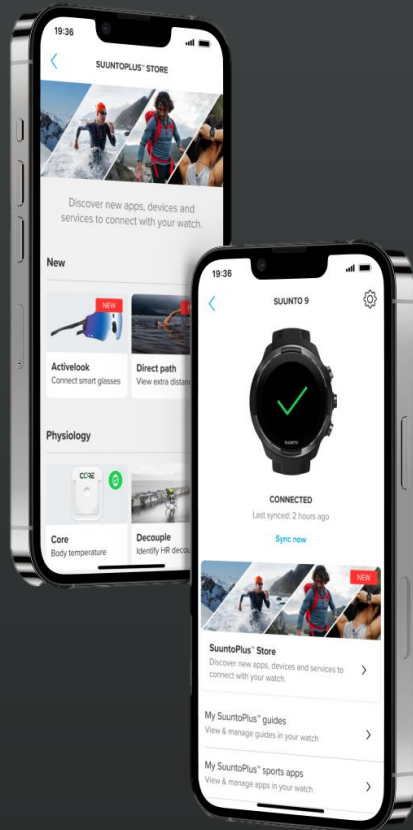# SuuntoPlus Sport apps Q3-2023

NEW SUUNTOPLUS SPORT APPS

- *Suuntoplus sports apps volume and versatility has been growing rapidly in last 12 months. The latest release in September 21st brings 14 new sports apps*

- *The new sport apps are using latest technical capabilities such as use of settings via Suunto App, use of acceleration in measurement as well as new interactions in form of score counting.*

- *All the Suuntoplus sport apps are available via SuuntoPlus store, the list of new apps can be also found from:* https://www.suunto.com/sports/News-Articles-container-page/discover-dozens-of-suuntoplus-sport-apps-for-your-suunto

Training & Physiology

Physiology insights
Movement*
Fused zones*
Peak Power*
Peak Pace*
HR zones*
Trainingpeaks with heartrate
Trainingpeaks with power
Trainingpeaks with pace
Strava relative effort
Burner

Training Tools
Manual interval(pace)
Manual interval(power)
Manual interval(hills)
Sprint with power
Sprint with pace
Loop with speed
Loop with power
Loop with hr
Ghost Runner

Fitness Testing-
FTP Test
Cooper Test
Treshold Test
Decouple
Bleep Test

Racing
Race nutrition*
Race companion*
Backyard ultra*
UlltraRaceTime
Marathon estimator
HalfMaraton Estimator

Sport specific

Score-Golf*
Score-Tennis*
Socre-Badminton*
Score-Soccer*
Scorer*
Gym timer*
Surfer
Shoe tester
Running Economy
Disc golf
Tabata
SwimRun
Cadence Coach
Sail Racer
Duathlon
SwimTimer

Outdoor experience

Emergengy (ICE)
Weather forecast
DirectPath
RaceTime
Drink Alert
LastKmPace
CO2 app
Moon
Sun
Big Numbers
Climb
Safe
Variometer
Weather
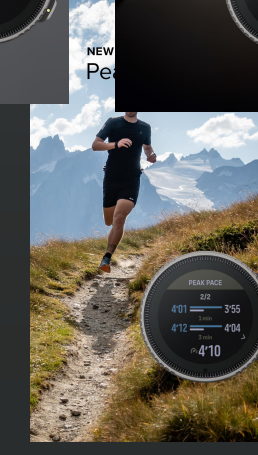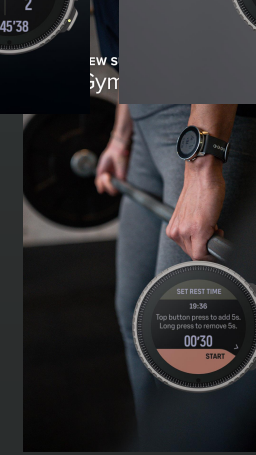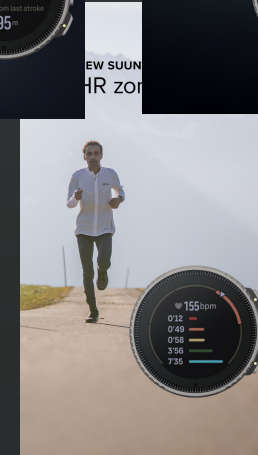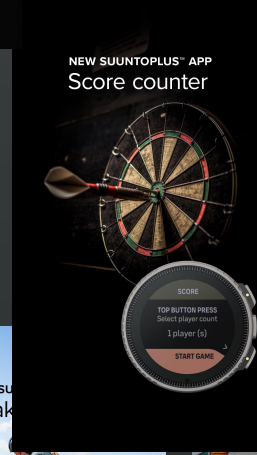
Devices

Activelook smart glasses
Core body temperature
Train.red muscle oxygen

*new sport apps in september

New sport apps
Published today!

Racing tools
Training & Physiology insight
Tools to track the ball & raquet sports

NEW SUUNTOPLUS™ APP
Race nutrition

NEW SUUNTOPLUS™ APP
Race companion

NEW SUUNTOPLUS™ APP
Backyard ultra

NEW SUUNTOPLUS™ APP
Golf

NEW SUUNTOPLUS™ APP
Tennis

NEW SUUNTOPLUS™ APP
Soccer

NEW SUUNTOPLUS™ APP
Badminton

NEW SUUNTOPLUS™ APP
Score counter

NEW SUUNTO... APP
Movem...

NEW SUUN...
HR zon...

NEW S...
Gym...

NEW ...
Pea...

NEW SU...
Peak...

NEW SUUNTOPLUS™ APP
...used zones

NEW SUUNTOPLUS SPORT APPS
PUBLISHED ON 21ST OF SEPTEMER

New tools for training!

Peak power
Track the hard sprints and efforts on your wrist. Get the biggest 30s power and go again!

Peak Pace
Track the peak pace efforst on your run, push yourself to fastest 1min pace!
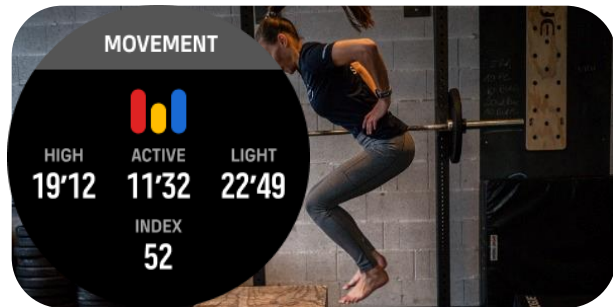
Movement
Follow your movement with wrist acceleration to follow the overall workout intensity. Get the insights of those rapid efforts

Fused zones
Keep up on the right intenisty in guideline which illustrates the current zone based on pace, power and hr.
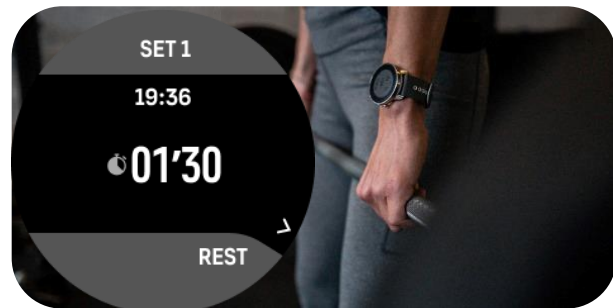
Gym Timer
Follow the recovery time between the sets. Adjust as needed and the go again!
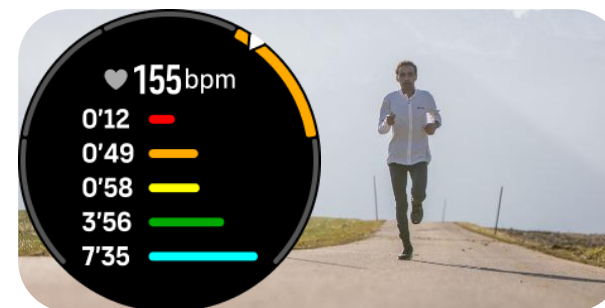
Hr zones
Follow the cumulative heartrate zones on one screen. Great to keep the intensity on target.

SUUNTOPLUS SPORT APPS
PUBLISHED ON 21ST OF SEPTEMBER

New tools for to keep score in ball & rackquet sports!

Score - Soccer
Keep up with the game score and get alerted with the half time.

Score- Golf
Count the each strike and measure the distance of the drives with the hand gofl score sport app.

Score Badminton
Keep up with the badminton game score with the handty tool.
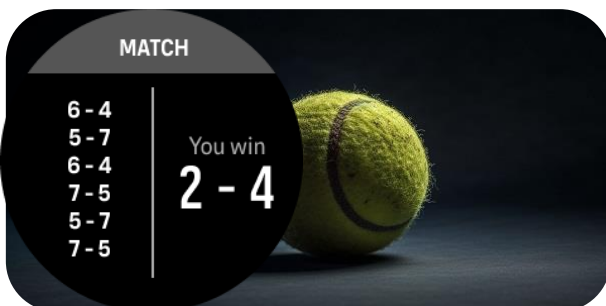
Score-Tennis
Keep the game stats on your wrist with the hand tool to count your and your opponent points.

Score counter
Counter for any game, play with 1-4 players and keep the results on your wrist.

NEW SUUNTOPLUS SPORT APPS
PUBLISHED ON 21ST OF SEPTEMER

New tools for racing!
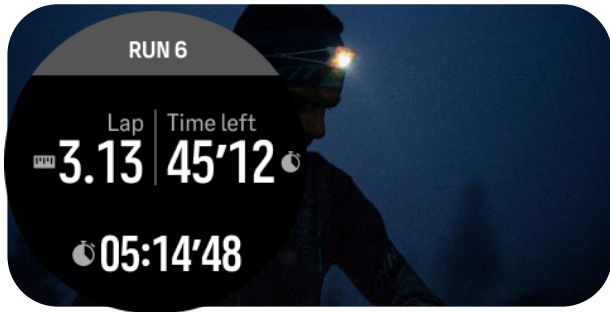
Backyard ultra
Race companion for Backyard Ultra races. Follow each 6.7km loop ant keep track when to go next!

Race nutrition
Keep you race nutrition plan on your wrist. Give the next planner info when its time to eat.

Race companion
Follow the key segments while racing the difficult terrain, when its next aid station, when the climb ends.

SUUNTOPLUS SPORT APPS
For devices

SUUNTOPLUS SPORT APPS

Device companies- New Train.Red

Train.red
Follow your muscle oxygen levels with Train.red sensors on your wrist. The data is also available in after analysis.

Activelook
Activelook smart glasses connectected to Suunto watch displays the speed, pace, power data on the fly
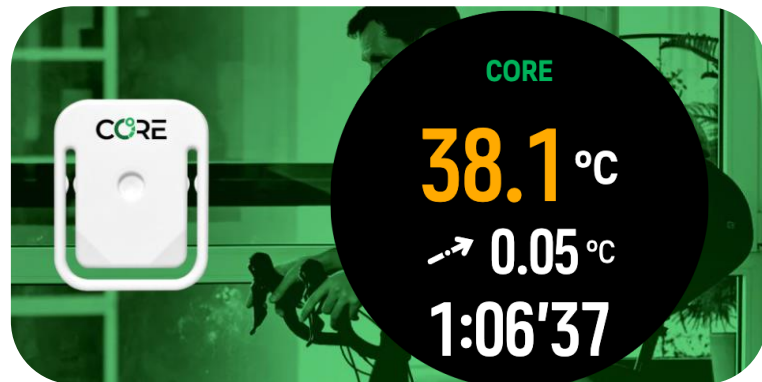
Core sensor
Core body temperature - A vital metric for health and performance

SUUNTOPLUS SPORT APPS
PUBLISHED JUNE 2023

Longer description for each app can be found at end "suuntoplus catalogue section later in this presentation

SUUNTOPLUS SPORT APPS
PUBLISHED JUNE 2023

Weather forecast
Keep the forecasted weather in our wrist while doing the long ride or hike.

