

GARMIN<sup>®</sup>

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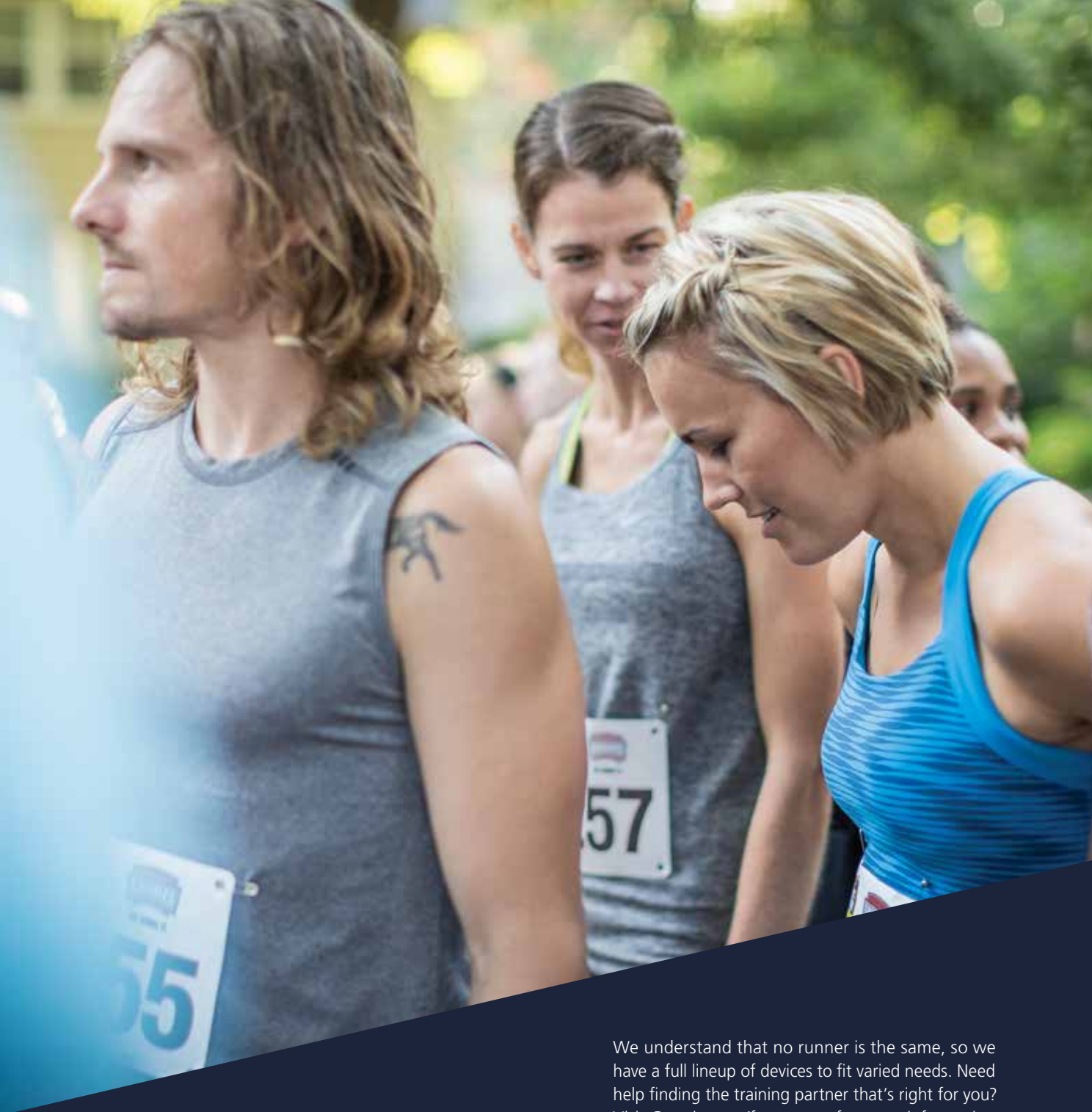
