My sport modes

Here is the way I use my SUUNTo watch for my sports

Few information on my : I'm 55 years old now, in my previous post on SUUNTO I was a little bit younger as I was wearing at that time a SUUNTO 9 BARO, now I bought the RACE modele and I should admit it is a pure marvel …
I set again all my sport mode as I was doing from my 9 BARO, I was pleased to see that I can redo all of them
Even if I would have been super pleased to see some improvments I already suggest years ago to SUUNTO such as:
- Having the COMPASS as a possible information I can set (could be usefull to see with altitude for example)
- Having a screen with a single informatiuon (could be usefull when you are at swimming pool and you do not see well

Also you will notice that I use always 2 SUUNTO PLUS screens, the SAFE and the WEATHER

For mountain activities (I mean long run and not race) these 2 modes are crucial

Also a point I noticed which no one of the Youtube influencer took note …. A pitty !!!!!
SUUNTO offer the capacity to save your current position. In mountain this is fundamental…. POLAR wiht their new watch Grit X2 PRO which cost approx the double as the RACE does not offer this !!!!! A Shame …..

My sport modes for Mountain activities

	Summer : No POI, No Route I use this sport mode when there is no POI or no ROUTE to follow One screen gives some indications on « performance », the next one on me and my environment
	Summer : One POI to reach I use this sport mode when I want to reach one POI One screen gives me some indication on what was already accomplished, the next one on what remains as per POI
	Summer : One Route to follow with some POI I use this sport mode when I want to follow a ROUTE Same as for One POI to reach, but this time the second screen show me POI and Route indications
	Winter : No POI, No Route In winter some times the visibility is not so good, so indications should appear bigger Also when you climb you are interested by the difference of height and the vertical speed
	Winter : One POI or One Route to follow ….

My sport mode for other activities

🌊	For swimming in swimming pool during noon time With a suggestion of enhancement for SUUNTO which will help me a lot as I do not see very well
	To be done : when I do some indoor biking
	To be done : indoor rowing and running on treadmill

Trail = No POI, no Route

This mode is made when there is no POI or no route set

1 : Distance	1 : Température	1 : Altitude			
2 : Durée	2 : Fréquence cardiaque	2 : Altitude			
3 : Vitesse moyenne	3 : Lever du soleil				
3 : Vitesse moy. verticale	4 : Coucher du soleil				
4 : Heure du jour	4 : Heure du jour	3 : Ascension			
Focused on what already done Which distance ? Since how long ? What time is it ? When the night will start ?	Focused on the POI At which distance it is ? How long to reach it ? What time is it ? When We will reach the POI ?	Focused on Altitude What was the max reached ? Graph on Altitude ? What is the current Altitude		From where I came and where I'm	Focused on weather What is the weather forecast and tendancy ?

Orientation = P O I (one Point of Interest)

This mode is focused on a POI and how to arrive to it

1 : Distance	1 : Distance / POI	1 : Altitude			
2 : Durée	2 : ETE (temps) / POI	2 : Altitude			
3 : Heure du jour	3 : ETA (Heure arrivée) / POI				
4 : Altitude maxi	4 : Couche du soleil	3 : Ascension			
Focused on what already done Which distance ? Since how long ? What time is it ? When the night will start ?	Focused on the POI At which distance it is ? How long to reach it ? What time is it ? When We will reach the POI ?	Focused on Altitude What was the max reached ? Graph on Altitude ? What is the current Altitude		From where I came and where I'm	Focused on weather What is the weather forecast and tendancy ?

Trecking = I T I N E R A I R E (one Route)

This mode is focused on an Route both POI and ending and how to arrive to them

1 : Distance	1 : Distance / POI	1 : Altitude			
2 : Durée	2 : Distance / Itinéraire	2 : Altitude			
3 : Vitesse moyenne	3 : ETE (temps) / POI				
3 : Vitesse moy. verticale	4 : ETE (temps) / Itinéraire				
	5 : ETA (Heure arrivée) / POI				
	6 : ETA (Heure arrivée) / Itin				
4 : Heure du jour	7 : Coucher du soleil	3 : Ascension			
Focused on what already done Which distance ? Since how long ? What time is it ? When the night will start ?	Focused on the POI At which distance it is ? How long to reach it ? What time is it ? When We will reach the POI ?	Focused on Altitude What was the max reached ? Graph on Altitude ? What is the current Altitude		From where I came and where I'm	Focused on weather What is the weather forecast and tendancy ?

Ski alpin = S K I   d e   R A N D O (with no POI/no route)

This mode is focused on an Route both POI and ending and how to arrive to them

1 : Altitude mini	1 : Distance	1 : Altitude			
2 : Altitude maxi	2 : Duree	2 : Altitude			
3 : Altitude	3 : Heure du jou				
4 : Vitesse moy. verticale	4 : Frequence cardiaque	3 : Ascension			
Focused on what already done Which distance ? Since how long ? What time is it ? When the night will start ?	Focused on the POI At which distance it is ? How long to reach it ? What time is it ? When We will reach the POI ?	Focused on Altitude What was the max reached ? Graph on Altitude ? What is the current Altitude		From where I came and where I'm	Focused on weather What is the weather forecast and tendancy ?

