

POLAR RCX5



Optimized Training for Endurance Athletes

For triathletes, runners, cyclists and endurance athletes who want to optimize their training.

- ZoneOptimizer adjusts your heart rate zones, making every session more effective
- Sport profiles guarantee swift switch between different sports
- Improves performance with endurance training programs, downloadable from polarpersonaltrainer.com with the Polar DataLink
- Gives heart rate even in water with a comfortable and disturbance-free hybrid transmitter
- Race Pace helps control your speed to reach your target time

Body measurement features

- [Automatic age-based target zone – bpm / %](#)
To help you train safely and effectively, the training computer determines your heart rate target zone limits automatically according to your age-based maximum heart rate (220 minus age). The limits are determined either in beats per minute (bpm) or as a percentage (%) of your maximum heart rate. See also Manual target zone.
- Average and maximum heart rate of each lap
- Average, minimum and maximum heart rate of training
- [Heart rate – bpm / %](#)
Heart rate is the measurement of the work your heart does. Heart rate can be expressed as the number of beats per minute (bpm) or as a percentage (%) of your maximum heart rate.
- [HR-based target zones with visual and audible alarm](#)
You can define your target zones for a training session based on heart rate to help define the right intensity. When you are out of the preset zones, the training computer will give a visual and audible alarm.
- [HRmax \(age-based\)](#)
The highest number of heart beats per minute (bpm) during maximum physical exertion. For a rough estimate of your maximum heart rate, subtract your age from 220. HRmax is a useful tool for determining the intensity of training as intensity zones can be defined using HRmax. Some Polar products define maximum heart rate during the Polar Fitness Test, see also HRmax (Polar Fitness Test -based).
- [HRmax \(Polar Fitness test-based\)](#)
Some Polar products predict your HRmax simultaneously with the Polar Fitness Test. This predicted HRmax value is more accurate than the age-based formula (220 minus age).
- HRmax (user set)
- [Manual target zone – bpm / %](#)
This feature enables you to define the target zone as you want and is suitable for your training. You can set the target zone for your training as beats per minute (bpm) or as a percentage of your maximum heart rate.
- [Polar Fitness Test](#)
Polar Fitness Test measures your aerobic fitness at rest in just five minutes. The result, Polar OwnIndex, evaluates your maximal oxygen uptake (VO₂max). With the Polar Fitness Test you can measure your aerobic fitness by yourself, automatically and without any exertion. All you need is your training computer. The Polar Fitness Test is as accurate in predicting the VO₂max as any sub maximal fitness test. The test is based on heart rate and heart rate variability at rest and personal information.
- [Polar OwnCal® – calorie expenditure with fat percentage](#)

Polar OwnCal calculates the number of kilocalories expended during training. This feature allows you to follow the kilocalories expended during one training session and cumulative kilocalories expended during several training sessions. This feature also estimates the fat-burning percentage (fat% on display), that is, kilocalories expended from fat during a workout which is expressed as a percentage of the total kilocalories burned.

- Polar OwnCode® (5kHz/2.4 GHz W.I.N.D.) - coded transmission
- [Polar sport zones](#)
Polar sport zones provide an easy way to select and monitor the intensity of your training and to follow sport zones based training programs. Training is divided into five zones based on percentages of your maximum heart rate: very light (50-60%HRmax), light (60-70%HRmax), moderate (70-80%HRmax), hard (80-90%HRmax) and maximum (90-100%HRmax).
- [Polar ZoneOptimizer - personalized sport zones](#)
ZoneOptimizer adjusts personal sport zones for every training session based on your current physiological condition. This feature gives you the right heart rate zones depending on your physiological state at that exact moment, making sure that the you are always training at the right intensity.

CS cadence sensor W.I.N.D. features

- [Bike settings – for three bicycles](#)
You can define settings up to two to three bikes in your training computer. When you start training, you can select the bike with the correct settings for that particular training session.
- [Cadence – current, average and maximum](#)
Your cycling cadence stands for your pedaling rate in revolutions per minute (rpm). Cadence is the central factor in improving cycling performance. A higher cadence reduces the force needed for each pedal stroke, and thus improves overall performance. Running cadence measures how many times your either right or left foot hits the ground in one minute. Running cadence is measured as steps per minute. With this feature you can sharpen your cadence and make your ground contact time shorter. This will help you to find a balance between leg power and leg speed.