ICE
Store the ICE information in your wrist, if you dont move the watch will start to alert to get attenton

Disc Golf
Keep track of each disc golf throw and see the distance thrown.

Shoe Tester
Follow test protocol to test different shoes to see which are the fastest for you.

Surfer
Count each wave in surfing automatically. Each wave is also stored as laps for your suf sesson
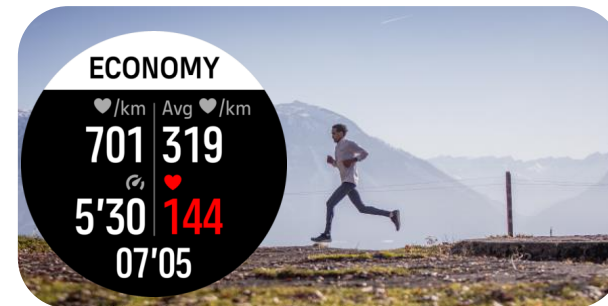
Running economy
Follow the running economy with heartrate vs. Pace.Illustrates you beats / kilometer value.

SUUNTOPLUS SPORT APPS
PUBLISHED FEBRUARY 2023

Longer description for each app can be found at end "suuntoplus catalogue section later in this presentation

SUUNTOPLUS SPORT APPS

PUBLISHED FEBRUARY 2023

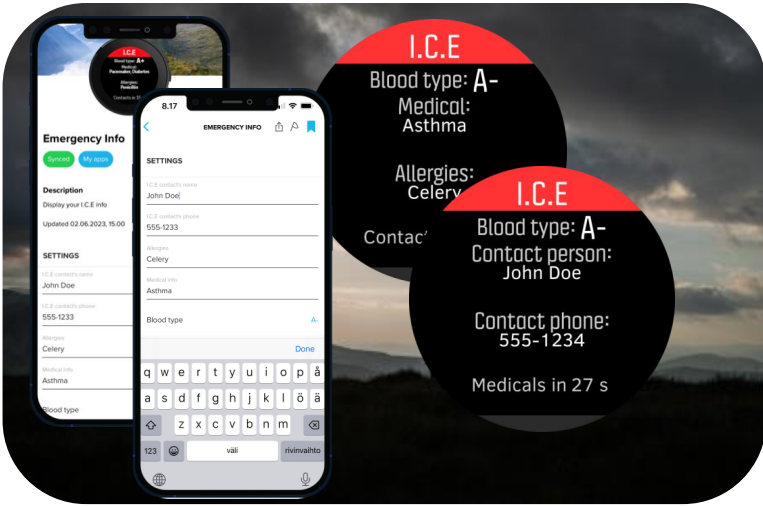*New training tools to push you!*
New SuuntoPlus sport apps to help you to get most out of your next workout.

Hill repeats
Get live results from each hill repeat with manually controlled efforts.

Manual intervals
Control your intervals sets without preplanning. See each rep results in recovery and keep track of your rep volume.

Intervals for ride
Control your intervals with cycling power See each rep results in recovery and keep track of your rep volume.
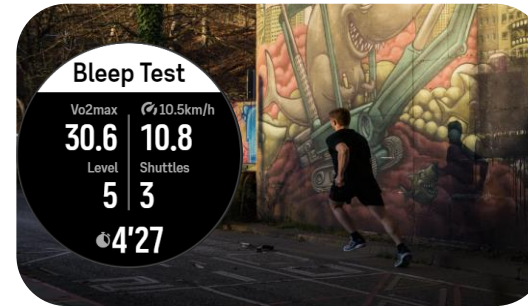
Bleep test
Gauge your fitness with one of most popular fitness protocol. Also known as shuttle test.

Swim timer
Get automatic rep counting with recovery periods for your swim sets.

SUUNTOPLUS SPORT APPS
PUBLISHED FEBRUARY 2023

Race season is coming!
Get most out of your race with these new sport apps for your Suunto watch

Half Marathon
Get live estimate for finishing time in your half marathon race.

Marathon
Get live estimate for finishing time in your marathon race.
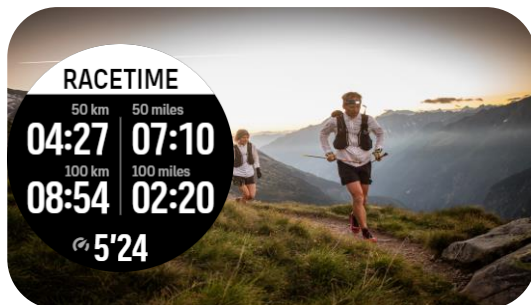
Ultraracetime
Pace data shown with commong ultra race distances.

Duathlon
Live stats to run –ride –run race, changes automatically in transistions

Swimrun
Live stats from swin-to-run to swim. Each segment stats to follow while racing.

Sail Race
Race timer to optimize start and gives you trim speed while sailing.

SUUNTOPLUS SPORT APPS
PUBLISHED FEBRUARY 2023

Enjoy the outdoors!
These sport apps help you to get most out of your oudoor expeerience.

Sun
Get live sun state from your watch, to ensure you dont leave to darknes.

Moon
Find the current moon state so that you can find your way in moonlight!

Co2e
Every step counts. Now you can also follow how much Co2 you are saving by going by foot

Last km
Rolling last kilometer stats. Helps you to pace even in technical terrain.
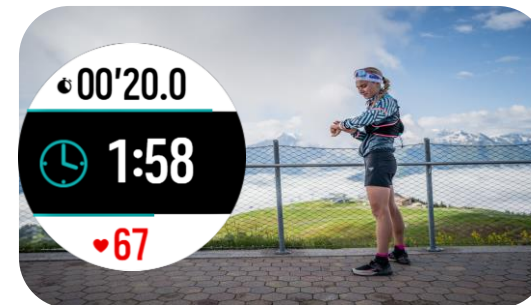
Big numbers
While in nature, it helps to get data cleary with big numbers. The app rotates the key stats in three big numbers.

SUUNTOPLUS SPORT APPS
PUBLISHED OCTOBER 2022

Longer description for each app can be found at end "suuntoplus catalogue section later in this presentation

SUUNTOPLUS SPORT APPS
PUBLISHED IN OCTOBER 2022

Decouple
Tool to understand aerobic long distance condition with de-coupling efect

Cadence coach
Helps you running technique to echance your running cadence & stride lenght

An-Aerobic run test
follow your treshold pace progress and set your training zones

FTP test
to esimate you functional treshold power and provide zone 4/5 limit to set you training power zones

Direct path
Gives you direct distances traveled vs. your track for open water swim, sailing, paraglidig, orienteering

Racetime
Gives you real time race times based on your live running pace

Cooper test
to estimate you vo2 max, 10km & 21km race times

Drink reminder
Reminder to keep you hydrated during longer workouts in different conditions

Sail Race
Race timer to optimize start and gives you trim speed while sailing.

Tabata Trainer
The most commong cirtcuit training timer.

SUUNTOPLUS SPORT APPS
OLDER THAN 12 MONTHS

Longer description for each app can be found at end "suuntoplus catalogue section later in this presentation

SUUNTOPLUS SPORT APPS
AVAILABLE PRIOR AUTUM 2022

SPRINT- Automatic sprint counter with power and pace

BURNER– oxidation of your fat & carbohydrates in grams

WEATHER – bara trends, storm alarms, eta before sunset, water temperature in one

SAFE- lat/long data from the current place with direct path to safety

CLIMB – Stats for long cilmbs or hill repetitions with normlalized graded pace, inclinee % and more

STRAVA – Live Relative effort to adjust your effort

GHOST RUNNER- pace yourself against a virtual runner

LOOP– Automatic loop stats for cyclocross, mtb, cross-country skiing etc getting the stats for each loop

TRAININGPEAKS - Live training stress, normalized power, normalized graded pace

VARIOMETER - Paragliders tool to follow the up/down streams

Suuntoplus sports app catalogue

Backyard ultra

The Backyard Ultra is a running event where runners will run 6.7km each hour. As long as they last.

The feature works without any interaction, when running in backyard ultra you will be tired. Extremely tired. The Backyard Ultra sports app will be your companion.

How to use

The sports app has two states, run and rest.

- Run: While in a 6.7km run the sports app shows you the distance covered in this loop and the time left.

- Rest: While resting you can follow the time left until the 1h time is at the end. So if you did the 6.7km in 35 minutes, you will have 25 minutes to rest.

- Both states also show the total duration and distance covered.

- The sports app also saves the number of 6.7 loops you did for the Suunto App after analysis.

Race companion

Race Companion

During long races, it's difficult to remember and know what critical parts will be going on next, and where to keep your mind focused. Many athletes try to add check notes on bike stem or write this information on their arm to know what's coming next. Are there tactical aspects you need to think "At the 85k mark, push 110% effort to get rid of the company". Race Companion gives athletes a simple tool to get key information with them to the race. Add the technical sections, aid stations, key climbs, and more. Watch will show you the current section and upcoming section, so you are aware of what is coming up.

How to use

The watch shows you the current section and upcoming section based on the distance you have covered. As your workout continues, the race companion shows you the next section as needed.

When you save the Race companion from the SuuntoPlus store to my sports app, you can add & edit each of the sections on the mobile phone.

- First 5km, "flat road"

- Following 1km, "technical with some rocks"

- Following 300m, "aid station"
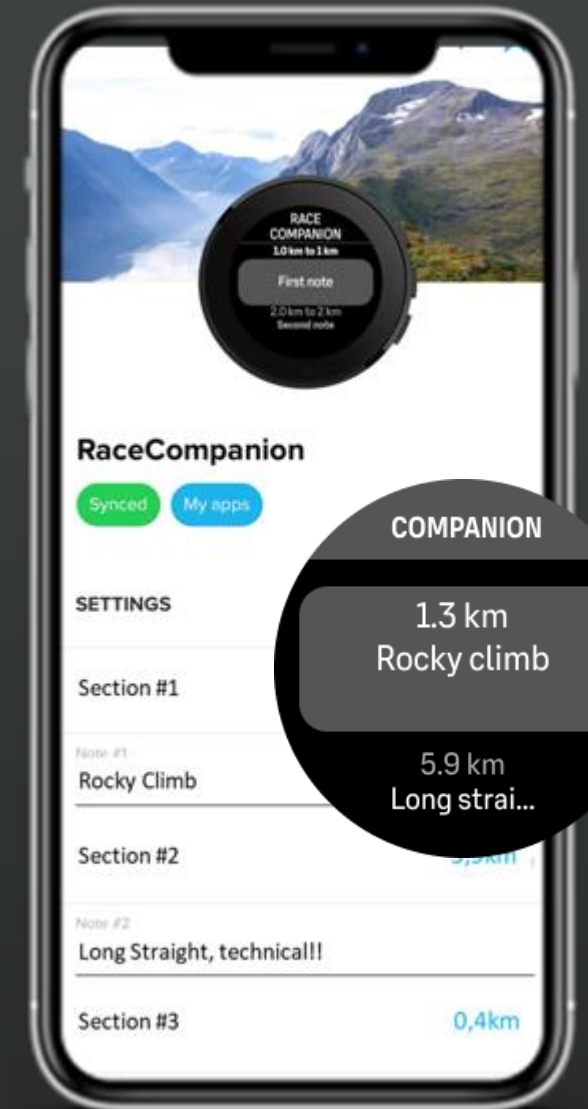
Race nutrition

Race Nutrition

Athletes who are racing for longer races such as marathons, ultra runs, or triathlon races are planning their hydration and energy intake requirements. Depending on the athlete these usually consist of the volume of carbohydrates, sodium and caffeine levels. During the race, the challenge is usually ensuring that there is enough intake at the right time.