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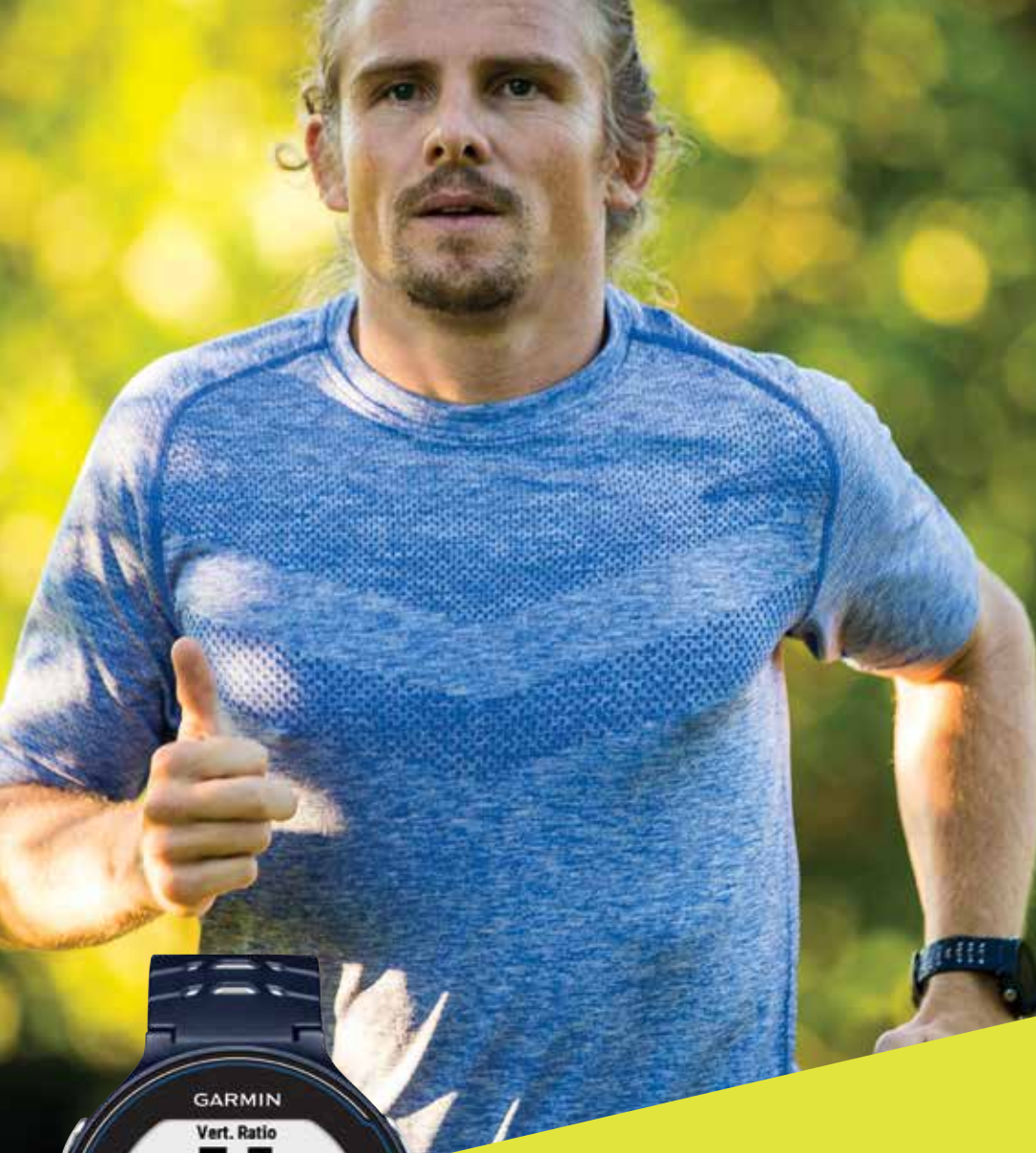
GPS Running & Multisport Watches



