

## Garmin Catalyst Tips for Success

- Check for Updates often
- Charge the unit before the event or bring a charger to the track, battery banks work great too
- Connect the Catalyst to a Bluetooth Audio Source so that you can hear the on track coaching
  - For those with no car audio ear buds are very helpful, we have a number of options of audio in the helmet
- Turn On the Advanced Driving Coach (Found under you driver profile)
- Mount the Camera as High and Centered as possible
- The included memory card will hold a lot of data but for those running many tracks and lots of session more memory is helpful
  - Install a larger Memory Card in the Main Slot (Under the Back Lower Cover) [Class 10 - 128gb](#) or larger recommended
- Mount the unit under the windshield with a clear view of the sky to improve GPS strength. The Better the GPS signal the greater the accuracy of the device
- The Short Micro USB was included for charging and can break when used on the camera
- We recommend a short Micro-USB cable that is [heavy duty cable](#) for the camera
- Before going out on track check that the unit has good GPS reception
  - Click on the Bars, looks like Cell Phone Signal Bars, and ensure you see lots of green bars on the screen If you are in a garage or Paddock with lots of structures ensure you acquire signal before your session
- Reliable Power Source – Make sure the included 12V adapter is seated and tight in the receptacle
  - For race cars a Power Bank works great, recommend a 10,000 mAH or greater
  - Alternately a popular power tool batteries with a USB adapter mounted are very handy
- Use the Sticky Camera Mount over the Suction Cup when possible
- Always change the driver profile when others drive your car or change the car if mounting in a second vehicle
- **Make Multiple Car Profiles noting changes such as Tire or Setup Changes**





## During the Session

- **Focus on improving your averages and Optimal rather than on actual lap times**
  - The Averages and Optimal will show improvement regardless of traffic, yellow flags.....
- Listen to the audio coaching but know that the instructions might be subtle
  - For instance it may be telling you to brake later and that could mean a few feet or many yards.
- Advanced: Learn to utilize the Delta Timers on the Screen starting with the Red and Green Background and then focusing on the time delta

## Post Session:

- Review Opportunities tab first
  - Pay attention to the Time Delta Graph which will show what portion of the segment provided the biggest gains
- When watching the play back skip from lap to lap and watch an individual segment to establish your Average line, speed, braking...
- Overlay laps with reference to the Optimal which will provide Time Delta, G-Sum Circle....
- Remove Unneeded Video's after the event
- Read the [Catalyst 5-15-1 Process](#) from Ross Bentley which provides tips on getting the most out of the data review.

<https://speedsecrets.com/garmin-catalyst-5-15-1-process/>