The planning usually consists of the following: Preplan the carbohydrate volume for an hour, ensure enough caffeine, and calculate the sodium levels. Based on this, the athlete wants to try to execute the plan during the race. The race is usually hectic, so it's difficult to keep up with the number of gels, etc. taken. Different athletes have different ways to do this.

With this sports app, athletes can set the timing for each intake and then follow the plan while flying down the mountains.

NUTRITION #3

One gel, one salt tablet

0:01'30
to next

How to use

The watch shows you the current section and upcoming section based on the time of the race/effort. As your workout continues, the sports app gives you the next item to eat or drink, based on your plan.

When you save the Race Nutrition from SuuntoPlus store to my sports app, you can add & edit each of the sections on he mobile phone.

- First 15min, "water"

- Following 10min, "take a gel"

- Following 20min, "salt tablet"

Heartrate zones

The heart rate zones are used to follow the workout intensity. This sports app shows you the cumulative time on each zone during the workout. If you want to keep your long easy run at the aerobic level you can ensure this by following the total time growing in zone 1 and 2.

The hr zones sports app can also be used to follow the cumulative time covered in higher intensities, so in an interval workout, it might be hard to follow the time spent in zone 4 or 5 as the workout is split into multiple higher efforts.

How to use

The Heartrate Zone Sports app shows the cumulative time in each of the five intensity zones.

As you are working out the total duration gathered in each of the zones is shown, which helps you to understand how well you are able to stay in the right intensity level. The sports app also gives you a way to ensure you are gathering enough time at a higher intensity when doing interval sessions.

Learn more

You can read more about training intensity and different zones

- [Suunto Training zones](#)

- [How to setup the intensity zones](#)
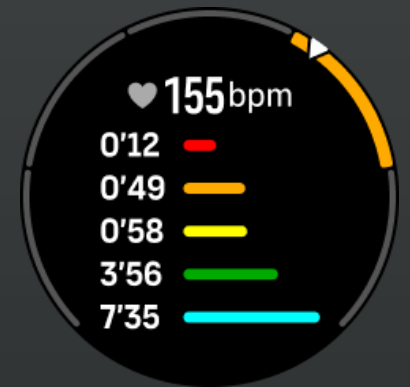
Peak Pace

Peak pace gives you real-time statistics of your peak efforts on your run. The peak pace keeps track of your fastest average pace in 10s, 30s, 1min, and 3min time periods. You can follow the real-time current pace on these same time periods.

How to use

This helps you to track your effort done in sprints or reach a higher pace in tempo runs.

The watch shows you two screens where:

- The first one has peak pace for 10s and 30s

- The second one has peak pace for 1min and 3min
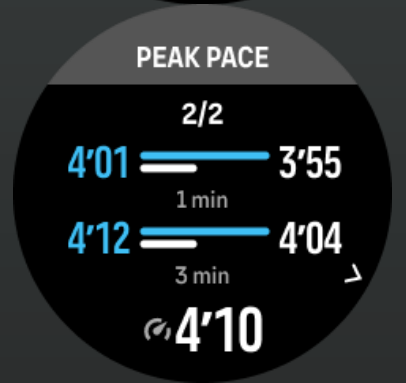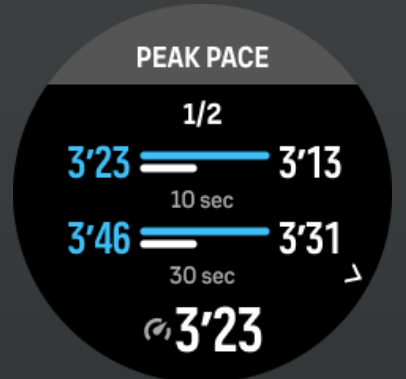
Peak Power

Peak power gives you real-time statistics of your peak efforts. The peak power sport app keeps track of your highest average power in 10s, 30s, 1min, and 3min time periods for your ride. You can also follow real-time your latest power numbers in these same time periods.

This helps you to track your efforts done in sprints or interval types of rides.

How to use

The sports app shows you the highest power of the ride with the comparison of the latest power for the same given period. For example, you can follow the highest power for 3min on this ride compared to your last 3 minutes.

The watch shows you two screens where:

• The first one has peak power for 10s and 30s

• The second one has peak power for 1min and 3min
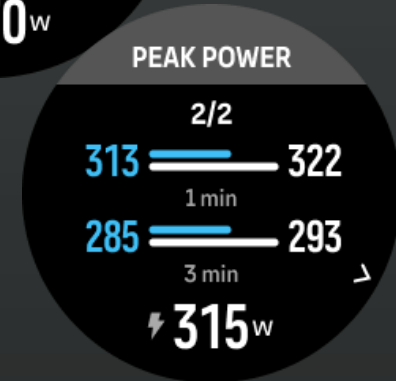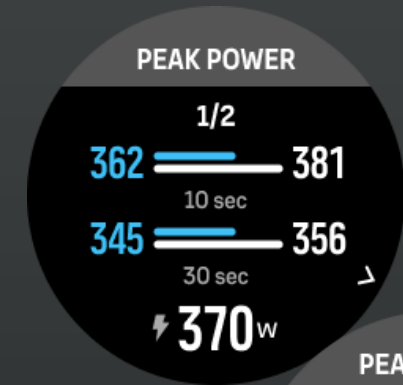
Fused Zones

Fused Zones show which intensity level you are currently in with the best fitting value from heart rate, pace, and power.

How to use

The sports app compares your heart rate, pace, and power intensity zones selects the highest zone you are in, and switches to the value to keep an eye on the right value.

For example, when you start sprinting your pace will reach immediately zone 5 even when your heart rate is still in lower values in zone 1 or 2. The Fused Zone Sport app shows that you are now running in zone 5 and highlights the current pace. In a similar manner, when you stop at the traffic lights in high tempo run. The pace drops, but your heart rate still remains at a higher zone value. The heart rate is now in focus and you can follow how fast you recover with the heart rate. . To make the most out of your intensity zones, ensure your zones are set correctly. You can find these from settings->training.

Learn more

Learn more about training intensity and zones

- [Suunto Training zones](#)

- [How to setup the intensity zones](#)
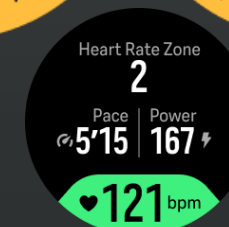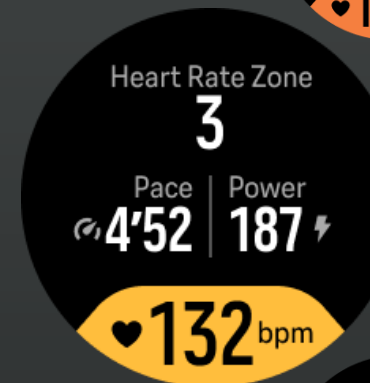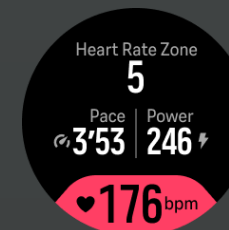
Backyard ultra

Backyard Ultra

The Backyard Ultra is a running event where runners will run 6.7km each hour. As long as they last.

The feature works without any interaction, when running in backyard ultra you will be tired. Extremely tired. The Backyard Ultra sports app will be your companion.

How to use

The sports app has two states, run and rest.

- Run - While in a 6.7km run the sports app shows you the distance covered in this loop and the time left.

- Rest - While resting you can follow the time left until the 1h time is at the end. So if you did the 6.7km in 35 minutes, you will have 25 minutes to rest.

- Both states also show the total duration and distance covered.

The sports app also saves the number of 6.7 loops you did for the Suunto App after analysis.

Movement

Movement

This sports app measures your movement with wrist acceleration.

This sports app gives you deeper insights on racket sports, ball sports, and team sports as you do not need to solely rely on the heart rate which is slow to react on these sports which include a high volume of sprints and bursts. This gives new types of insights into sports that involve rapid movements. This sports app will help you quantify the amount of rest and active time you had during the game. To see when you were sitting on the bench vs. having the highest efforts in the game.

How to use

The sports app shows the total duration of the three Movement zones high, active, and light as well as provides you movement index.

- The time accumulated in high movement represents the time that you have been doing the higher-energy sprints and jumps.

- The active duration is the cumulation of time in the movement where you have been running and playing actively.

- The light duration is the time you have been resting on the bench between game sets, or walking from one workout set to another.

- The Movement index quantifies the total volume of movement in the workout, so you can follow how much sprinting, jumping, and change of direction was there in the exercise.

The overall movement intensity can be also viewed in the Suunto App afterward and can be analyzed with other data such as heart rate.

It is good to understand that the measurement is done with your watch on the wrist, so the ability of the Movement Sports app to quantify the overall body movement is limited. However, when using the sports apps regularly in a given activity, you are able to compare the movement values from one workout to another.
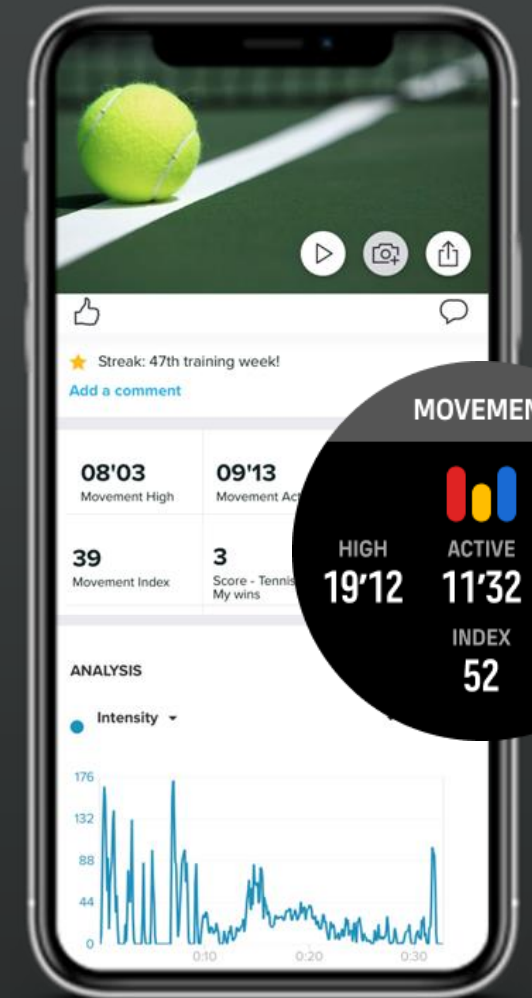
Gym timer

The gym timer can be used to follow the rest times of a workout. After each set of efforts, you can follow a predefined rest time prior next set. You can use as much time as you want in your squats or bench presses, but after the set is done, press the lower button and follow the countdown rest timer. This ensures you have enough recovery to optimize your strength session. Rest periods can be set on the mobile app and on the watch. On the watch, you have a chance to edit the default rest time permanently during warmup. During each rest, you can add or remove from the current rest time. This won't affect the default rest time.

How to use

The watch has three states: warmup, work, and rest.

The gym timer is a simple tool to use during strength sessions:

- When you start the exercise, the gym timer is in warmup mode. Stop the warmup with the lower button

- The watch will then be in a working state, so do your squats, barbell curls, etc. Once ready, press the lower button

- Now you will be in rest mode, the rest countdown timer is 30s in default. Wait for the rest time to end and go back to work.