We understand that no runner is the same, so we have a full lineup of devices to fit varied needs. Need help finding the training partner that's right for you? Visit [Garmin.com/forerunner](https://Garmin.com/forerunner) for more information on key features.

**FORERUNNER.**  
FOR RUNNERS.





Physiological metrics<sup>2</sup>



**FORERUNNER® 630**



## *more than numbers*

This touchscreen GPS running watch gives you all the smart technology you can imagine to reach seemingly impossible goals. It features advanced running dynamics<sup>1</sup>, extended physiological measurements<sup>2</sup>, and extensive smart features<sup>3</sup>. Pairing with an HRM-Run enables advanced running dynamics: ground contact time balance, vertical ratio, and real-time stride length. Smart features include e-mail, text, call and calendar notifications. Additional connected features include automatic uploads to Garmin Connect™, audio prompts and live tracking.

<sup>1</sup>When paired with HRM-Run monitor. Included with some models, sold separately on others.

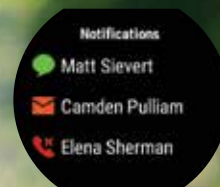
<sup>2</sup>When paired with a heart rate monitor. Included with some models, sold separately on others.

<sup>3</sup>When paired with compatible smartphone, see [Garmin.com/ble](http://Garmin.com/ble) for more details.

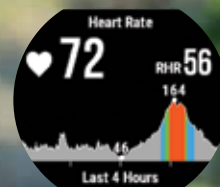




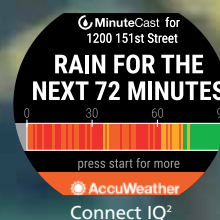
FORERUNNER® 235



Connected features<sup>2</sup>



Wrist-based heart rate<sup>1</sup>



## run with heart

Training with heart rate just got a shade easier with wrist-based heart rate<sup>1</sup>. Forerunner 235 uses Elevate™ heart rate technology to measure heart rate at the wrist, giving you the option to run without a strap. Its built-in activity tracker<sup>1</sup> keeps recording steps, even when you're not running. Pair your watch with a compatible phone for connected features<sup>2</sup> like automatic uploads to Garmin Connect, smart notifications, audio prompts and live tracking. You can also download customizable watch faces and applications from Connect IQ. For more challenging runs, download advanced workouts and training plans to your watch from Garmin Connect.

<sup>1</sup>See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy)

<sup>2</sup>When paired with compatible smartphone, see [Garmin.com/ble](http://Garmin.com/ble) for more details.







FORERUNNER<sup>®</sup> 230

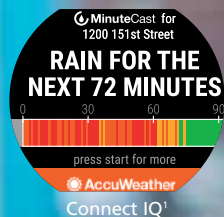


 **Camden Pulliam**  
I'm going to sign up for a race next week. Which one are you running?  
✕ Dismiss

Connected features<sup>1</sup>



VO2 Max<sup>2</sup>



## *in it for the long run*

Stay on pace for your next personal record with Forerunner 230, the GPS and GLONASS running watch with connected features<sup>1</sup>. Its built-in activity tracker<sup>2</sup> keeps recording steps, even when you're not running. Pair your watch with a compatible phone for connected features like automatic uploads to Garmin Connect, smart notifications, audio prompts and live tracking. HR data<sup>3</sup> such as heart rate, heart rate zone and VO2 max estimate allows you to train more effectively. For more challenging runs, download advanced workouts and training plans to your watch from Garmin Connect.

<sup>1</sup>When paired with compatible smartphone, see [Garmin.com/ble](http://Garmin.com/ble) for more details.

<sup>2</sup>See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy) <sup>3</sup>When used with a heart rate monitor. Included with some models; sold separately on others.



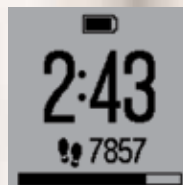


## FORERUNNER® 25

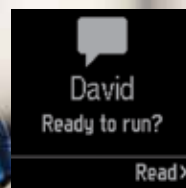


26:13  
3.10<sub>m</sub>

Time, distance and pace



Activity tracking<sup>2</sup>



Smart notifications<sup>3</sup>

## *the extra mile*

Take your running to the next level. This easy-to-use GPS running watch tracks distance, pace, heart rate<sup>1</sup> and personal records. Stay on top of your fitness goals between workouts with activity tracking<sup>2</sup> features that remind you when it's time to move and count steps and calories burned all day. Stay connected by pairing it with your smartphone for text and call alerts and automatic uploads<sup>3</sup> to our free online community, Garmin Connect, where you can join fitness challenges and save, plan and share your progress.

<sup>1</sup>When used with a heart rate monitor. Included with some models; sold separately on others

<sup>2</sup>See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy) <sup>3</sup>When paired with compatible smartphone, see [Garmin.com/ble](http://Garmin.com/ble) for more details.






