

Cancel

Run Workout

Save

Overview

Notes

Add Notes

Steps

-  **Warm Up**  
Lap Button Press  
-  **Run**  
1 mi  
-  **Cool Down**  
Lap Button Press  

Garmin will store your workout for you to use on your device or in Garmin Connect and will not share it with others.

+ Add Step

 Add Repeat

# Garmin 49user Guide

**Jason D. O'Grady**



## **Garmin 49user Guide:**

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