During the rest, you can add or remove time for the recovery by upper or lower button. The change will be in 15-second increments and will be remembered for the next rest period.

The rest time can also be updated in the Sport App settings.

- Once you have saved the Gym Timer from the SuuntoPlus Store to your own sports apps you are able to set the rest time.
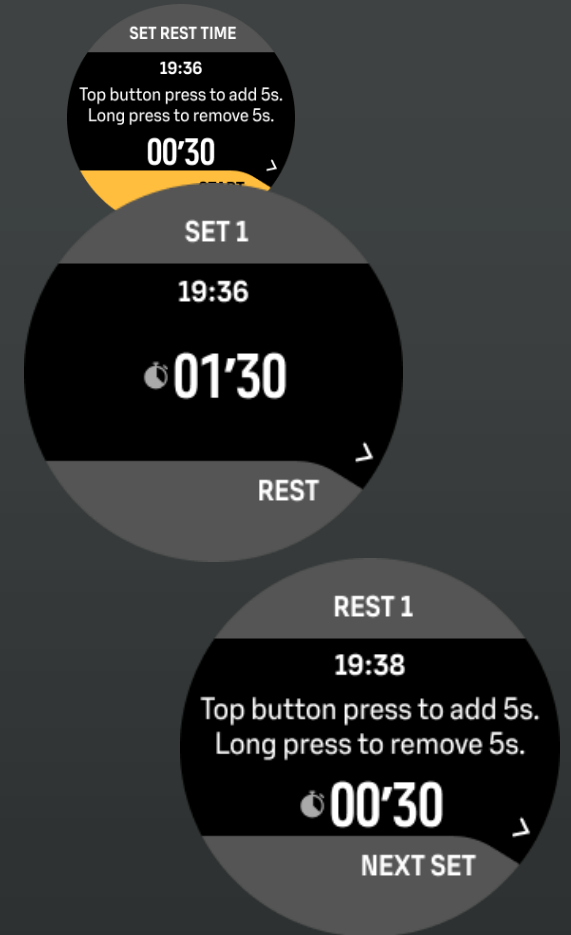
Golf Score

The golf score sports app is a handy tool for keeping count of the number of strikes during a golf game.

In the sport app, you can add each strike and also get the distance achieved while walking to the ball.

How to use

How to keep the score during the game:

- Add the score with a button press. If a mistake is made, a long press on the upper button can deduct the score.

- You can follow on the screen the number of strokes and the distance you achieved.

- Each stroke distance is also shown in the graph in the Suunto app after the workout with the total score.

GOLF

TOP BUTTON PRESS
Add stroke

TOP LONG PRESS
Remove stroke

START GAME

GOLF

Strokes

5

Distance from last stroke

95ᵐ
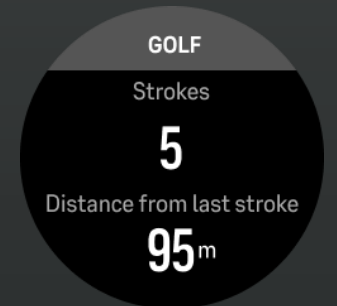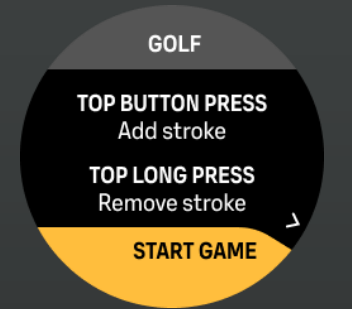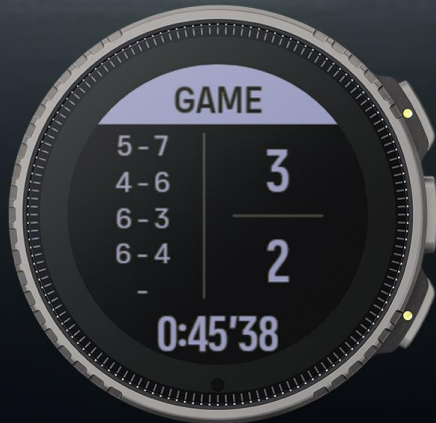
Tennis

Tennis score sports app is a handy tool for keeping the tennis score on your wrist while playing.

In the sport app, you can add scores to you and your opponent, so you don't lose count.

You can follow the status of the match, with the result of each game. You can also set the required matches for winning and the app will inform you when either one of you wins. Or you can play infinitely, even after someone wins.

How to use

How to play and follow the score:

- The upper button adds the score to you and the lower button to your opponent

- Long press can be used to remove the score from your or your opponent

- Once the game is won by either side, it will be added to match result and new game is started.

The app adds a lap to your workout after each game, so you can afterward also analyse the duration of each game and your effort on these.
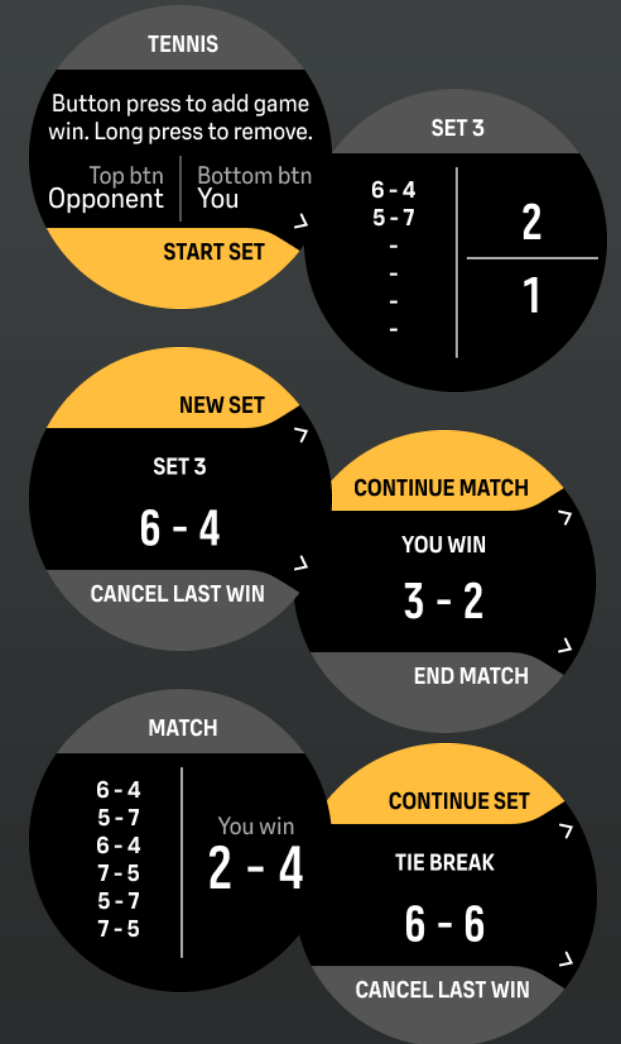
Soccer Score

The soccer score sports app is a handy tool for keeping the match statistics on your wrist while playing.

In the sports app, you can add scores to your and your opponent's. You can also see how much time there is left on each half.

How to use

How to keep the score during the game:

- The upper button adds the score to you and the lower button to your opponent

- Long press can be used to remove the score from your or your opponent

The app will show the match score, how many goals your team has done, and how many your opponent The app also shows you the remaining time of a given period with a countdown timer of 45 minutes.

After the 45 minutes have passed, you get the alert and overtime is started. You can stop this with a long press of the middle button. You start the second half with the lower button.

The app adds laps to both half times, so you can afterward also analyze the duration of each game and your effort on these.
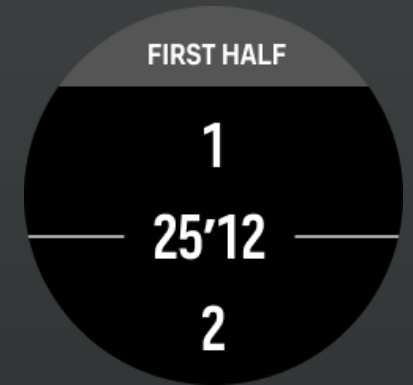
Badminton Score

The badminton score sports app is a handy tool for keeping the badminton game score on your wrist while playing.

In the sport app, you can add scores to you and your opponent, so you don't get lost on the match stats.

You can follow the status of the match, with the result of each game. The app will inform you when either one of you wins 2 matches. After that, you can play infinitely, even after someone wins.

How to use

How to keep the score during the game:

- *The upper button adds the score to you and the lower button to your opponent*

- *Long press can be used to remove the score from your or your opponent*

- *Once the game is won by either side, it will be added to the match result, and the new game is started.*

The app adds a lap to your workout after each game, so you can afterward also an

Score counter

Score counter

Score sports app is a handy tool for keeping the score count while playing games. In the sports app, you can add a score to your or select a number of opponents. You can set the number of players in sports app settings when the score suuntoplus sports app has been saved to my sports apps. In settings, you can define the number of players as one, two, three, or four-player games.

How to use

You can play with:

One player

- Watch shows the points you have received.

Interaction to add & remove score
- upper button to add a score with a button press for me
- upper button with long press deducts

Two players

Watch shows the points for you and your opponent:
- Upper value: opponent points | Lower value: own points

Interaction to add & remove score
- upper button to add score with a button press for me
- upper button with long press deduct if a mistake was made for me.
- lower button to add score with a button press for the opponent
- lower button with long press deduct if a mistake was made for the opponent

Three players / Four-players

Watch shows the points for you and your opponents:
- Upper field: Player 1
- Mid filed: Player 2
- Lower field: Player 3
- Lowest field: Player 4

Interaction to add & remove score
- lower to select player
- upper button to add score with a button press for the selected player
- upper button long press to add score with a button press for the selected player

SCORE

Current score

6

0:01'30

SCORE

Player 1

4

Player 2

2

SCORE

Player 1

0

Player 2   Player 3

1   **1**

SCORE

Player 1   Player 2

0   **1**

Player 3   Player 4

1   **1**

SCORE

TOP BUTTON PRESS
Select player count

1 player (s)

START GAME

SCORE

TOP BUTTON PRESS
Select player count

1 player (s)

START GAME

ICE
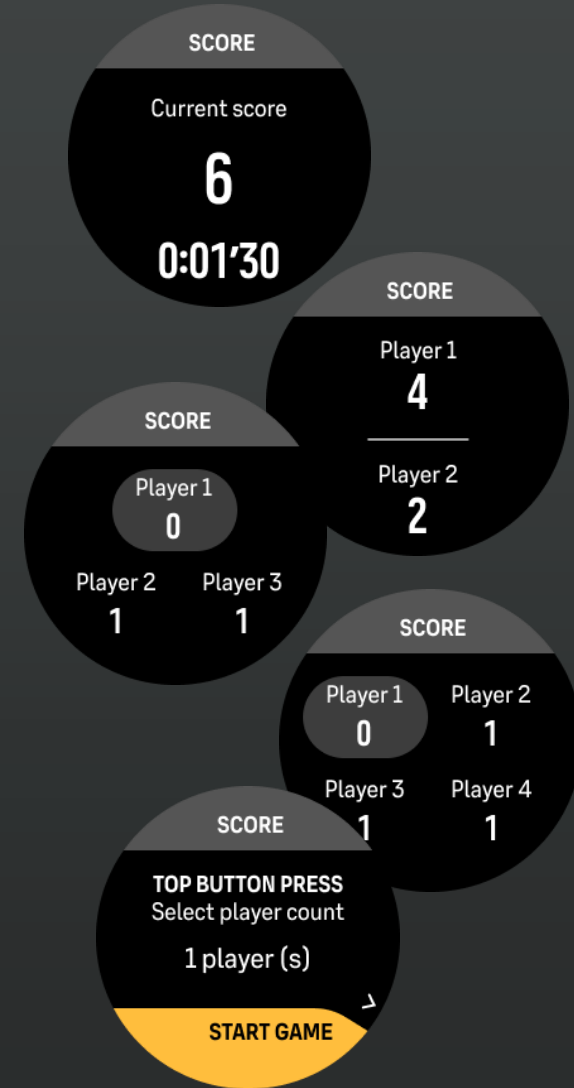
Emergency info - ICE stands for "In Case of Emergency." You can store essential contact information, allergies, blood type, and other medical details under the "ICE" as a sports app. This enables emergency responders to quickly access and contact designated emergency contacts and have critical medical information readily available during emergencies when the person is unable to communicate.

