grid Category" selection]			
<UGridFld8>0.000000</UGridFld8>	User Grid Lat Central Pt			
	User Grid Lat Parallel 1 [depends on "User Grid Category" selection]			
	#.000000			
<UGridFld9>0.000000</UGridFld9>	User Grid Lat Parallel 2			
	User Grid Lon Central Pt			
	User Grid Lon Pt 1 [depends on "User Grid Category" selection]			
#.000000				

<UGridLatPt2>0.000000</UGridLatPt2>	User Grid Lat Point 2 #.000000				
<UGridLonPt2>0.000000</UGridLonPt2>	User Grid Lon Point 2 #.000000				
<UDatumDF>0.000000</UDatumDF>	User Spheroid DF #.000000 in meters				
<UDatumDA>0.000000</UDatumDA>	User Spheroid DA #.000000 in meters				
<UDatumDX>0.000000</UDatumDX>	User Datum DX #.000000 in meters				
<UDatumDY>0.000000</UDatumDY>	User Datum DY #.000000 in meters				
<UDatumDZ>0.000000</UDatumDZ>	User Datum DZ #.000000 in meters				
<PosnFormat>1</PosnFormat>	Map Projection Position Format				
	0 1 2 39 41 3 29 33 43 31 4 36 9 10 11 12 13 14 15 16 17 6	hddd.ddddd° hddd°mm.mmm' hddd°mm'ss.s' Austrian Grid Borneo RSO British Grid Dutch Grid EOV Hungarian Estonian Grid Finnish Grid German Grid Icelandic Grid India Zone 0 India Zone IA India Zone IB India Zone IIA India Zone IIB India Zone IIIA India Zone IIIB India Zone IVA India Zone IVB Indonesian Equat.	7 8 5 37 44 25 19 20 21 38 30 32 34 22 42 23 24 35 26 28 27	Indonesian Irian Indonesian South. Irish (IG) Irish (ITM) Latvian TM Loran TD Maidenhead MGRS New Zealand New Zealand TM QNG Grid RT 90 South African Swedish Grid SWEREF 99 TM Swiss Grid Taiwan Grid US National UTM UPS W Malayan RSO User Grid	
	<DatumIdx>108</DatumIdx>	Map Projection Datum			
		0 1 2 3 4 5 6 9 7 8 10 11 12 13	Adindan Afgooye AIN EL ABD '70 Anna 1 Ast '65 ARC 1950 ARC 1960 Ascnsn Isl'd '58 Astr Dos 71/4 Astro B4 Sorol Astro Bcn "E" Astro Stn '52 Aus Geod '66 Aus Geod '84 Austria	53 54 55 56 57 58 59 60 61 62 63 64 65 66	Marco Astro Massawa Merchich Midwa Ast '61 Minna NAD27 Alaska NAD27 Bahamas NAD27 Canada NAD27 Canal Zn NAD27 Caribbn NAD27 Central NAD27 CONUS NAD27 Cuba NAD27 Grnland

	14	Bellevue (IGN)	67	NAD27 Mexico
	15	Bermuda 1957	68	NAD27 San Sal
	16	Bogota Observ	111	NAD83
	17	Campo Inchspe	72	Naparima BWI
	18	Canton Ast '66	69	Nhrwn Masirah
	19	Cape	70	Nhrwn Saudi A
	20	Cape Canavrl	71	Nhrwn United A
	21	Carthage	73	Obsrvtorio '66
	22	CH-1903	74	Old Egyptian
	23	Chatham 1971	75	Old Hawaiian
	24	Chua Astro	76	Oman
	25	Corrego Alegr	77	Ord Srvy GB
	107	Croatia	78	Pico De Las Nv
	26	Djakarta	79	Potsdam
	27	Dos 1968	81	Prov S Am '56
	105	Dutch	82	Prov S Chln '63
	28	Easter Islnd 67	80	Ptcairn Ast '67
	29	European 1950	83	Puerto Rico
	30	European 1979	84	Qatar National
	31	Finland Hayfrd	85	Qornoq
	32	Gandajika Base	86	Reunion
	110	GDA 94	87	Rome 1940
	33	Geod Datm '49	88	RT 90
	34	Guam 1963	89	Santo (Dos)
	35	Gux 1 Astro	90	Sao Braz
	36	Hjorsey 1955	91	Sapper Hill '43
	37	Hong Kong '63	92	Schwarzeck
	106	Hu-Tzu-Shan	95	SE Base
	39	Indian Bngldsh	94	South Asia
	40	Indian Thailand	93	Sth Amrcn '64
	41	Indonesia 74	96	SW Base
	42	Ireland 1965	38	Taiwan
	43	ISTS 073 Astro	97	Timbalai 1948
	44	Johnston Island	98	Tokyo
	45	Kandawala	99	Tristan Ast '68
	46	Kergueln Islnd	100	Viti Levu 1916
	47	Kertau 1948	101	Wake-Eniwetok
	48	L.C. S Astro	102	WGS 72
	49	Liberia 1964	108	WGS 84
	112	LK592	103	Zanderij
	50	Luzon Mindanao	109	None
	51	Luzon Philippine	104	User Datum
	52	Mahe 1971		

