



# TRIATHLON COACHING | SWIMMING | CYCLING | RUNNING | ST

TriZee Athletes, Ft-201 Jalsa Apartment, Bhopal | [www.TriZee.in](http://www.TriZee.in) | 9893389787

## How to Add a Route to Your Garmin Device

### Step 1: Open the Course Link

Visit the link on a browser (phone or desktop or garmin connect): Example -

<https://connect.garmin.com/modern/course/351687632>

### Step 2: Log in to Garmin Connect

Make sure you're logged into the same Garmin Connect account that's synced with your device (on the web or app).

### Step 3: Save the Course (if not already saved)

If you haven't saved it yet, click "Save" in the top-right corner.

### Step 4: Send to Device

- Click on the gear/settings icon or three-dot menu on the course page.
- Select "Send to Device".
- (Or look for an icon curved arrow pointing towards a device like bike computer)
- Choose your connected Garmin device.

### Step 5: Sync Your Device

- Open the Garmin Connect App on your phone.
- Ensure your device is connected via Bluetooth.
- The course will automatically sync once you open the app and it connects to your device.

### Step 6: Access the Route on Your Device

- On your Garmin device (watch or bike computer):
- Go to Navigation or Courses (Long press bike activity)
- Select the course named "BP100 Night Ride" or similar (example).
- Choose "Ride" or "Start" when ready.