How to use

When you have installed the sport app into your watch, open from Suunto App in My SuuntoPlus sports apps the sport app. In this view, you can give the blood type, medication, allergies, contact name, and contact phone number.

When you go on your long hike in the mountains or gravel ride in forests, select the ICE sports app. The app will then show the information you provided in its own view. The view will rotate the blood type/ allergies/ medication every 30 seconds with the contact person/phone number.

During your hike or ride, if you don't cover more distance, the sport app will give start to give an alert with a sound and popup with info information on acces
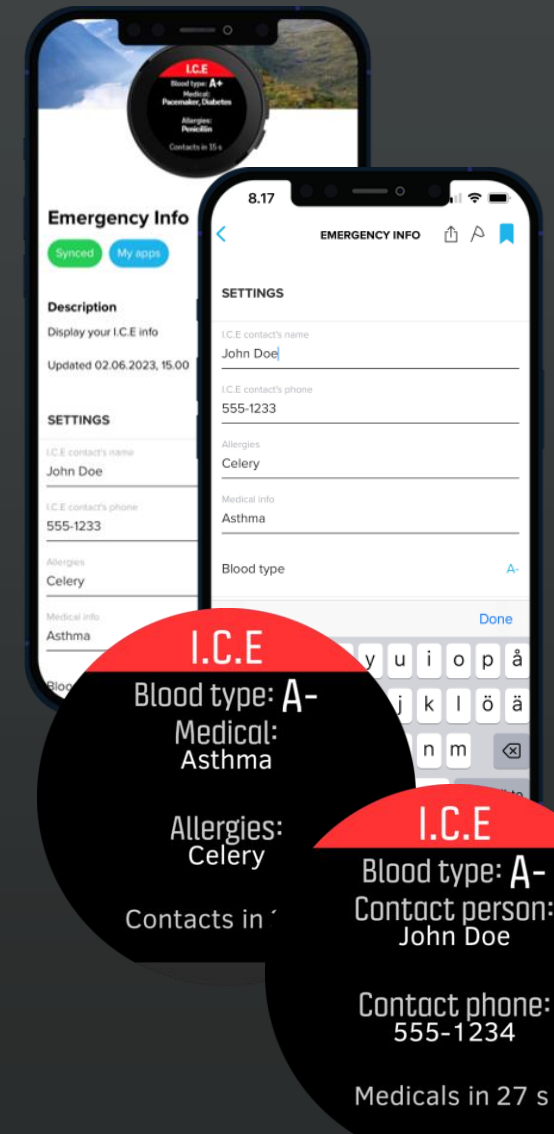
Weather

The Sports app gives you the forecasted weather you can rely on during your long rides and hikes.

The app displays the current weather conditions, as well as the weather forecast for the upcoming hour. It includes information about cloudiness, temperature, wind speed, and wind direction. Additionally, the app provides the predicted temperature for the next hour, allowing you to plan and prepare accordingly based on the expected weather conditions.

How to use

The weather forecast data is transferred to the watch through mobile synchronization. This forecasted information is conveniently accessible on the watch widget for daily use.

However, it is important to note that when embarking on a long ride, it is beneficial to be aware that the forecasted data on your watch is specific to one location. If you are traveling over long distances, the weather conditions might significantly vary from what the watch indicates. Factors like local terrain, such as mountains, can also affect the accuracy of the forecasts, particularly if the data was synchronized several hours ago.

Surfer

This sport app gives you all the key stats for your surf session. How many waves did you surf, time surfed and paddle. Each wave is marked as own lap also for after analysis.

How to use

The sport app has two states, one for surf and one for paddle. The app will recognize automatically your time on wave based on the speed change. While you are paddling or waiting the next wave you are able to see the latest wave stats as well as overall session stats.

Disc golf

Introducing the new Frisbee golf app, a handy tool for keeping score and measuring distances during your disc golf game.

How to use

Score keeping: In the sport app, users can utilize the upper button to add a score with a simple button press. If a mistake was made, a long press on the upper button can deduct the score.

Distance Measurement: The lower button serves the purpose of marking the location where the frisbee was thrown. This feature enables you to measure the distance of each throw accurately. To utilize it, press the lower button at the spot where you release the frisbee. As you walk towards the disc, the app will display the direct distance covered in that specific throw, allowing you to track your performance throughout the game.

Shoe tester

The shoe tester app is a protocol on how runners can test the impact of different running shoes with a dedicated testing protocol. The test goal is to look at the physiological demands of a given running pace with selected running shoes. The key metric for this is the number of heart rate beats vs. distance covered.

How to use

The test protocol is done with the following method. An athlete does a warmup of 15 minutes, after the warmup period runner can proceed to test with a lap button press. The test of each show will last for 5 minutes, the data will be looked at from the last 3 minutes of this period. After this athlete can change the new pairs of shoes and proceed to the next test with a button press. Athletes can do 4 tests, so the total duration is 20 minutes of testing + warmup + changes.

Running economy

Running economy is the assessment of a runner's efficiency by analysing their input (heart rate) and output (running pace with NGP). The objective is to achieve a desired pace or maintain a specific heart rate with minimal exertion. Various factors influence running economy, including physiological attributes, running technique, environmental conditions (such as running surface), and even the choice of running shoes. Notably, there are dedicated sport apps available, such as the shoe tester app, which can assess the impact of footwear on running economy.

How to use

This sport app helps to follow real-time running economy. This app enables users to track their beats per kilometre in real-time, allowing them to assess their performance as they run. Furthermore, the app stores the collected data for future analysis and reference. To ensure accurate measurements, the running economy value stored in the app omits the first 15 minutes of running. This exclusion period accounts for any potential delay in heart rate response, thereby providing a more precise evaluation of running economy by removing confounding factors. By focusing on the sustained running phase, the stored running economy values offer a clearer representation of a runner's true efficiency.

INTERVAL 1

Interval ⏱ | Interval 📏
02'39 | **0.49** km
Pace
5'28 | **66** ❤
Total time
08'32

Manual interval

The manual interval sport app gives you a simple tool to follow your intervall session on the fly. This doesn't require pre-planning, so you are in control during the session.

How to use

The watch will show the two key views Interval view and Rest view.

You can start the intervals after warmup by pressing the lap button.

- Interval view is shown first, while you do your harder effort. Interval view shows you values such as number of intervals you have done, interval duration and distance and pace & heartrate.

When you want to end the interval, press lap button. You will see then results in rest view

- Rest view shows you results of the interval such as interval average pace and heartate, interval distance and duration.

- You can also see you rest duration, so when you are ready to go again, press lap button and next interval starts

After analysis in Suunto App

- You can see afterwards in Suunto App the total number of intervals you did, average pace and heartrate from these intervals.

- The lap table in Suunto App shows you the whole workout with each interval.

Interval for rides

INTERVAL 1

Interval ⏱ | Interval 📏
06'26 | 1.22 km
140 ⚡ | ♥ 66
Total time
06'36

Manual interval - Power

The manual interval sport app gives you a simple tool to follow your intervall session on the fly with power data. This doesnt require pre-planning, so you are in control during the session.

How to use

The watch will show the two key views Interval view and Rest view. You can start the intervals after warmup by pressing the lap button.

Interval view is shown first, while you do your harder effort.

- Interval view shows you values such as number of intervals you have done, interval duration & distance and power & heartrate.

When you want to end the interval, press lap button. You will see then results in rest view

- Rest view shows you results of the interval such as interval aveage power and heartate, interval distance and duration.

- You can also see you rest duration, so when you are ready to go again, press lap button and next interval starts

After analysis in Suunto App

You can see afterwards in Suunto App the total number of intervals you did, average power and heartrate from these intervals.

The lap table in Suunto App shows you the whole workout with each interval.

Hill repeats

Manual interval - Hills

The manual interval sport app gives you a simple tool to follow your intervall session on the fly. This doesnt require pre-planning, so you are in control during the session.

The hill version is aimed for hill repeats.

How to use

The watch will show the two key views Interval view and Rest view.

You can start the intervals after warmup by pressing the lap button.

Interval view for the hill is shown first.

- View shows you values such as number of hills you have done, interval duration and ascent and normalized graded pace and heartrate.

When you want to end the interval, press lap button. You will see then results in rest view

- Rest view shows you results of the interval such as interval avearge pace and heartate, interval acent and duration.

- You can also see you rest duration, so when you are ready to go again, press lap button and next hill repeat to start

Swim Timer

Swim timer is designed to provide swimmers better understanding of their interval sessions. The timer shows you the interval counts, rest times, send of times automatically.

How to use

- Once you come at the end of the pool, you will see the intervals stats with the rest times. For example last interval was 1.30 and you have been now resting for 15 seconds.

- The timer gives you also the rep counter, how many reps in one interval set you have done. Such as that this was 5th 100m interval. The reps will coun always the same distance reps, and will automatically start from 1, when new distance is done.

- The timer will also alert at even minutes, so if you are at the end of the pool at the time of 1.30, you will get alert at 2mins. This 2 min is from start of the latest interval.

Read more

- How to get more accurate pool swim tracking?

Bleep test

Bleep test is the most common fitness test used in the world especially popular in team sports. The sport app gives a possibility to run the tests protocol and see what is your current fitness. The test is nice to do with group of people as takes very little space. Reason why its so popular in team sports.

How to use

- Before the test starts. You need to measure a 20m segment. You will be running this back and forth.. as long as you last!

- The Bleep test starts with short 5 min warmup and after this there is protocol, where you need to walk/run/sprint from between 20m shuttles. The watch will give you alarm every time you need to be able to turn and go back to start place. The test is ramping up level by level. The first level being 9 seconds between turns with 7 turns, then 8 seconds between 8 turns and then 8 turns with 7.5s between and so on. So the time is getting shorter and your run speed getting faster level by level. When you are not able to reach the 20m turn anymore,, press the lap button.

- This stops the test and you will get the result. The result is shown as level achieved and estimate for Vo2amx.

Read more

- **Training zones**

- **Zones and energy systems**

Marathon estimator

Marathon estimator gives estimated finish time based on current pace, duration done and remaining distance in marathon.

How to use

The estimator give you real time estimate of our end result, so as ane example when runner has been running for 10km at 42.50min and his current pace is 4:17/km, the estimated finish time is 3.00'44

You can also afterward analyze the estimated time with Suunto App and see where was the point you started missing your goal time.

Read about marathon racing.

- [How to run a sub 3h marathon](#)

- [The lazy runner's guide to a marathon](#)

Half marathon estimator

Half
marathon

⏱ Distance left
5'26 21.18 km

⏱ est
01:56

Half Marathon estimator

Half marathon estimator gives estimated finish time based on current pace, duration done and remaining distance to end of your half marathon.

How to use

The estimator give you real time estimate of our end result, so as ane example when runner has been running for 10km at 42.50min and his current pace is 4:17/km, the estimated finish time is 1.30'22

You can also afterward analyze the estimated time with Suunto App and see where was the point you started missing your goal time.

