PRODUCT UPDATE

AUGUST 2025 SMARTWATCH AND CYCLING COMPUTER FEATURE UPDATE

In an ongoing effort to improve our products and provide enhanced features to existing users, we are excited to announce our next feature update for smartwatches and the Edge® 1050 cycling computer. The update provides improved functionality and new features for a variety of our fitness and outdoor products.

The software updates have begun rolling out and will continue to do so over the coming weeks. Customers can update their smartwatch or Edge 1050 by enabling automatic updates from their devices.

Please see the below for a few featured highlights found in this update as well as a detailed reference table at the end of the document.

NEW FEATURES - SMARTWATCHES

Notable features in this software release include:

RUNNING TOLERANCE

Better understand the impact each run has on your body, and get a recommended weekly maximum mileage so you can keep training effectively without taking on too much.


GARMIN TRIATHLON COACH

Better prepare for the next triathlon with free training plans that adapt daily and provide personalized workouts based on performance, recovery and health metrics. Plus, set up, customize and view a week's worth of workouts in the Garmin Connect™ app.

DAILY SUGGESTED WORKOUTS - TRACK

If your running workouts involve a typical 400-meter track, this feature helps maximize your training with daily suggested workouts in track-friendly units. All tempo, threshold, VO2 max, anaerobic and sprint workouts in your schedule will be available in the track-running format and will include pace-based targets.
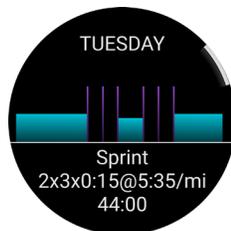
RUNNING ECONOMY

Measure your overall energy efficiency while running — using long-term running volume, stride length and step speed loss, which tells you how much you slow down when your foot hits the ground — when you pair your watch with the HRM 600 monitor (sold separately).

STEP SPEED LOSS

Improve your running form and understand how much you slow down when your foot hits the ground — when you pair your watch with the HRM 600 monitor (sold separately).

EVENING REPORT

Prepare for tomorrow before bed with a reminder of sleep need, tomorrow's workout, weather and events.

GARMIN.

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NEW FEATURES - EDGE® 1050

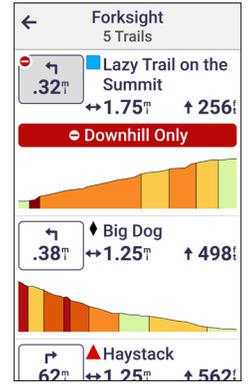Notable features in this software release include:

TIMING GATES

Set timing gates throughout a course to track split times and better understand your ride or race performance in real time.

RUN SPEED	RUN TIME
18.2 m/h	6:36.8

Split Performance

	Run 4	Best
1	1:57.0	1:57.0
2	2:32.6	2:32.6
3	0:46.0	0:38.7
4	1:29.6	1:28.5

FORKSIGHT MODE IMPROVEMENTS

Improvements to Forksight mode automatically display more detailed information about upcoming forks in the trail, including the distance remaining on the trail, elevation profile and distance to return to start.
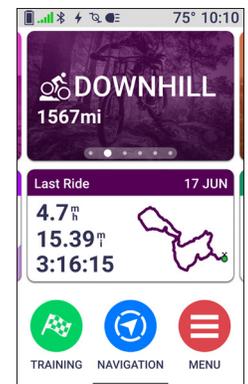
Forksight
5 Trails

.32ᵐⁱ ← ■ Lazy Trail on the Summit
↔1.75ᵐⁱ ↑ 256ᶠᵗ

⊖ Downhill Only

.38ᵐⁱ ← ◆ Big Dog
↔1.25ᵐⁱ ↑ 498ᶠᵗ

.62ᵐⁱ → ▲ Haystack
↔1.25ᵐⁱ ↑ 562ᶠᵗ

ENDURO RIDE PROFILE

The enduro ride profile tracks total ascent and descent from each run and for the ride overall.

75° 10:10

ENDURO MTB
1567mi

Last Ride	17 JUN
4.7 m/h	
15.39 mi	
3:16:15	

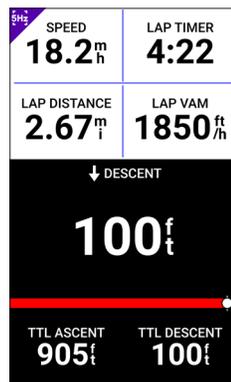TRAINING · NAVIGATION · MENU

DOWNHILL RIDE PROFILE

The downhill profile laps each time you finish a descent, so your return to the top via shuttle or ski lift doesn't affect your ride stats.

75° 10:10

DOWNHILL
1567mi

Last Ride	17 JUN
4.7 m/h	
15.39 mi	
3:16:15	

TRAINING · NAVIGATION · MENU

5 HZ GPS RECORDING

See greater detail about the lines you take down the trail with multi-band GPS with 5 Hz GPS recording while using the enduro or downhill ride profiles.

SPEED	LAP TIMER
18.2 m/h	4:22

LAP DISTANCE	LAP VAM
2.67 mi	1850 ft/h

↓ DESCENT

100 ft

TTL ASCENT	TTL DESCENT
905 ft	100 ft

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COMPARISON

	RUNNING ECONOMY	RUNNING TOLERANCE	STEP SPEED LOSS	GARMIN TRIATHLON COACH	TRIATHLON RACE EVENTS	MULTISPORT WORKOUTS	TRACK RUN DAILY SUGGESTED WORKOUTS	PROJECTED RACE TIME PREDICTION	SUGGESTED FINISH LINE
Venu® X1	●	●	●	●	●	●	●	●	●
vivoactive® 6									
Forerunner® 570/970	● 970 only	● 970 only	● 970 only	●	●	●	●	●	●
fēnix® E/8 series, Enduro™ 3, tactix® 8, quatix® 8	●	●	●	●	●	●	●	●	●

	AUTO LAP BY COURSE POINT	PERFORMANCE GLANCE ENHANCEMENTS	TRACK DETECTION EXPANSION	MOBILITY	SMART WAKE ALARM	EVENING REPORT	CALCULATOR APP	RUCKING ACTIVITY	PACK WEIGHT
Venu® X1	●	●	●	●	●	●	●	●	●
vivoactive® 6			●	●	●	●	●	●	●
Forerunner® 570/970	●	●	●	●	●	●	●	●	●
fēnix® E/8 series, Enduro™ 3, tactix® 8, quatix® 8	●	●	●	●	●	●	●	●	●

	DOWNHILL RIDE PROFILE	ENDURO RIDE PROFILE	TIMING GATES	5 HZ GPS RECORDING	FORKSIGHT MODE
Edge® 1050	●	●	●	●	● Improved

KEY

● New feature with the August 2025 software release

● Product already has this feature