		Map Projection Spheroid			
<SpheroidIdx>18</SpheroidIdx>	1	Airy	13	Hough	
	2	Australian Natl	14	International	
	3	Bessel 1841	15	Krassovsky	
	4	Bessel 1841 Nam	8	Mod Everest	
	5	Clarke 1866	9	Mod Fischer	
	6	Clarke 1880	1	Modified Airy	
	7	Everest	16	S America 1969	
	20	Everest (Sarawak)	19	Taiwan	
	10	GRS 67	17	WGS 72	
	11	GRS 80	18	WGS 84	
	12	Helmert 1906	21	User Spheroid	
	<SymbolGroup>0</SymbolGroup>		Unused Setting		
	<HRSensorEnabled>0</HRSensorEnabled>		Heart Rate Sensor		
0			Off		
<CadenceSensorEnabled>0</CadenceSensorEnabled>		1	On		
		Cadence Sensor			
<TempeEnabled>0</TempeEnabled>		0	Off		
		1	On		
<ChirpSearchingEnabled>0</ChirpSearchingEnabled>		Tempe Sensor			
		0	Off		
<HoldUpKey>1</HoldUpKey>		1	On		
		Chirp Sensor			
<HoldDownKey>2</HoldDownKey>		0	Off		
		1	On		
		Hold Hot Key Settings			
		2	Start/Stop		
		3	Lap		
<DataPageBackKey>0</DataPageBackKey>		4	MOB		
		5	Flashlight		
		Hold Up Hot Key [see " Hold Hot Key Settings " above]			
		Hold Down Hot Key [see " Hold Hot Key Settings " above]			
		Data Page Hot Key Settings			
<DataPageUpKey>5</DataPageUpKey>		0	Time		
		1	Start/Stop		
		2	Lap		
		3	MOB		
		4	Flashlight		
<DataPageDownKey>5</DataPageDownKey>		5	Scroll Data		
		Data Page Back Hot Key [see " Data Page Hot Key Settings " above]			
		Data Page Up Hot Key [see " Data Page Hot Key Settings " above]			
		Data Page Down Hot Key [see " Data Page Hot Key Settings " above]			

	Alert Notification Settings	
	0	Tone
	1	Vibration
	2	Tone & Vib
	3	None
	Alert Activation Settings	
	0	Off
	1	On
	Distance Unit Settings	
	7	feet
	9	kilometers
	10	miles
	11	meters
	58	yards
	Speed Unit Settings	
	1	km/h
	32	kt
	33	mph
<ProxAlertNotification>2</ProxAlertNotification>	Proximity Alert Notification [see " Alert Notification Settings " above]	
<DistIntervalAlert>	Opens Distance Interval Alerts	
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]	
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]	
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]	
<Value>5000.000000</Value>	Value ###.000000 in meters	
<Units>9</Units>	Units [see " Distance Unit Settings " above]	
</DistIntervalAlert>	Closes Distance Interval Alerts	
<DistDestinationAlert>	Opens Distance from Destination Alerts	
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]	
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]	
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]	
<Value>5000.000000</Value>	Value ###.000000 in meters	
<Units>9</Units>	Units [see " Distance Unit Settings " above]	
</DistDestinationAlert>	Closes Distance from Destination Alerts	
<DistOffCourseAlert>	Opens Distance Off Course Alerts	
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]	
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]	
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]	