Read about marathon racing.

- [How to run a sub 3h marathon](#)

- [The lazy runner's guide to a marathon](#)

Ultramarathon estimator

Ultra Race Time

When preparing for a long ultra race, it is motivating to see how this pace equals to the potential race time. Also, during the long race, it might be very difficult to understand what would be the end result if this pace is possible to keep until the end. The Ultra Race Time gives you live view for most common Ultra running distances.

How to use

The Ultra Race Time shows you what would be your time in 50km, 100km and 50mile and 100mlie distances with current running pace. You can follow these while doing longer races to ensure you are not running too hard. The race time is looking at live pace and uses this to show what does it mean for long race distance.

Read more about racing in long distance events

- [Hunter or the hunted? 7 race tactics for the trophy](#)

- [Get ready to race with our trail marathon training plan](#)

- [Get ready to race with our trail marathon training plan](#)

RACETIME

50 km	50 miles
04:27	07:10

100 km	100 miles
08:54	02:20

5'24

SailRacer

Sail Racer
5min and 10min versions

Race timer for sailing. Enables you to synchronize your start timer to the official start time of the race. The timer vibration signals when approaching start and shows the remaining time in big numbers on screen. When enabled by the user, audio signals can be heard in addition to the vibrations. When the start timer reaches zero a lap is started and the lap time is shown. Start the sail exercise with the Suunto Plus Sail Race timer already when leaving the dock. You can use laps to train approaches to the starting line while waiting for the start to happen.

During the race the watch will show you the trim speed, to maximize your speed on the water.

How to use

Start sail exercise with the Suunto Plus Sail Race Timer activated.

Race start

At the official race signal press "up" / lap button to start the countdown on your watch. With lap button press you can set the timer to next even minute. So if timer is showing 3:03 and you press lap you jump to 3:00. With this you are able to adjust the race start time precisely

The watch gives an audio signal combined with vibration signal:

- every minute, until 1 minute is left.
- every ten seconds, until 10 seconds is left.
- every second , until zero is reached.
- longer beep when 00:00 is reached.

When countdown reaches 00:00 a lap is set and the lap time is shown.

During the race

Press lap at any time to create a new lap time to follow each leg duration. The sport app will also show the trim speed, which is the difference between the average speed during the previous five seconds compared to the average speed of the 10 seconds before that. If the trim speed is negative the speed is in RED color and GREEN when positive.

Swimrun

SwimRun

The swim run sport app gives you key stats for your swimrun race with automatic transitions from run to swim to run to swim as many times as needed.

How to use

Swimrun sport app has two main views, one view for RUN and one for SWIM.

App will change automatically between these two views during the race, so no buttons needs to be pressed while in race.

- During the run section athlete will be able to see key stats as distance coverd in the run section, current pace, duration of the race and number of swim sections.

- During the swim the watch only shows the distance of the swim section.

The swimrun sport app also creates laps from each run and swim section. You are then able to analyze the each run and swim sections afterwards with Suunto App.

Duathlon

Duathlon

Duathlon sport app is designed for races where you just don't have time to push the buttons.

How to use

The duathlon sport app will automatically twitch between run and ride views in hectic race scenario to give you the right data. The sport app has dedicated views from run -> ride -> run. This will change automatically based on the speed.

Note, this doesn't change the sport mode, so works best for duathlon races that you just want to concentrate on the race and dont want to spend time pushing the buttons.

The sport app has the 1st running screen with four fields:

- Duration, Distance, Pace, Heartrate

When the sport changes to cycling, sport app will show:

- Duration of cycling segment, Total duration of the race, Cycling Distance, Speed, Heartrate and Power

After changing from ride to run, the 2nd screen shows

- Duration of Running segment, Total duration of the race, Running Distance, Pace, Heartrate

Last kilometer

Last Km

In trail running in a technical terrain the current pace is changing so rapidly that it's often not a very meaningful. The last KM pace gives you live rolling kilometer pace to follow.

How to use

The latest km sport app gives you the last km/mile "lap" values continuously without you having to wait until the next lap is completed. This is basically a rolling kilometer average. The difference to current lap values is that with the current lap values the values have considerable variance in the beginning of the lap and the distance over which the values are calculated changes all the time. The latest km/mile values are easy to understand for users who are used to viewing lap values stats.

LAST KM

5'33 /km

AVG
♥ 66

00'33.0

Co2e

Co2e sport app shows how much co2 you have saved compared if you would have been driving a car. The sport app gives you interesting facts on how much different consumer products build CO2 emissions. Run with the app and learn about the environmental impacts.

How to use

Sport app shows you real-time the Co2 equivalent, so how much Co2 you are saving as you are not riding a car.

The live Co2 data is shown on the screen, with fun info's on what does this Co2 savings equals.

You can see the result also in Suunto app with total Co2 saved.

Big numbers

Sport app that gives you the data as clearly as possible.

How to use

The clarity of the information is createing by using maximum size with fonts and only few values are shown at the time. There is rotation to show different data, so you are not limited with just three fields.

The values shown:

- Current time of the day

- Distance and duration (rotating)

- Pace or Speed and heartrate (rotating)

Moon

Moon

For the nights in forest while hiking and camping. You might want to know the moon state.
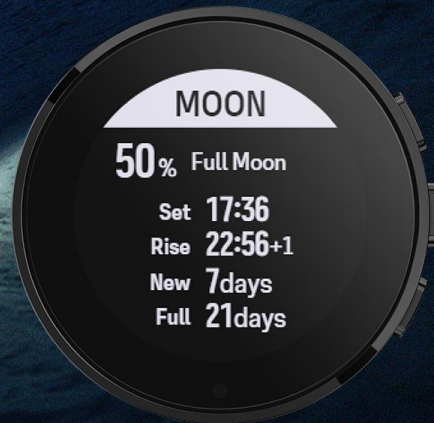
How to use

The app gives you the moon rise and set times as well info when the new and full moons are about to come.

Sun

For the long days in forest while fishing or hunting, you might want to keep eye on the sunset.

How to use

The app gives you local sunrise and sunset times with time for dusk and dawn. Simple neat app to ensure you can catch the fist or deer at best time.

NEW SUUNTOPLUS™ FEATURE
Cadence Coach

Cadence coach

Any people who are starting to get more into running might face injuries because of poor technique. The one common error in running is the over striding, trying to make too long steps while running and therefore have bigger impact each time when foot hits the ground. There is quite a lot of suggestions among running media that best cadence range is somewhere around 160 - 180 steps / minute which equals 80-90 as a cadence. When running a 4min/km the 80 cadence equals a 3.13m stride lenght. Stride lenght is the distance done in two steps, one with left and one with right foot. If cadence would be raised to 90 the stride length would need to be only 2.78m, so 35cm less. The optimal running cadence can however be quite personal. This tool gives you a possibility to monitor your cadence and follow the changes while you change your running style.

The Cadence coach will show you live cadence and stride length. The gauge will in default be based on 80-90 cadence range. When you press the lap button, the gauge will be set to show you the target range of +/- 5% from this value. You can then based on this try to change your cadence and set the new target while running. If the cadence gets out of the range, the watch will notify about too low or too high cadence. The stride length is based on last 1 minute distance covered with the cadence.

How to use

Once you start your running session you can follow the optimal cadence range that has been set as defaul of 80-90. You can follow also real time stride length, which will change when you will run with faster pace. If you want to try to follow a faster cadence, you can do this by using laps. Press the lap button and concentrate on running with high cadence, once you have done this for few minutes make a lap again. Now you can follow this as your new cadence target. If your cadence drops or increases, you will get an alert to keep up the higher (or lower) cadence.

Learn More

Learn more about running technique drills, technique measurement and how to enhance your running efficiency

- *[Tracking Cadence](#)*

- *[Distance running technique](#)*

- *[8 running form drills](#)*

Tabata

Tabata protocol is used as a high intensity workout such as in circuit training. It was created by Japanese scientist Dr. Izumi Tabata in Japan early 90s. The protocol, which consists 20 seconds of hard effort with 10 seconds of rest, was defined to analyse the impact of short workout bursts with a short recovery period would have a bigger impact than continuous moderate workouts. The results of the study suggested that even short 4 minute workouts with 8 hard 20s efforts done four times a week can bring great benefits for aerobic and anaerobic system. The research work with Tabata protocol was done with indoor bike, but since then it has inspired athletes to use the Tabata for different types of high intensity (HIIT) workouts.

The Tabata sport app gives you a simple tool to do Tabata workouts to follow the 8 times 20second efforts with 10 second recovery

How to use

The Tabata sport app is visible as one view on the sport mode, but will not start before you press lap button.

- *You can then do the warmup first with riding indoor bike or running on treadmill. Once you are ready press the button and you will start your first 20s effort.*

- *Choose your own exercise such as lunges, mountain climbers or burbees. After the 20s has passed you get an alert for the 10s recovery. After this you will get alerted for next 20s exercise. This will go on for eight reps.*

- *After this you will have one minute recover before next 8 x 20s rounds. This will continue for as long as you like. If you want to stop, just press the lap button during the 1min break, this will pause the tabata and you can for example do the cooldown.*

Drink alert

Use Fuel Alert to remind you every regularly to take a drink. You will get a notification every and can follow the total volume consumed.

The hydration needs are individual and also depends on the exercise intensity. For different conditions, there are three sport apps available.

This sport app gives you alert each 10 minutes.

How to use

Once you start the workout, you will have a screen that shows the total volume you have consumed if you have followed the alerts.

You will get notifications every 10, 15, 20 minutes depending on the app you have selected.

- *The hydration alert every 10 minutes is aimed for hot conditions where you are sweating more and need constant fuelling.*

- *The 20 minute version is for colder climates, where the sweat rate is lower.*

Race time

When preparing for a race, especially during harder tempo runs it is motivating to see how this pace equals to the potential race time. It can be quite difficult to calculate that while running, for example if your pace is 05'08/km in high paced training run, it would equal 1:48'00 duration over a half marathon distance.

The RaceTime gives you live view for most common running distances. This is a great tool to also use while running longer races to give a bit of pacing insights.

How to use

The RaceTime shows you what would be your time in 5km, 10km, half marathon and marathon distances with current running pace.

You can follow these while doing longer races to ensure you are not running too hard. While doing a hard interval session or tempo run, you can follow these to understand how does this pace feel like compared to your goal time in the next race.

Learn more

Read about marathon racing.

- [How to run a sub-3h marathon](#)

- [The lazy runner's guide to a marathon](#)

Aerobic decoupling

The aerobic decoupling will assess your aerobic fitness by evaluating the decoupling effect during longer workouts. In easy long runs and rides, the effort you you put in is measured with the heartrate, which stays parallel to the pace or power you are able to generate. However when the workout lasts longer, the heartrate can start to drift upwards even at the same pace and power. This means that power and pace are no longer coupled together. This is called decoupling. While your fitness gets better, the heartrate will follow the pace and power even with longer workouts, if you go faster your heartrate will rise and similarly if you slow down your heartrate will get lower. Extensive decoupling is a sign of poor aerobic fitness.

In workout analysis this decoupling effect can be looked at by comparing the first half to the second half, but the app does this evaluation in realtime by using the 15-30min workout window as something to compare against.

This decoupling effect can also happen in hot environments as your heart is pumping blood faster to cool itself.

How to use

The first 10 minutes of the workout are used as a warmup, after this the watch will start to evaluate the pace or power relation to heartrate. The power is used if avaialble for run and ride, if not then pace is used for running. The baseline evaluation will take the next 10 minutes.