DISTANCE	2.9
TIMER	27:16
PACE	9:24

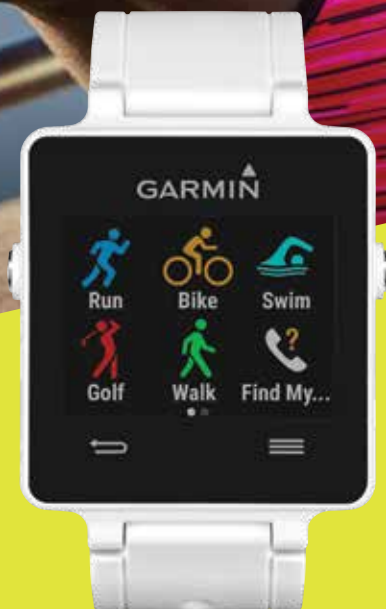
GPS smartwatch

HR ZONE	3
HEART RATE	132
AVG HR	119

Heart rate<sup>1</sup> training

SPEED	YOU'VE REACHED RHINO SPEED!
31	

Connect IQ<sup>1</sup>



vívoactive<sup>®</sup>



## *more sports, more smarts*

If a typical day in your world includes a lunch run, a golf outing or bike ride after work, you need a watch that captures all your active moments in the sports you love. vívoactive is the GPS smartwatch with built-in sports apps, so you can track your stats without being tethered to your phone. Throughout your busy day, vívoactive counts steps and calories and delivers smart notifications<sup>1</sup>. And it goes up to 3 weeks without a charge in watch/activity tracking<sup>2</sup> mode or up to 10 hours with GPS.

<sup>1</sup>When paired with compatible smartphone; see [Garmin.com/ble](http://Garmin.com/ble) for more details.

<sup>2</sup>See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy).

<sup>3</sup>When combined with heart rate monitor, included with some models, sold separately on others.







Forerunner 15



Forerunner 25



Forerunner 230



Forerunner 235



Forerunner 630



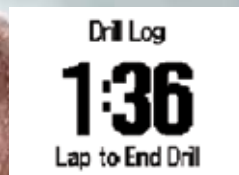
vivoactive

GPS-enabled	●	●	●	●	●	●
Heart rate	Some Models	Some Models	Some Models	Wrist-based	Some Models	Some Models
Foot pod	Sold Separately	Sold Separately	Sold Separately	Sold Separately	Sold Separately	Sold Separately
Wireless uploads		●	●	●	●	●
Virtual Partner®					●	
Virtual Pacer™ / Pace Alert	Virtual Pacer™	Virtual Pacer™	Pace Alert	Pace Alert	Pace Alert	
Auto Pause®	●	●	●	●	●	●
Auto Lap®	●	●	●	●	●	●
Touchscreen					●	●
Color display			●	●	●	●
Connected features		●	●	●	●	●
VO2 max estimate			●	●	●	
Recovery advisor			●	●	●	
Race predictor			●	●	●	
Running dynamics (when used with HRM-Run)					●	
Stress score					●	
Lactate threshold					●	
Performance condition					●	
Training plan support			●	●	●	
Activity tracking¹	●	●	●	●	●	●
Garmin Connect	●	●	●	●	●	●
	Display: 0.81" x .77" (small); 0.98" x 0.94" (large); 55 x 32 pixels Weight: 1.3 oz (small); 1.5 oz (large) Battery: 5 wks in power save; up to 8 hrs in training mode Water resistant up to 5 ATM (50 meters)²	Display: 0.75" x .73" (small); 0.91" x 0.91" (large); 128 x 128 pixels Weight: 1.1 oz (small); 1.4 oz (large) Battery: Up to 8 weeks in watch/activity tracking mode; up to 8 hours in training mode³ Water resistant up to 5 ATM (50 meters)³	Display: 1.23" diameter, 215 x 180 pixels Weight: 1.45 oz Battery: Up to 5 weeks in watch/activity tracking mode; 16 hours in training mode Water resistant up to 5 ATM (50 meters)³	Display: 1.23" diameter, 215 x 180 pixels Weight: 1.48 oz Battery: Up to 9 days in watch/activity tracking +HR mode; 11 hours in training mode Water resistant up to 5 ATM (50 meters)³	Display: 1.23" diameter, 215 x 180 pixels Weight: 1.55 oz Battery: Up to 4 weeks in watch/activity tracking mode; 16 hours in training mode Water resistant up to 5 ATM (50 meters)³	Display: 1.13" x 0.80" (28.6 mm x 20.7 mm), 205 x 148 pixels Weight: 1.34 oz Battery: 3 weeks in watch/activity tracking mode, up to 10 hrs using GPS Water resistant up to 5 ATM (50 meters)³

¹Some Models™ means some models are sold as a bundle with the sensor included.