<Value>5000.000000</Value>	Value ###.000000 in meters
<Units>9</Units>	Units [see " Distance Unit Settings " above]
</DistOffCourseAlert>	Closes Distance Off Course Alerts
<SpeedMinAlert>	Opens Speed Minimum Alert
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>194.384449</Value>	Value ###.000000 in seconds/10 meters
<Units>32</Units>	Units [see " Speed Unit Settings " above]
</SpeedMinAlert>	Closes Speed Minimum Alert
<SpeedMaxAlert>	Opens Speed Maximum Alert
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>194.384449</Value>	Value ###.000000 in seconds/10 meters
<Units>32</Units>	Units [see " Speed Unit Settings " above]
</SpeedMaxAlert>	Closes Speed Maximum Alert
<TimeIntervalAlert>	Opens Time Interval Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Time>0</Time>	Time ###.000000 in seconds
</TimeIntervalAlert>	Closes Time Interval Alerts
<TimeSunsetAlert>	Opens Time to Sunset Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Time>0</Time>	Time ###.000000 in seconds
</TimeSunsetAlert>	Closes Time to Sunset Alerts
<TimeETAAlert>	Opens Time to ETA Alerts

<Active>0</Active>	Alert [same as “Set” setting] [see “ Alert Activation Settings ” above]
<Set>0</Set>	Set [same as “Alert” setting] [see “ Alert Activation Settings ” above]
<Notification>2</Notification>	Notification [see “ Alert Notification Settings ” above]
<Time>0</Time>	Time
	###.000000 in seconds
</TimeETAAlert>	Closes Time to ETA Alerts
<ElevMinAlert>	Opens Minimum Elevation Alerts
<Active>0</Active>	Alert [same as “Set” setting] [see “ Alert Activation Settings ” above]
<Set>0</Set>	Set [same as “Alert” setting] [see “ Alert Activation Settings ” above]
<Notification>2</Notification>	Notification [see “ Alert Notification Settings ” above]
<Value>5000.000000</Value>	Value
	###.000000 in meters
<Units>9</Units>	Units [see “ Distance Unit Settings ” above]
</ElevMinAlert>	Closes Minimum Elevation Alerts
<ElevMaxAlert>	Opens Maximum Elevation Alerts
<Active>0</Active>	Alert [same as “Set” setting] [see “ Alert Activation Settings ” above]
<Set>0</Set>	Set [same as “Alert” setting] [see “ Alert Activation Settings ” above]
<Notification>2</Notification>	Notification [see “ Alert Notification Settings ” above]
<Value>5000.000000</Value>	Value
	###.000000 in meters
<Units>9</Units>	Units [see “ Distance Unit Settings ” above]
</ElevMaxAlert>	Closes Maximum Elevation Alerts
<ElevAscentAlert>	Opens Ascent Elevation Alerts
<Active>0</Active>	Alert [same as “Set” setting] [see “ Alert Activation Settings ” above]
<Set>0</Set>	Set [same as “Alert” setting] [see “ Alert Activation Settings ” above]
<Notification>2</Notification>	Notification [see “ Alert Notification Settings ” above]
<Value>5000.000000</Value>	Value
	###.000000 in meters
<Units>9</Units>	Units [see “ Distance Unit Settings ” above]
</ElevAscentAlert>	Closes Ascent Elevation Alerts
<ElevDescentAlert>	Opens Descent Elevation Alerts
<Active>0</Active>	Alert [same as “Set” setting] [see “ Alert Activation Settings ” above]
<Set>0</Set>	Set [same as “Alert” setting] [see “ Alert Activation Settings ” above]

<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>5000.000000</Value>	Value ###.000000 in meters
<Units>9</Units>	Units [see " Distance Unit Settings " above]
</ElevDescentAlert>	Closes Descent Elevation Alerts
<NavArrivalPointsAlert>	Opens Nav Point Arrival Alerts
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
</NavArrivalPointsAlert>	Closes Nav Point Arrival Alerts
<NavArrivalTracksAlert>	Opens Nav Track Arrival Alerts
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
</NavArrivalTracksAlert>	Closes Nav Track Arrival Alerts
<NavArrivalRoutesAlert>	Opens Nav Route Arrival Alerts
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
</NavArrivalRoutesAlert>	Closes Nav Route Arrival Alerts
<PaceMinAlert>	Opens Minimum Pace Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Time>0</Time>	Time ###.000000 in seconds
</PaceMinAlert>	Closes Minimum Pace Alerts
<PaceMaxAlert>	Opens Maximum Pace Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Time>0</Time>	Time ###.000000 in seconds
</PaceMaxAlert>	Closes Maximum Pace Alerts
<HRMinAlert>	Opens Minimum Heart Rate Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]