Randonnée ski = S K I d e R A N D O (winter route)

This mode is focused on an Route both POI and ending and how to arrive to them

1 : Distance / POI	1 : Distance / Itinéraire	1 : Altitude			
2 : ETE (temps) / POI	2 : ETE (temps) / Itinéraire	2 : Altitude			
3 : ETA (Heure arrivée) / POI	3 : ETA (Heure arrivée) / Itin				
4 : Vitesse moy. verticale	4 : Heure du jour	3 : Ascension			
Focused on what already done	Focused on the POI	Focused on Altitude		From where I came and where I'm	Focused on weather
Which distance ?	At which distance it is ?	What was the max reached ?			What is the weather forecast and tendancy ?
Since how long ?	How long to reach it ?	Graph on Altitude ?			
What time is it ?	What time is it ?	What is the current Altitude			
When the night will start ?	When We will reach the POI ?				

Piscine = swiming in pool

This mode is focused on swimming in swimming pool

SUGGESTION TO SUUNTO

I would have prefered
That SUUNTO propose
A screen with a single huge
Font information
Super easy to read in water

As you can set 3 screens
You arrive to same result
But with a big advantage
On visibility
In difficult situations

19:36

1
2
3

1 : Distance de natation

2 : Heure

3 : Durée

Focused on what already done

Which distance ?
Since how long ?
What time is it ?
When the night will start ?

19:36 **1** **2**	**19:36** **1** **2**	**19:36** **1** **2**
1 : Distance de natation	1 : Durée	1 : Current hour
2 : - or kilometers	2 : - or hours	2 : nothing
In 1 are only displayed the meters from 0 to 999 So there is maximum 3 digits to display and they can hence be displayed with the largest possible font	In 1 are only displayed the minutes and seconds from 00:00 to 59:99 So there is maximum 4 digits to display and they can hence be displayed with the largest possible font	A wonderful additional feature will have been to be able to setup either a timer or a time and the watch draw the external circle so that when the timer get to ZERO or the TIME is reach the full circle is drawn
In 2 are displayed the kilometers No need to be as big here as we look at them less often	In 2 are displayed the hours No need to be as big here as we look at them less often	It allow to visually see how much we covered on foreseen time and how much remains

Enhancement for swimming

Add one option 1 Field
which will be displayed extreemly huge

Possibilities for that field
- Distance
- Time
- Duration
- Heart rate
- ? ? ? ?
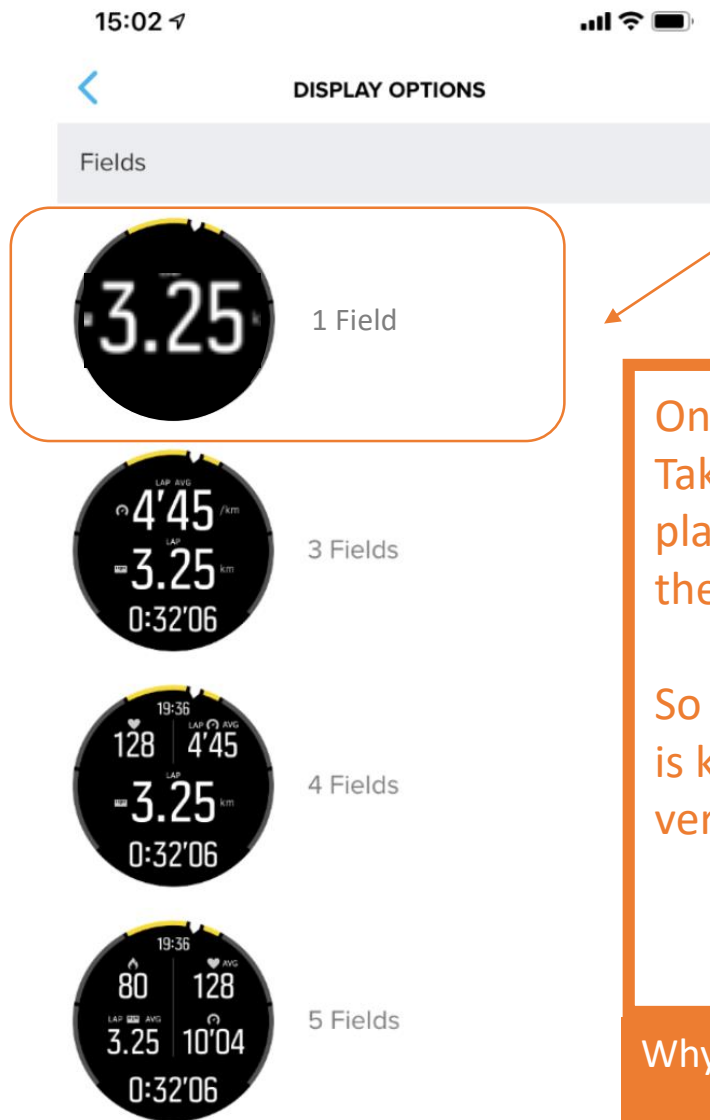
One trick for Distance, Duration
Take advantage of the place below to show the thousand

So the huge field
is kept
very precise

Distance : from 0 to 999
Duration : from 00:00 to 59:99

Distance : either « distance » or the 1 ... x km
Duration : either « duration » or 1 ... x h

Why this trick ? : the big values such as kilometers or hours does not change often,
so when you do not see well you should stay focused on meters, minutes.