After this you start to see the live decopling value on the screen. This evaluates the current heartrate to pace/power relation with comparison to the orginial baseline. The sport app shows this change as % from the baseline and indicates if you start to witness bigger decoupling effect. If the % is less than 5% you have good aerobic fitness.

Direct Path

The DirectPath gives you an understanding of the direct path between two points you have just covered and the efficiency on how well you were able to follow this line.

For example, this can be a useful tool for open water swimmers, they can use DirectPath to estimate the distance from buoy to buoy. Other examples where DirectPath is useful is in orienteering to show the direct path from checkpoint to checkpoint, in sailing or windsurfing to understand the tacking distance covered, in paragliding to see the direct distance vs. the flight distance.

How to use

The DirectPath is automatically running when you start your activity. You are able to see the direct distance from your start location or from the latest lap.

In open water swimming once you go around the buoy, create a lap and you can see the direct distance. While sailing or windsurfing from one cape to the next you can follow how much more distance you have to cover while tacking.

In orienteering you can learn how well you were able to hold the line to the next ceckpoint.

Learn more

Follow direct path also with Suunto compasses

Suunto Compasses

Anaerobic Threshold test

The test will approximate the anaerobic threshold for running. The test can be used to estimate the anaerobic threshold pace and heart rate. This can then be used to adjust the training zones to your personal need. Doing the test a few times in a season can be used to evaluate the performance progress in running.

The test is quite demanding as it will require a 30 minute full effort run.

How to use

Once you select the sport app in watch, the test will start with a warm-up. The warm-up last for the first 10 minutes. At the end of this there is a notification to get you prepared to start the test. The test itself will last for 30 minutes. The goal is to run as fast as possible during this time. The last 20 minutes of the test will be used to evaluate your anaerobic threshold pace and heart rate. You can then use these to set your zone 4/5 limit in your Suunto watch. The results are also saved in the workout which is shown in Suunto App.

This 30 Minute time trial test was introduced by Joe Friel in a 2000 article published in Inside Triathlon magazine. Since then it has become more popular and was studied in A Comparison of Methods for Estimating the Lactate Threshold article in August 2005 in The Journal of Strength and Conditioning Research. This research compared different field test methods for lactate threshold and suggested that the 30-minute time-trial method should be considered by coaches and distance runners/triathletes as a method for estimating both the running velocity and heart rate at the lactate threshold.
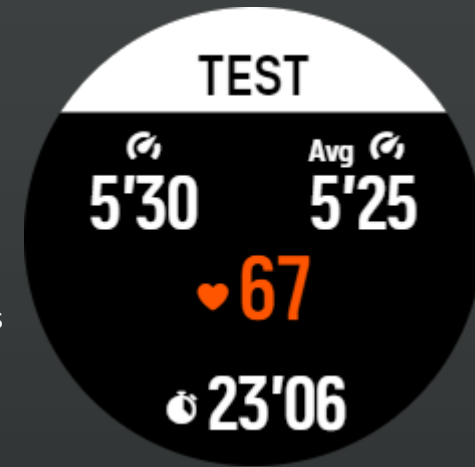
Learn more

Here are few articles to learn more about testing and training zones.

Test your fitness with Suunto

Figure out your training zones and supercharge your fitness

Know your power source: the body's three energy systems

Cooper Test

Cooper Test is a physical test created by Kenneth Cooper in 1968. The goal is to run as far as possible in 12 minutes.

The distance covered will correlate with runners' maximum effort in middle distance and can therefore be used to estimate the VO2Max value. The test will also give an estimation of 10km and half marathon race results.

How to use

Once you select the sport app in watch, the test will start with the workout start. The workout starts with a 10 minute warm-up. At the end of this, notifications will inform you to get prepared to start the test.

During the 12 min test, you will see you time left, current pace and distance covered. After 12 minutes you will get to see your covered distance, estimates of your VO2Max and 10km and half marathon times based on this effort. The results are saved as part of this workout, so that you find them from the Suunto app.

Learn more

Here are few articles to learn more about testing and training zones

- Test your fitness with Suunto

- Figure out your training zones and supercharge your fitness

- Know your power source: the body's three energy systems
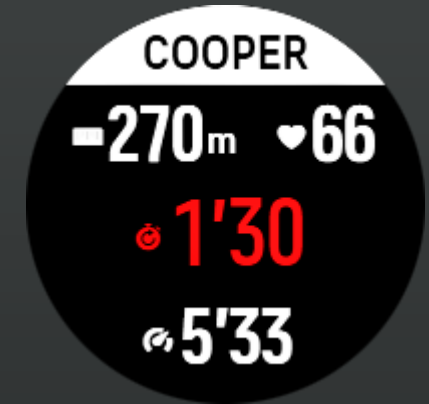
FTP test

Functional Threshold Power (FTP) test is designed to give riders an understanding of the highest average power they can maintain for one hour.

By repeating the test regularly, the rider can follow the progress of their performance. The power for an hour is close to the anaerobic threshold and can be used to define the training zones for cycling.

Set the upper limit of your heart rate zone 4 at the level which was given as the result of the FTP test. The test protocol lasts for 20 minutes with the possibility to add additional warmups.

How to use

Once you select the sport app in your watch, the test will start with the workout start. The first 15 minute are a warm-up. At the end of this, notifications will inform you to get prepared to start the test. The test will last for 20 minutes, during this period ride as hard as you can with constant power. You can follow the time left with the power values.

After 20 minutes you will get an estimation of your functional threshold. Set this as your zone 4/5 limit in cycling power zones.

Learn more

Here are few articles to learn more about testing and training zones.

- [Test your fitness with Suunto](#)

- [Figure out your training zones and supercharge your fitness](#)

- [Know your power source: the body's three energy systems](#)
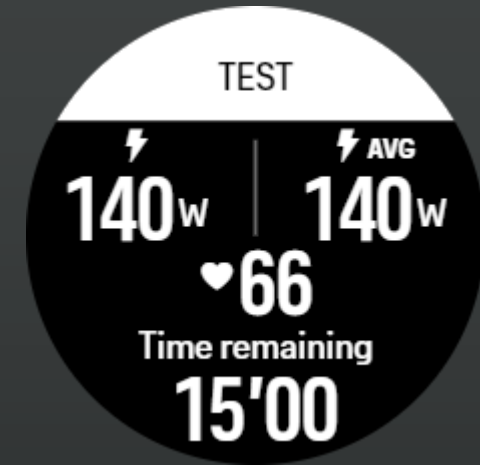
Ghost Runner

Catch the virtual ghost runner to practice your pacing or just for fun.

How to use

Target distance or duration:

Optional setting. Adjusts a target distance in km or miles or a target duration for the run. This enables the finish time/distance estimate calculation during the run. Target is set in the sport mode options. The finish estimation is shown on the bottom row on the display during the run.

The Ghost runner insights also shows the following:

Target pace

The lop left corner shows the target pace for current run as determined automatically based on first kilometer/half mile or by your latest manual lap average pace. Before locking your target pace in beginning of the run this field will show the average pace that eventually will become your target pace.

Current pace

The top right corner shows your current pace.

Behind/ahead

The value in the middle shows the distance to the virtual Ghost runner that is moving with the determined target pace. A positive value means that you currently are ahead of the virtual Ghost runner.

Variometer

The Variometer SuuntoPlus™ sport app is a handy tool to keep track of your vertical speed. It helps the hike and fly community to see, feel and hear how fast they are climbing.

How to use

This feature is mainly designed for paragliding use but can also be used with other sport modes. Variometer shows valid information that can be very useful when paragliding.

Horizontal speed: The upper part of the Variometer display shows your current horizontal speed and current altitude, calculated from sea level.

Variometer scale: The variometer scale in the middle of the display shows your vertical speed in real-time, up to +-3 m/s. When the bar is on the positive side of the scale, your paraglider is ascending. If the bar is on the negative side, the paraglider is descending. Variometer will also alarm you of changes in your vertical speed with sound and vibration. The frequency of these alarms will depend on how fast you are ascending/descending, similar to a variometer.

Total ascend: The value at the bottom of the display indicates the total ascend during the last thermal.

North arrow: The red arrow on the outer edge of the display is always pointing north.

NOTE: This feature is only intended to be used as an in-flight aid and should not be used as a primary information source.

Burner

The relation between fat and carbs burned by exercising depends on your intensity. The Burner shows the percent of energy burned from fat and the current energy consumption converted into grams of fat and carbohydrates that you consume per hour.

How to use

You can follow the rate of burning fat and carbohydrates in grams/hour while you are exercising as well as how much you have burn in total during the exercise. The burn rate will change when the intensity of the exercise increases or decreases.

The Burner feature also shows how much of the calories you are currently burning are coming from fat.

NOTE:

One gram of fat contains 9 kcal of energy where as one gram of carbs contains 4 kcal of energy.

Learn more

Nutrition and training:.

- Test your fitness with Suunto

- Figure out your training zones and supercharge your fitness

- Know your power source: the body's three energy systems

Strava Relative effort

Get specific about how much work goes into your activities with real-time Strava Relative Effort. Whether your activity is slow and steady or short and strenuous, Relative Effort gives you a personalized measurement based on your heart rate zones, so you can adapt your effort on the go. Once you're done, sync your activity to Strava and get more of your workout with Strava Summit: deep dive into performance data, see how much progress you've made overall and where you are in your training cycle – whether you're peaking, maintaining or recovering.

How to use

Get specific about how much work goes into your exercise with real-time Relative Effort. Whether your exercise is slow and steady or short and strenuous, Relative Effort gives you a personalized measurement based on your heart rate zones, so you can adapt your effort on the go. Once you are done, sync your activity to Strava or get more of your workout with Strava Summit: deep dive into performance data, see how much progress you have made overall and where you are in your training cycle – whether you are peaking, maintaining or recovering.

Learn more

Get most ouf Suunto with Strava:

- [How to sync Strava routes with Suunto GPS watches](#)

- [Strava with suunto](#)

- [Strava in Suunto Valuepack](#)

Trainingpeaks with heartrate

Helps to understand the workout effort and training stress in real time with Heartrate Training Stress Score (TSS(HR))

How to use

Heart rate Training Stress Score (TSS hr)

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analysed in the TrainingPeaks app. The Training Stress Score® (TSS®) based on running pace is marked as hrTSS.

Learn more

Get most out of Suunto with TrainingPeaks

- [Trainingpeaks metrics](#)

- [Training stress load](#)

- [Suunto with Trainingpeaks](#)

Trainingpeaks with power

Follow your riding efforts in real time with Normalized Power (NP), Training Stress Score(TSS) and Intensity Factor (IF)

How to use

TrainingPeaks – Cycling power gives you following data

Normalized Power® (NP®) Cycling - Normalized Power® (NP®) is retrieved from measured watts and takes the variance between a steady and a fluctuating workout into account to calculate the physiological cost – how much stress you can put your body under vs. how much recovery is required. Normalized Power® (NP®) estimates your average power, if you would have ridden in steady effort.

Training Stress Score® (TSS®) - Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Intensity Factor® (IF®) - Intensity Factor gives you relative intensity by comparing the Normalized Power® (NP®) to your functional threshold power. Intensity Factor® (IF®) gives you a simple metric on how hard you are working out.

The Intensity Factor® (IF®) for:
*   recovery workouts should be under 0.75, endurance rides 0.75-0.85,tempo workouts 0.85-0.95,anaerobic threshold intervals 0.95-1.05.,For short time trials i.e. 10km the Intensity Factor® (IF®) should be 1.05-1.15.