<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>60.000000</Value>	Value ###.000000 in BPM
</HRMinAlert>	Closes Minimum Heart Rate Alerts
<HRMaxAlert>	Opens Maximum Heart Rate Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>180.000000</Value>	Value ###.000000 in BPM
</HRMaxAlert>	Closes Maximum Heart Rate Alerts
<HRZoneAlert>	Opens Heart Rate Zone Change Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>1.000000</Value>	Value #.000000 in Zones
</HRZoneAlert>	Closes Heart Rate Zone Change Alerts
<CadMinAlert>	Opens Minimum Cadence Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>60.000000</Value>	Value ##.000000 in RPM
</CadMinAlert>	Closes Minimum Cadence Alerts
<CadMaxAlert>	Opens Maximum Cadence Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]
<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]
<Value>180.000000</Value>	Value ###.000000 in RPM
</CadMaxAlert>	Closes Maximum Cadence Alerts
<BattPercentAlert>	Opens Low Battery Percent Alerts
<Active>0</Active>	Alert [same as "Set" setting] [see " Alert Activation Settings " above]
<Set>0</Set>	Set [same as "Alert" setting] [see " Alert Activation Settings " above]

<Notification>2</Notification>	Notification [see " Alert Notification Settings " above]			
<Value>5.000000</Value>	Value			
</BattPercentAlert>	Closes Low Battery Percent Alerts			
<TimePageLayout>1</TimePageLayout>	Time Page Layout – Time Display			
	0			HH:MM
	1			HH:MMss
	2			Large HH, Stacked mm & ss
	3			Large HH
<SecondsStyle>1</SecondsStyle>	Time Page Layout – Seconds Style			
	0			None
	1			2 Ticks
	2			2 Ticks (Inverted)
	3			4 Ticks
	4			4 Ticks (Inverted)
	5			10 Ticks Fading
	6			30 Ticks
	7			60 Ticks
	8			Filling/Clearing
	9			Filled to Minutes
	10			2 Ticks & Filled to Minutes
				60 Ticks Filling Randomly
<TimePageData>2</TimePageData>	Time Page Layout – Date Display [top and bottom data]			
	0			None/Day dd
	1			None/dd mmm
	2			Day/dd mmm
	3			Battery %/Day dd
	4			Day dd/Battery %, Sunrise
<TimePageIcons>1</TimePageIcons>	Time Page Layout – Page Icons			
	0			Hide
	1			Show
<DataPage>	Open Data Page Settings [each page must have a separate data page section]			
<DataPageType>3</DataPageType>	Data Page Layout Type			
	3	Alt. Zones	3	Map
	3	Altimeter	3	Temp.
	3	Barometer	3	Time
	3	Cadence	0	1 Field
	3	Compass	1	2 Fields
	4	Dual Grid	2	3 Fields
	3	Heart Rate		

	Name			
	<DataPageName>5</DataPageName>	1796	Alt. Zones	10
	5	Altimeter	8	Temp.
	7	Barometer	11	Time
	12	Cadence	2	1 Field
	9	Compass	3	2 Fields
	1	Dual Grid	4	3 Fields
	13	Heart Rate		
<DataPageField1>	Open Data Page Field 1 Settings			
	Field 1			
	255	Alt. Zones	68	LAP CAD
	255	Altimeter	70	LAP DESCNT
	255	Barometer	69	LAP DIST
	255	Cadence	95	LAP HR
	255	Compass	71	LAP HR %
	45	Dual Grid	72	LAP PACE
	255	Heart Rate	86	LAP SPEED
	255	Map	73	LAP TIME
	255	Temp.	87	LAP TOTAL
	83	Time	74	LAPS
	47	ACCURACY	66	LLAP ASCNT
	37	AMB PRESS	76	LLAP CAD
	31	ASCENT	77	LLAP DECNT
	39	AVG ASCENT	75	LLAP DIST
	60	AVG CAD	78	LLAP HR
	61	AVG DESCENT	80	LLAP PACE
	32	AVG HR	79	LLAP SPD
	94	AVG HR %	88	LLAP TIME
	62	AVG LAP	34	MAX ASCENT
	55	AVG PACE	33	MAX DESCNT
	21	AVG SPEED	35	MAX ELEV TN
	51	BAROMETER	92	MAX SPEED
	38	BATTERY	19	MAX TEMP
	0	BEARING	36	MIN ELEV TN
	63	CADENCE	20	MIN TEMP
	50	CALORIES	91	MOV'N AVG
	64	CMP HDNG	24	MOV'N TIME
	1	COMPASS	5	NEXT DEST
	53	COURSE	4	NEXT DIST
	56	DATE	6	NEXT ETA
	23	DESCENT	89	NEXT ETE
	40	DISTANCE	7	NEXT VDST
	97	ELAPSED	83	NONE
	8	ELEVATION	2	ODOMETER
	12	FINAL DEST	22	OFF COURSE
	9	FINAL DIST	81	PACE
	11	FINAL ETA	96	SPEED
	10	FINAL ETE	13	STEPS
	85	FINAL VDST	25	STOP TIME
	41	FINAL VSPD	14	STOPWATCH
	43	GLIDE RATIO	82	SUNRISE
	52	GPS	15	SUNSET
	58	GPS ELEV TN	26	TEMP
<DataPageField>255</DataPageField>				