²See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy). ³Large watch battery life - up to 10 weeks in watch/activity tracking mode; up to 10 hours in training mode. ⁴See [Garmin.com/waterrating](http://Garmin.com/waterrating) for more details.





Drill logging



VO2 max\*



Running dynamics<sup>1</sup>



## FORERUNNER<sup>®</sup> 920XT



## swim, bike, run

This multisport GPS watch is qualified to guide the training of elite and amateur athletes alike. It records detailed metrics for swimming, biking and running. Swim capabilities include drill logging, rest timers and recording distance, pace, stroke type and more. The high-resolution color display makes it easy to see your stats at a glance. Advanced features include running dynamics<sup>1</sup>, VO2 max estimate<sup>2</sup>, live tracking and smart notifications<sup>3</sup>. Capture heart rate underwater and during multisport activity by pairing it with HRM-Swim™ and HRM-Tri™. Wear it as a watch all day and use activity tracking<sup>4</sup> to monitor your steps and calories. It also offers automatic uploads to Garmin Connect, our free online community where you can save, plan and share your efforts.

<sup>1</sup>When used with HRM-Run™ monitor; included with some models, sold separately on others.

<sup>2</sup>When used with heart rate monitor. <sup>3</sup>When paired with compatible smartphone; see

Garmin.com/ble. <sup>4</sup>See Garmin.com/ataccuracy.





Running dynamics<sup>1</sup>



ABC sensors



Connect IQ<sup>2</sup>



fēnix 3



## *discover new trails*

fēnix 3 is the rugged, capable and smart multisport training GPS watch. With feature sets for fitness training plus outdoor navigation, this wearable is ready for anything you are. Access to the Connect IQ platform allows customization of watch faces, data fields, widgets and activities. It's available in three models, including the premium sapphire model with a stainless steel band and sapphire lens. fēnix 3 has a water rating of 10 ATM (100 meters) and battery life up to 50 hours in UltraTrac mode.

<sup>1</sup>When used with HRM-Run™. Included with some models; sold separately on others.  
<sup>2</sup>When paired with compatible smartphone, see [Garmin.com/ble](http://Garmin.com/ble) for more details.





Forerunner 920XT



fēnix 3



Forerunner 910XT



Garmin Swim

	Forerunner 920XT	fēnix 3	Forerunner 910XT	Garmin Swim
GPS-enabled	+ GLONASS	+ GLONASS	●	
Heart rate	Some Models <sup>1</sup>	Some Models <sup>1</sup>	Some Models	
Foot pod	Sold Separately	Sold Separately	Sold Separately	
Wireless uploads	●	●	●	●
Virtual Partner®	●	●	●	
Auto Pause®	●	●	●	
Auto Lap®	●	●	●	
Bike speed & cadence sensor	Sold Separately	Sold Separately	Sold Separately	
Multisport mode	●	●	●	
Barometric altimeter	●	●	●	
ANT+™ power meter compatible	●	●	●	
Open water swim metrics	●	●	●	
Pool swim metrics (distance, pace and more)	●	●	●	●
Stroke identification	●	●	●	●
Drill logging	●	●		●
SWOLF (swim efficiency)	●	●	●	●
Connected features	●	●		
VO2 max estimate	●	●		
Recovery advisor	●	●		
Race predictor	●	●		
Running dynamics (when used with HRM-Run)	●	●		
Garmin Connect	●	●	●	●
	Display: 1.1" x 0.8", 205 x 148 pixels Weight: 1.9 oz Battery: 1 month in low power mode with activity tracking; up to 24 hrs in training mode; up to 40 hrs in UltraTrac mode Water resistant up to 5 ATM (50 meters) <sup>2</sup>	Display: 1.2" diameter, 218 x 218 pixels Weight: 2.9 oz Battery: 6 wks in power save; up to 20 hrs in training mode; up to 50 hrs in UltraTrac mode Water resistant up to 10 ATM (100 meters) <sup>2</sup>	Display: 1.3" x 0.8", 160 x 100 pixels Weight: 2.5 oz Battery: up to 20 hrs Water resistant up to 5 ATM (50 meters) <sup>2</sup>	Display: 1.1" diameter, 55 x 31 pixels Weight: 1.4 oz Battery: 12 months Water resistant up to 5 ATM (50 meters) <sup>2</sup>

<sup>1</sup>Bundle version includes HRM-Run monitor.  
<sup>2</sup>See [Garmin.com/waterrating](http://Garmin.com/waterrating) for more details.