CS speed sensor W.I.N.D. features

- [Autostart/stop](#)
By activating Autostart/autostop feature, the cycling computer starts and stops training recording automatically when you start or stop pedaling.
- [Bike settings – for three bicycles](#)
You can define settings up to two to three bikes in your training computer. When you start training, you can select the bike with the correct settings for that particular training session.
- Distance based interval
- [Distance – training, lap, trip and total](#)
Distance (km, mi) can be set and measured in several ways. Training distance tells you the distance traveled during a training session. Lap distance tells you the distance of one lap. Trip distance tells you the distance from the latest trip reset. Total distance is the distance accumulated since the last reset.
- [Race Pace](#)
Race Pace allows you to set a target speed/pace for a certain distance. It then helps pacing the run or ride by showing the current speed/pace and by telling in time, how much you are behind or ahead of the set target.
- [Speed – current, average and maximum](#)
Speed (km/h or mi/h) is measured with GPS, footpod, stride sensor or cycling speed sensor.
- [Speed-based target zones with visual and audible alarm](#)
You can define your target zones for a training session based on speed. When you are out of the preset zones, the training computer will give a visual and audible alarm.
- [SpeedPointer](#)
SpeedPointer feature tells you your speed within set speed limits.

Data transfer

- Compatible with Mac (Intel-based) via Polar DataLink
- Compatible with PC via Polar DataLink
- Compatible with polarpersonaltrainer.com via Polar DataLink

G3 GPS sensor W.I.N.D. features

- Distance based interval
- [Distance – training, lap, trip and total](#)
Distance (km, mi) can be set and measured in several ways. Training distance tells you the distance traveled during a training session. Trip distance tells you the distance from the latest trip reset. Lap distance tells you the distance of one lap. Total distance is the distance accumulated since the last reset. Odometer tells you the cumulative distance which you cannot reset.
- [Race Pace](#)

Race Pace allows you to set a target speed/pace for a certain distance. It then helps pacing the run or ride by showing the current speed/pace and by telling in time, how much you are behind or ahead of the set target.

- Route mapping – opt. with polarpersonaltrainer.com web service

- [Running Index](#)

Running Index is based on heart rate and speed data measured during the run. It gives daily information about your performance level, both aerobic fitness and running economy.

Improvement in running efficiency indicates improved economy of running performance.

- [Speed/Pace – current, average and maximum](#)

Speed (km/h or mi/h) is measured with GPS, footpod, stride sensor or cycling speed sensor. Pace (expressed as min/km or min/mile) stands for the rate of speed. Pace is usually used in running. By setting a target pace, you can follow how fast you need to run in order to reach a certain distance in a predefined time.

- [SpeedPointer](#)

SpeedPointer feature tells you your speed within set speed limits.

Polarpersonaltrainer.com features

- [Advanced training analyzing](#)

You can easily analyze each of your training sessions in the training result view. In addition to many useful details about your training, the Curve illustrates graphically the data from the sensors that you used while training. Place your mouse cursor on the curve to see more details.

- [Endurance programs](#)

The polarpersonaltrainer.com web service offers complete endurance training programs for running and cycling, including warm-up, work and cool-down phases for every session. Polar Endurance program is customized to every user's needs and optimizes endurance training by adapting to the user's training routines, updating the program every four weeks.

- [Map view – optional with GPS sensor](#)

When you use a GPS sensor you get a map view of your training route. On the map you can examine your training data in further detail.

- [Training computer settings](#)

You can edit your training computer settings with the WebSync software.

- [Training diary](#)

Diary is available in Polar software. When you transfer training results from your training computer to your Diary, you can easily follow up your training as well as plan your future training sessions. You can choose to see your training sessions in a Month or Week view, along with a Month or Week summary.

- [Training Load](#)

This feature is available in Polar software. When you transfer training results from your training computer to polarpersonaltrainer.com, you can follow your training load and recovery in the training diary. Continuous monitoring of training load and recovery will help you recognize personal limits, avoid over- or undertraining, and adjust training intensity and duration according to your daily and weekly targets.