	57	GPS HDNG	48	TIME
	42	GR DEST	54	TIMER
	16	GRADE	28	TO COURSE
	59	HEADING	3	TOD
	49	HEART RATE	90	TRACK DIST
	65	HR % MAX	17	TURN
	93	HR ZONE	44	VERT SPEED
	67	LAP ASCNT	18	VMG
	Field 1 Label			
<DataPageFieldLabel>0</DataPageFieldLabel>	0	Alt. Zones	0	Map
	0	Altimeter	0	Temp.
	0	Barometer	0	Time
	0	Cadence	1	1 Field
	0	Compass	1	2 Fields
	1	Dual Grid	1	3 Fields
	0	Heart Rate		
</DataPageField1>	Close Data Page Field 1 Settings			
<DataPageField2>	Open Data Page Field 2 Settings			
	Field 2			
<DataPageField>255</DataPageField>	Same as Field 1 except: 83		Same as Field 1 except: 1 Field	
	Field 2 Label			
<DataPageFieldLabel>0</DataPageFieldLabel>	0	Alt. Zones	0	Map
	0	Altimeter	0	Temp.
	0	Barometer	0	Time
	0	Cadence	0	1 Field
	0	Compass	1	2 Fields
	1	Dual Grid	1	3 Fields
	0	Heart Rate		
</DataPageField2>	Close Data Page Field 2 Settings			
<DataPageField3>	Open Data Page Field 3 Settings			
	Field 3			
<DataPageField>255</DataPageField>	Same as Field 1 except: 83		Same as Field 1 except: 1 Field	
	83		2 Fields	
	Field 3 Label			
<DataPageFieldLabel>0</DataPageFieldLabel>	0	Alt. Zones	0	Map
	0	Altimeter	0	Temp.
	0	Barometer	0	Time
	0	Cadence	0	1 Field
	0	Compass	0	2 Fields
	0	Dual Grid	1	3 Fields
	0	Heart Rate		
</DataPageField3>	Close Data Page Field 3 Settings			
	Page ID			
<DataPageIdx>0</DataPageIdx>	8	Alt. Zones	4	Map
	0	Altimeter	2	Temp.
	1	Barometer	7	Time
	6	Cadence	8	1 Field
	3	Compass	8	2 Fields
	8	Dual Grid	8	3 Fields
	5	Heart Rate		