# training with heart

Monitoring heart rate while running, swimming or cycling is a great way to capture extensive data that may help you improve your training. Advanced running dynamics measure, ground contact time balance, stride length, vertical ratio and other metrics that can help you improve your form.

Physiological metrics give you a better idea of how you can expect to perform by providing stress score, lactate threshold and performance condition. Additionally, zone training allows you to tap into different heart rate zones based off your beats per minute and challenge yourself during different portions of your workout.



Standard HRM



Premium HRM



HRM-Run™



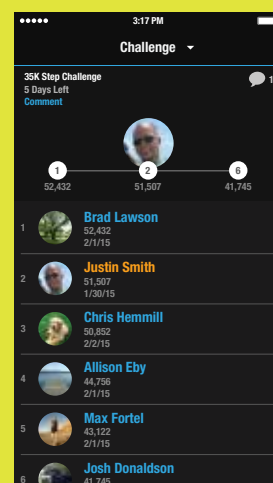
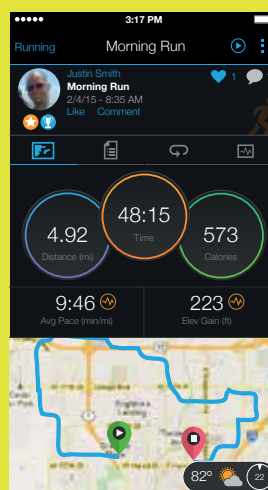
HRM-Tri™



HRM-Swim™

	Standard HRM	Premium HRM	HRM-Run™	HRM-Tri™	HRM-Swim™
ANT+™ heart rate	●	●	●	●	●
Supports heart rate variability and advanced heart rate features	●	●	●	●	●
2.4 GHz ANT wireless communication protocol	●	●	●	●	●
Running dynamics			●	●	
Stores and forwards heart rate				●	●
Swim interval heart rate statistics				●	●
Non-slip design for pool swimming					●
Pool chemical resistant					●
Battery life (Usage model)	3 years (1 hour per day)	4.5 years (1 hour per day)	Up to 1 year (Running 1 hour / day)	10 months (Tri training 1 hour / day)	18 months (swimming 3 hours / week)
Battery type	CR2032	CR2032	CR2032	CR2032	CR2032
Module size	N/A	34.0 x 62.2 x 8.0 mm	29.4 x 51.4 x 8.5 mm	29.4 x 51.4 x 8.5 mm	29.4 x 51.4 x 8.5 mm
Size adjustment	Bi-fold	Tri-fold	Bi-fold	Bi-fold	Bi-fold
Sizing range	24.2" – 68.1" (61.4 – 173.0 cm)	24.2" – 56.7" (64.0 – 144.0 cm)	23.5" – 56.0" (60.0 – 142.0cm)	23.5" – 56.0" (60.0 – 142.0cm)	23.0" – 57.0" (58.0 – 145.0cm)
Water rating	1 ATM	3 ATM	5 ATM	5 ATM	5 ATM
Module weight	2.6 oz (73 g)	1.9 oz (55 g)	1.7 oz (49 g)	1.7 oz (49 g)	1.8 oz (51 g)

connect



## get connected

With billions of activity miles from users around the world, Garmin Connect is the place to save, plan and share your sweat equity — for free. The Garmin Connect Mobile app lets you sync compatible fitness devices with your phone so you can analyze and share your activities from anywhere. Analyze core metrics, plan new routes and access free training plans. Plus, you can share routes with your running and riding buddies and search from a worldwide database of activities posted by other users.

Also available via desktop by logging on to [GarminConnect.com](http://GarminConnect.com)

## track progress

Have your training come full circle with the smart scale that tracks your progress. Garmin Index™ smart scale measures body mass index (BMI), body fat, water percentage, bone mass and muscle mass. Its Wi-Fi® connectivity allows you to wirelessly sync your data to Garmin Connect, our free online fitness community. From your computer or on your compatible mobile device, Garmin Connect lets you see your data in more detail and review your progress against your goals. Up to 16 people can be recognized by Garmin Index and have their body composition metrics automatically uploaded directly to their own Garmin Connect accounts.



WEIGHT



BODY MASS  
INDEX



BODY FAT  
PERCENTAGE



BODY WATER  
PERCENTAGE



MUSCLE MASS



BONE MASS



GARMIN INDEX™  
SMART SCALE



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