Learn more

Get most out of Suunto with Trainingpeaks:

*   [Trainingpeaks metrics](#)

*   [Training stress load](#)

*   [Suunto with Trainingpeaks](#)

Trainingpeaks for Running

Helps to understand your pacing in real time with Intensity Factor (IF),Running Training Stress Score(TSS(r)) and Normalized Graded Pace (NGP)

How to use

TrainingPeaks – Running Pace provides following metrics

Normalized Graded Pace™ (NGP™) Running - Pacing yourself while running on hilly terrain can be difficult. The pace gets slower on the uphill even while the effort remains the same. Normalized Graded Pace™ (NGP™) provides you the equivalent speed on a flat surface. During the run you can easily adjust your effort by monitoring Normalized Graded Pace™ (NGP™) in real time on your watch.

Running pace Training Stress Score (TSS r) - Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal. Long term training load data can be analyzed in the TrainingPeaks app. The Training Stress Score® (TSS®) based on running pace is marked as rTSS.

Intensity Factor® (IF®) - Intensity Factor® (IF®) gives you relative intensity in running by comparing Normalized Graded Pace to an-aerobic threshold pace. Intensity Factor gives you a simple metric on how hard you are working out.

The Intensity Factor® (IF®) for:

- recovery workouts should be under 0.75, endurance runs 0.75-0.85, tempo workouts 0.85-0.95, anaerobic threshold intervals 0.95-1.05.Learn more

Get most out of Suunto with Trainingpeaks:

- Trainingpeaks metrics

- Training stress load

- Suunto with Trainingpeaks

Safe – My location

Safe - My location gives you quick access to your GPS coordinates and other key information of your current location as well as your starting point. Useful when sharing your location with a friend, when you need to radio for help or navigating back to your car.

How to use

There is always a risk that something goes wrong while you are in mountains or deep in the forest and you need to call for help. Suunto 9 Peak can provide you information that you could give to the rescue team. This feature will give you the location info, the direct distance and altitude from you starting place. This information could also be useful while using paper maps for orienteering.

The Safe display shows your current location with

- *Latitude / Longitude, Direct distance from starting point, Altitude difference from starting point*

The Safe display also gives you information regarding your starting point

- *Start time, Start location with latitude/longitude, Green arrow for direction to start point and red for north*

Learn more

Some reading to keep you safe

- [6 tips for mountain navigation](#)

- [8 avalanche safety checks](#)

Weather

Follow context-based weather insights and warnings during your outdoor activity. Keep alert with storm alarms, measure water temperature or notice if your hike is going past the sunset.

How to use

The Weather insights shows the following:

- *Sunrise / Sunset - The upcoming sunrise or sunset, depending on which is next.*

- *Temperature - If you place the watch into the water (below 10 cm/ 4 inches) you can measure the water temperature. After you take the watch out of the water the temperature is shown for next 30 seconds. This is indicated with a separate temperature icon.*

NOTE:

Measuring the water temperature will affect the ascent/descent values as these are pressure based.

Estimated time of arrival (ETA) - If the estimated time of arrival goes past the sunset, it will be shown in red.

Barometric trend and storm alarm - The barometric trend is shown on the bottom of the screen, with current barometric value. The Suunto storm alarm will be given automatically and shown in this view. A storm symbol is shown if the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

Oxygen level - If you are above 2000 m (6 561 ft) you will get a reading on the oxygen % compared to sea level.
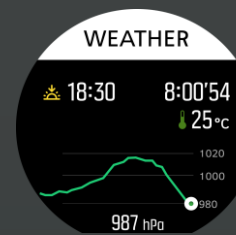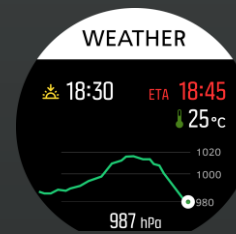
Basic
Sunset is at 18:30,, the person has still 8:00'54 time before sunset. The temperature is 25c . The barometric trend shows trend are getting downwards with current 987 hPa
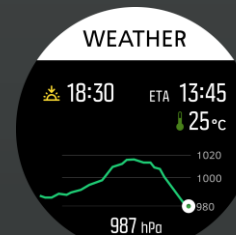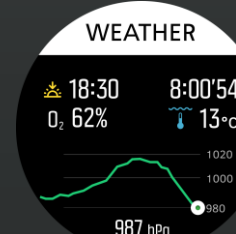
With Navigation
Sunset is at 18:30,, the **navigation is on** show we show the estimated time of arrival (ETA) as 13:45. The temperature is 25c . The barometric trend shows trend are getting downwards with current 987 hPa

With navigation and ETA is late
Sunset is at 18:30,, the estimated time **of arrival is 18:45. As its later than the sunset (18:30), its shown in red.** The barometric trend shows trend are getting downwards with current 987 hPa

On high altitude
Sunset is at 18:30, person is above 2000m where the **oxygen % (compared to sea level oxygen) is shown** on the screen. User has taken the temperature from the mountain lake and the **water temperature is 13C.** The barometric trend shows trend are getting downwards with current 987 hPa

With Storm Alarm
Sunset is at 18:30, the **navigation is on** show we show the estimated time on route(ETE) as 13:45. The temperature is 25c . The barometric trend shows trend are getting downwards with current 987 hPa. **There is notification of a Storm alarm**.
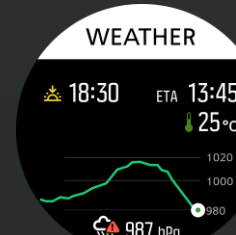
Climb

Climb-Hill Training sport app keeps track of your effort while hiking up a mountain, rock climbing, doing hill repeats in your backyard or running up stairs. Climbs can be viewed afterwards in the Suunto app.

How to use

The Climb insights shows the following:

Climb vertical and climb counter *- While you start your upward effort, the first climb is triggered. This will start when your watch notice a 10 m continuous ascent. You will see the ascent you have covered and easy measure the total climb. Once the climb ends, the climb count will show the number of climbs you have covered.*

Grade *- The grade of the climb is shown with % of the grade. The grade is shown when you go up and down, with the arrow showing the direction of the hill.*

NGP *- When running, the running speed is shown as the Normalized graded pace (NGP). This gives you the running pace that equals your pace in flat surface.*

Total Vertical meters *- For other sport modes than running the Climb insight shows the total vertical meters covered in the session.*

Vertical speed *- The current vertical speed is, whether it is up or down, shown as meters / hour.*

Learn More

- [10 Suunto features for vertical gain](#)

- [Improve your running with hill repeats](#)

- [Get Faster on those hills now](#)

Climb is ongoing i.e. with mtb
Show current climb as 345m,
Grade up 5%
Total 623m
Vertical speed 823m /h
Duration: 01:07'12

Climb is ongoing in running (hill repeats)
Show current climb as 35m,
Grade up 3%
Total 233m
NGP 4'55
Duration: 01:01'12

Recovering back to bottom (hill repeats)
Show climb number 5
Grade down 3%
NGP 6'05
Duration: 01:10'12

Sprint - Pace

Track sprints automatically while running to see the number, distance, and time of each interval during your training session. Sprints are identified based on the changes of your running pace.

Sprints can be viewed afterwards in the Suunto app.

How to use

The Sprint feature will automatically identify and track how many sprints you do during your exercise.

Warmup

- *During the first 10 minutes while running or cycling you will have a warmup period where Suunto 9 Peak are identifying the base effort of your exercise. You can shorten the warmup period by pressing the lower right button.*

- *During the warmup, you see the trigger level being updated. This trigger level is set to 25% faster running pace or 25% higher cycling power.*

Sprint detection

If you go harder than the level set during your warmup period, Sprint is automatically triggered. When you start to slow down, the Sprint will automatically end that sprint.

After your sprint is done, some key values are shown, such as max power/pace, heartrate, duration and distance, for 20 seconds.

NOTE: When using the Sprint feature during running with GPS data, there will be a 5-10 second delay on sprint identification.

WARMUP
5'59 | 09'52
120 | 10 m
00'10.12

Warmup with running
Pace: 5.59 | Time to go : 9'52 | Heartrate 120| Distance 10m |Duration 0'10.12

SPRINT 1
3'55 | 00'57
163 | 267 m
00'57.00

Sprint with running
Sprint number: 5, pace 3'55 , duration 57seconds, hr 163, distance 267m

SUMMARY
MAX 3'49 | 00'58
MAX 160 | 265 m
00:45'15

Sprint Result running
Max: 3'49, duration: 58s, Max hr 160, distance 265m,Total duration 45min 15s

NEW SUUNTOPLUS™ FEATURE
Sprint

SPRINT
530 | 00'15
126 | 280 m
2:10'12

Sprint - Power

WARMUP

⚡ 167   ⏱ 09'52

♥ 120   📏 230 m

00'10.12

Warmup with Cycling
Power: 167watt | Time to go : 9'52 | Heartrate 120| Distance 230m |Duration 0'10.12

SPRINT 1

⚡ 530   ⏱ 00'15

♥ 120   📏 230 m

02:10'12

Sprint with cycling
Sprint number: 33, power 530watts, duration 15seconds, distance 230m, duration 2:10'12

SUMMARY

MAX ⚡ 529   ⏱ 00'59

MAX ♥ 159   📏 952 m

02:15'15

Sprint Result cycling
Max power 592watts, duration 59s, max hr 159, distance 952m, total duration 2:15ä15

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NOTE: This sport app requires a power meter.

Loop - Speed

Automatic location-based lap insights help you analyze the stats for each loop. Excellent feature when running on a track or cross-country skiing the same loop. Loops can be viewed afterwards in the Suunto app.

How to use

Many activities are done while going around and around. Cross country skiing loop, speed skating ring, running in track & field or even just running in a park. To keep you on track, motivated to push forward and see how you do, your Suunto can provide you with a Loop sport app.

Loop start location

- When you start your exercise your Suunto will record the starting point and if you pass this point later during your exercise, you have done a loop.

- You can also start a Loop manually by pressing the lower right button at any stage, then this location will act as the start point of the Loop.

Results

The result of each finished loop will be visible on your watch for 20 seconds before returning to Loop screen.

After you have stopped the exercise recording, you will find the Loop result in the summary and in Suunto app. The number of loops are counted as well as the average loop duration and distance. You will also see the fastest loop you tracked during the session.

Learn more

6 tips for XC skiing

During the loop with speed
Loop number, 7, Speed:21km/h, HR: 145, loop duration: 6min 12s, loop distance: 3,1km, duration 45min 13s

Result with speed, slower than average
Avg speed 18km/h, duration 9min 30s , slower than average, distance 3.9km, avg heart rate 132, total duration 54min 12 seconds,

Loop - Pace

During the loop with pace
Loop number: 6, Pace: 5:05, HR: 145, loop duration: 4min 12s, loop distance: 683m, duration 45min 13s

Result with pace, faster than average
Avg pace 4'44, duration 9min 10s, faster than average, distance 3km, avg heart rate 120, total duration 49min 12 seconds,

Automatic location-based lap insights help you analyze the stats for each loop. Excellent feature when running on a track or cross-country skiing the same loop. Loops can be viewed afterwards in the Suunto app.

How to use

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Many activities are done while going around and around. Cross country skiing loop, speed skating ring, running in track & field or even just running in a park. To keep you on track, motivated to push forward and see how you do, your Suunto can provide you with a Loop sport app. NOTE: Measuring power during laps requires a power meter.

Loop start location

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During the loop with power
Loop number 6, Power:221watts, HR: 129, loop duration: 1min 12s, loop distance: 9,1km, duration 45min 13s

Result with power, record
Avg power 211, duration 1min 30s , fastest loop, distance 1.1km, avg heart rate 132, total duration 52min 12 seconds,

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SUUNTOPLUS STORE**

For Suunto 3, Suunto 5, Suunto 9 and Suunto Vertical.