	Page Custom ID			
<DataPageCustomIdx>255</DataPageCustomIdx>	255	Alt. Zones	255	Map
	255	Altimeter	255	Temp.
	255	Barometer	1	Time
	255	Cadence	255	1 Field
	255	Compass	255	2 Fields
	0	Dual Grid	255	3 Fields
	255	Heart Rate		
</DataPage>	Close Data Page Settings			
<NavDataPage>	Open Nav Data Page Settings [each page must have a separate data page section]			
<DataPageType>3</DataPageType>	All Nav Data Page Settings are the same as those used for Data Pages			
<DataPageName>5</DataPageName>				
<DataPageField1>				
<DataPageField>255</DataPageField>				
<DataPageFieldLabel>0</DataPageFieldLabel>				
</DataPageField1>				
<DataPageField2>				
<DataPageField>255</DataPageField>				
<DataPageFieldLabel>0</DataPageFieldLabel>				
</DataPageField2>				
<DataPageField3>				
<DataPageField>255</DataPageField>				
<DataPageFieldLabel>0</DataPageFieldLabel>				
</DataPageField3>				
<DataPageIdx>0</DataPageIdx>				
<DataPageCustomIdx>255</DataPageCustomIdx>				
</NavDataPage>	Close Nav Data Page Settings			
<IndoorDataPage>	Open Indoor Data Page Settings [each page must have a separate data page section]			
<DataPageType>3</DataPageType>	All Indoor Data Page Settings are the same as those used for Data Pages			
<DataPageName>5</DataPageName>				
<DataPageField1>				
<DataPageField>255</DataPageField>				
<DataPageFieldLabel>0</DataPageFieldLabel>				
</DataPageField1>				
<DataPageField2>				
<DataPageField>255</DataPageField>				
<DataPageFieldLabel>0</DataPageFieldLabel>				
</DataPageField2>				
<DataPageField3>				
<DataPageField>255</DataPageField>				
<DataPageFieldLabel>0</DataPageFieldLabel>				
</DataPageField3>				
<DataPageIdx>0</DataPageIdx>				
<DataPageCustomIdx>255</DataPageCustomIdx>				
</IndoorDataPage>	Close Indoor Data Page Settings			
<FitProfileAge>36</FitProfileAge>	User Age			
	## in year			

<FitProfileHeight>173</FitProfileHeight>	User Height	
	### in centimeters	
<FitProfileWeight>816</FitProfileWeight>	User Weight	
	### in hectograms	
<FitProfileGender>1</FitProfileGender>	User Gender	
	0	Female
	1	Male
<FitProfileLifeAthlete>0</FitProfileLifeAthlete>	User Lifetime Athlete	
	0	No
	1	Yes
<FitProfileHRZone1>92.000000</FitProfileHRZone1>	User Heart Rate Zone 1	
	##.000000 in BPM	
<FitProfileHRZone2>110.400000</FitProfileHRZone2>	User Heart Rate Zone 2	
	###.000000 in BPM	
<FitProfileHRZone3>128.800000</FitProfileHRZone3>	User Heart Rate Zone 3	
	###.000000 in BPM	
<FitProfileHRZone4>147.200000</FitProfileHRZone4>	User Heart Rate Zone 4	
	###.000000 in BPM	
<FitProfileHRZone5>165.600000</FitProfileHRZone5>	User Heart Rate Zone 5	
	###.000000 in BPM	
<FitProfileMaxHR>184.000000</FitProfileMaxHR>	User Maximum Heart Rate	
	###.000000 in BPM	
<FitProfileAutoLap>0</FitProfileAutoLap>	Auto Lap [matches "Ski Mode Auto Lap" setting]	
	0	Off
	1	Distance
	0	Ski Mode
<FitProfileAutoLapDist>10000.000000</FitProfileAutoLapDist>	Auto Lap Distance [for "Auto Lap" setting of Distance]	
	#.000000 in meter	
<FITActivity>1</FITActivity>	FIT Activity Type	
	0	Other
	1	Running
	2	Cycling
<FileOutputGPX>1</FileOutputGPX>	GPX File Output [matches "FIT File Output" setting]	
	1	GPX
	1	GPX/FIT
	0	FIT
<FileOutputFIT>1</FileOutputFIT>	FIT File Output [matches "GPX File Output" setting]	
	0	GPX
	1	GPX/FIT
	1	FIT
<CompassPrimaryLetters>1</CompassPrimaryLetters>	Compass Primary Letters [matches "Heading Display" setting]	
	1	Letters/Deg.
	1	Letters/Mils
	0	Degrees
	0	Mils