- [Training programs](#)

The polarpersonaltrainer.com web service offers training programs for running, cycling, outdoor sports, and general fitness, for instance. The training program creates training targets which appear in your Diary. You can customize the program according your current fitness level.

Recording features

- [Adjustable recording rate – 1s, 5s, 15s, 60s](#)

The samples of your heart rate, speed, cycling cadence, power and altitude are stored either in 1, 5, 15 or 60 second intervals. A longer interval gives you more recording time, while a shorter interval allows you to record more detailed data. A shorter recording rate uses the memory of the training computer up more rapidly, but enables more accurate data analysis using Polar software.

- Memory left indication

- [Totals](#)

Totals includes your training data starting from the last reset enabling you to follow your long-term training.

- Training files (with summaries) – 99

- [Weekly history](#)

Weekly history gathers your weekly training data. By selecting a week, you can review your training data for the week.

s3/s3+ stride sensor features

- [Average stride length](#)

Stride length is the average length of one step, that is, the distance between your right and left foot contacting the ground. Runners adjust stride length to gather speed: stride length increases

as speed increases. Yet one of the most common mistakes novice runners make is over-striding. The most efficient stride length is the natural one – the one that feels most comfortable.

- [Cadence – current, average and maximum](#)
Your cycling cadence stands for your pedaling rate in revolutions per minute (rpm). Cadence is the central factor in improving cycling performance. A higher cadence reduces the force needed for each pedal stroke, and thus improves overall performance. Running cadence measures how many times your either right or left foot hits the ground in one minute. Running cadence is measured as steps per minute. With this feature you can sharpen your cadence and make your ground contact time shorter. This will help you to find a balance between leg power and leg speed.
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- [Speed/Pace-based target zones with visual and audible alarm](#)
You can define your target zones for a training session based on speed. When you are out of the preset zones, the training computer will give a visual and audible alarm.

Training features

- [Automatic lap recording](#)
With this feature you can set your training computer to take laps based on preset distance, for example, every 1 km/mi.
- [Display zoom](#)
Display zoom feature allows you to zoom in information on the display during training.
- [Graphical target zone indicator](#)
This feature points out graphically on the display the zone you are in during a training session helping you to stay on the desired intensity zone.
- [HeartTouch – button-free operation of wrist unit](#)
When HeartTouch is on, different training information during training can be accessed without pressing buttons, for instance, when gloves make pressing buttons difficult, by bringing your training computer close to your transmitter.
- [Interval trainer guided workouts – heart rate / pace / distance](#)
Create interval guided workouts based on time, heart rate, speed/pace or distance guidance with up to three linked timers or distances and up to three target zones.
- Number of laps – 99
- [Sport Profiles](#)
Sport Profiles provide true multisport support with a swift switch between different sports during training. This feature allows the training computer to modify all sport-specific settings and detect the needed sensors automatically, so you will not lose any time or training data. With just a few button presses, you can change from one sport to another, for example in triathlon.
- [User configurable displays – all lines](#)
This feature allows you to configure training computer displays to show the information that you need during your training session. Configure the displays either in the training computer or in ProTrainer 5 software.
- [ZoneLock](#)
ZoneLock feature helps you to accumulate certain intensity. You can either lock a zone before a training session or during it by pressing a button when you are on the desired zone.
- [ZonePointer](#)
ZonePointer is a visible and moving symbol on the training computer display indicating whether you are inside the pre-set target zone. This feature helps you to reach the desired intensity/pace/speed/cadence targets.

Watch features

- Backlight
- Date and weekday indicator
- Display text in English, German, Finnish, Swedish, French, Portuguese, Spanish, and Italian
- Dual time zone
- [KeyLock](#)
By activating KeyLock, training computer buttons are locked, and accidental presses do not cause problems, for instance, during training.
- Low battery indicator
- [StopWatch](#)
Stopwatch can be used for timing, for instance, recording lap times. In some products, StopWatch tells the total training time.
- Time of day (12/24h) with alarm and snooze
- Training reminder
- User replaceable battery
- Water resistant – 30m