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1 Connect The Device To Your Computer Using The USB Cable (page 3). 2 Go To Www.garminconnect.com. 3 Select Getting Started. 4 Follow The On-screen Instructions. Using Run And Walk Intervals NOTE: You Must Set Up The Run/walk Feature Before Starting A Run. After You Star Apr 4th, 2024

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#### **FORERUNNER 410 - Garmin**

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