	Training Indoors [matches "Track Recording Method" setting]	
<TrainingIndoors>0</TrainingIndoors>	0 0 1 0 0	Auto Distance Indoor Time UltraTrac
	Foot Pod Speed	
<FootPodSpeed>1</FootPodSpeed>	0 1 2	Off Indoor Always On
	Foot Pod	
<FootPod>0</FootPod>	0 1	Off On
	Bike Speed	
<SpdCadSpeed>1</SpdCadSpeed>	0 1 2	Off Indoor Always On
<UserWritten>1</UserWritten>	Unused Settings	
<AutoAddFitHistory>1</AutoAddFitHistory>		
<FoodPodCalFactor>1000</FoodPodCalFactor>		
<SpdCadWheelSize>2100</SpdCadWheelSize>		
<SpdCadAutoCal>0</SpdCadAutoCal>		
	Auto Pause Notification	
<AutoPauseNtfcn>2</AutoPauseNtfcn>	0 1 2 3	Tone Vibration Tone & Vib None
	Auto Lap Notification	
<AutoLapNtfcn>2</AutoLapNtfcn>	0 1 2 3	Tone Vibration Tone & Vib None
	3D Speed	
<ThreeDSpeed>1</ThreeDSpeed>	0 1	Off On
	3D Distance	
<ThreeDDistance>1</ThreeDDistance>	0 1	Off On
	Ski Mode Auto Lap [matches "Auto Lap" setting]	
<SkiModeAutoLap>0</SkiModeAutoLap>	0 0 1	Off Distance Ski Mode
	Ski Mode Auto Pause	
<SkiModeAutoPause>0</SkiModeAutoPause>	0 0 1	Off Distance Ski Mode
</Settings></Profile>		

Data Field Descriptions

(Extracted from May 2013 fenix Owner's Manual)

Some data fields require you to be navigating or require ANT+ accessories to display data.

ACCURACY (GPS): The margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 feet (3.65 m).

AMB PRESS (ambient pressure): The uncalibrated environmental pressure.

ASCENT (ascent total): The total elevation distance ascended since the last reset.

AVG ASCENT (average ascent): The average vertical distance of ascent since the last reset

AVG CAD (average cadence): The average cadence for the current activity.

AVG DESCNT (average descent): The average vertical distance of descent since the last reset.

AVG HR (average heart rate): The average heart rate for the current activity.

AVG HR% (average heart rate percentage): The average percentage of maximum heart rate for the current activity.

AVG LAP (average lap): The average lap time for the current activity.

AVG PACE (average pace): The average pace for the current activity.

AVG SPEED (average speed overall): The average speed while moving and stopped since the last reset.

BAROMETER: The calibrated current pressure.

BATTERY: The remaining battery power.

BEARING: The direction from your current location to a destination. You must be navigating for this data to appear.

CADENCE: The revolutions of the crank arm or strides per minute. Your device must be connected to a cadence accessory.

CALORIES: The amount of total calories burned.

CMP HDNG (compass heading): The direction you are moving based on the compass.

COMPASS: A visual representation of the direction in which the device is pointing.

COURSE: The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.

DATE: The current day, month, and year.

DESCENT (descent total): The total elevation distance descended since the last reset.

DISTANCE (trip odometer): A running tally of the distance traveled since the last reset.

ELEVATION: The altitude of your current location above or below sea level.

FINAL DEST (final destination): The last point on the route to the destination. You must be navigating for this data to appear.

FINAL DIST (distance to final destination): The remaining distance to the final destination. You must be navigating for this data to appear.

FINAL ETA (final estimated time of arrival): The estimated time of day you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

FINAL ETE (final estimated time en route): The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

FINAL LOC (final location): The last point on the route or course.

FINAL VDST (final vertical distance to destination): The elevation distance between your current position and the final destination. You must be navigating for this data to appear.

FINAL VSPD (final vertical speed to destination): The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.

GLIDE RATIO: The ratio of horizontal distance traveled to the change in vertical distance.

GPS (signal strength): The strength of the GPS satellite signal.

GPS ELEV (GPS elevation): The altitude of your current location using GPS.

GPS HDNG (GPS heading): The direction you are moving based on GPS.

GRADE: The calculation of rise (elevation) over run (distance). For example, if for every 10 feet (3 m) you climb you travel 200 feet (60 m), the grade is 5%.

GR DEST (glide ratio to destination): The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.

HEADING: The direction you are moving.

HEART RATE: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR% MAX (heart rate percentage maximum): The percentage of maximum heart rate.

HR ZONE (heart rate zone): The current range of heart rate (1 to 5). The default zones are based on your user profile, maximum heart rate, and resting heart rate.

LAP ASCNT (lap ascent): The vertical distance of ascent for the current lap.

LAP CAD (lap cadence): The average cadence for the current lap.

LAP DESCNT (lap descent): The vertical distance of descent for the current lap.

LAP DIST (lap distance): The distance traveled for the current lap.

LAP HR (lap heart rate): The average heart rate for the current lap.

LAP HR% (lap heart rate percentage): The average percentage of maximum heart rate for the current lap.

LAP PACE: The average pace for the current lap.

LAPS: The number of laps completed for the current activity.

LAP SPEED: The average speed for the current lap.

LAP TIME: The stopwatch time for the current lap.

LAP TOTAL: The stopwatch time for all the completed laps.

LAT/LON (latitude/longitude): The current position in latitude and longitude regardless of the selected position format setting.

LLAP ASCNT (last lap ascent): The vertical distance of ascent for the last completed lap.

LLAP CAD (last lap cadence): The average cadence for the last completed lap.

LLAP DECNT (last lap descent): The vertical distance of descent for the last completed lap.

LLAP DIST (last lap distance): The distance traveled for the last completed lap.

LLAP HR (last lap heart rate): The average heart rate for the last completed lap.

LLAP PACE (last lap pace): The average pace for the last completed lap.

LLAP SPD (last lap speed): The average speed for the last completed lap.

LLAP TIME (last lap time): The stopwatch time for the last completed lap.

LOCATION: The current position using the selected position format setting.

MAX ASCENT (maximum ascent): The maximum rate of ascent in feet per minute or meters per minute since the last reset.

MAX DESCNT (maximum descent): The maximum rate of descent in feet per minute or meters per minute since the last reset.

MAX ELEVTVN {maximum elevation): The highest elevation reached since the last reset.

MAX SPEED (maximum speed): The highest speed reached since the last reset.

MAX TEMP (maximum temperature): The maximum temperature recorded in the last 24 hours.

MIN ELEVTVN (minimum elevation): The lowest elevation reached since the last reset.

MIN TEMP (minimum temperature): The minimum temperature recorded in the last 24 hours.

MOV'N AVG (moving average): The average speed while moving since the last reset.

MOV'N TIME (moving time): A running tally of the time spent moving since the last reset.

NEXT DEST (next destination): The next point on the route. You must be navigating for this data to appear.

NEXT DIST (distance to next waypoint): The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

NEXT ETA (next estimated time of arrival): The estimated time of day you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

NEXT ETE (next estimated time en route): The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

NEXT VDST (next vertical distance): The elevation distance between your current position and the next waypoint in the route. You must be navigating for this data to appear.

NONE: This is a blank data field.

ODOMETER: A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

OFF COURSE: The distance to the left or right by which you have strayed from the original path of travel. You must be navigating for this data to appear.

PACE: The current pace.

SPEED: The current rate of travel.

STEPS: The number of steps recorded by the foot pod.

STOP TIME: A running tally of the time spent not moving since the last reset.

STOPWATCH: The stopwatch time for the current activity.

SUNRISE: The time of sunrise based on your GPS position.

SUNSET: The time of sunset based on your GPS position.

TEMP (temperature): The temperature of the air. Your body temperature affects the temperature sensor.

TIME: A running tally of the total time spent moving and not moving since the last reset.

TIMER: The current time of the countdown timer.

TO COURSE: The direction in which you must move to get back on the route. You must be navigating for this data to appear.

TOD (time of day): The current time of day based on your current location and time settings (format, time zone, daylight saving time).

TRACK DIST (track distance): The distance traveled for the current track.

TURN: The angle of difference (in degrees) between the bearing to your destination and your current course. L means turn left. R means turn right. You must be navigating for this data to appear.

VERT SPEED (vertical speed): The rate of ascent or descent overtime.

VMG (velocity made good): The speed at which you are dosing on a destination along a route. You must be navigating for this data to appear.

Altimeter and Barometric Readings

Sensor	Fixed	Variable
Altimeter with GPS On	Elevation is equal to GPS elevation.	Elevation reflects changes in ambient pressure and GPS position.
Barometer with GPS On	Barometric pressure reading reflects changes in ambient pressure and changes in GPS position. Using the barometer at a constant altitude results in accurate readings.	Barometric pressure reading reflects changes in ambient pressure and changes in GPS position.
Altimeter with GPS Off	Elevation remains constant.	Elevation reflects changes in ambient pressure.
Barometer with GPS Off	Barometric pressure reading reflects changes in ambient pressure. Using the barometer at a constant altitude results in accurate readings.	Barometric pressure reading is based on the calibrated altitude and changes in ambient pressure.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50-60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60-70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70-80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80-90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90-100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power