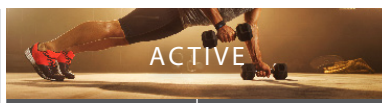




CORE RUNNING WEARABLES RANGE



vivosmart® HR+ vivoactive® HR



Forerunner® 25 Forerunner® 35 Forerunner® 230 Forerunner® 235 Forerunner® 630



Forerunner® 735XT Forerunner® 920XT fenix® 3 HR



CORE FEATURES	\$199.99	\$249.99	\$139.99 / \$169.99	\$199.99	\$249.99 / \$299.99	\$329.99	\$399.99 / \$449.99	\$449.99 / \$499.99 / \$599.99	\$449.99 / \$499.99 / \$599.99	\$599.99
GPS: time, distance & pace	YES	+ GLONASS	YES	YES	+ GLONASS	+ GLONASS	+ GLONASS	+ GLONASS	+ GLONASS	+ GLONASS
Battery	5 days in watch mode 8 hours in GPS	8 days in watch mode 13 hours in GPS	8 weeks in watch mode 8 hours in GPS	9 days in watch mode 13 hours in GPS	5 weeks in watch mode 16 hours in GPS	9 days in watch mode 11 hours in GPS	4 weeks in watch mode 16 hours in GPS	11 days in watch mode 14 hours in GPS	15 days in watch mode 24 hours in GPS	14 days in watch mode 16 hours in GPS
Sunlight-readable Screen	+ touchscreen	+ color touchscreen	YES	YES	+ color	+ color	+ color touchscreen	+ color	+ color	+ color
Activity Tracking: Track steps, calories, distance and sleep	+ intensity minutes, stairs climbed, Move IQ	+ intensity minutes, stairs climbed, Move IQ	YES	+ intensity minutes	YES	YES	YES	+ intensity minutes	YES	+ intensity minutes, stairs climbed
Garmin Elevate™ wrist heart rate for 24/7 measuring	YES	YES	-	YES	-	YES	-	YES	-	YES
Full Smart Notifications and other connected features	+ music control, weather, calendar	+ music control, weather, calendar, Connect IQ™, VIRB® remote, LiveTrack	+ LiveTrack	+ music control, audio prompts, weather, LiveTrack	+ music control, audio prompts, weather, calendar, Connect IQ™, VIRB® remote, LiveTrack	+ music control, audio prompts, weather, calendar, Connect IQ™, VIRB® remote, LiveTrack	+ music control, audio prompts, weather, calendar, Connect IQ™, VIRB® remote, LiveTrack	+ music control, audio prompts, weather, calendar, Connect IQ™, VIRB® remote, LiveTrack, Strava Live Segments	+ audio prompts, Connect IQ™, VIRB® remote, LiveTrack	+ music control, audio prompts, weather, calendar, Connect IQ™, VIRB® remote, LiveTrack
Preloaded Sport Functions: Running	+ cardio, other	+ cardio, swimming (pool only), paddleboarding, rowing, golf, ski/cross-country ski	-	+ cardio, cycling	+ cycling, other	+ cycling, other	+ cycling, other	+ cycling, swimming, paddleboarding, rowing	+ cycling, swimming	+ cycling, swimming, paddleboarding, rowing, golf, ski/cross-country ski, hiking
Training features: Alerts, Auto Pause, Auto Lap, Customisable Screen, Personal Records	YES	YES	YES	+ interval training	+ workouts, interval training, training plans, training effect	+ workouts, interval training, training plans, training effect	+ workouts, interval training, training plans, training effect, virtual partner, virtual racer	+ workouts, interval training, training plans, training effect, virtual partner, virtual racer	+ workouts, interval training, training plans, training effect, virtual partner, virtual racer	+ workouts, interval training, training plans, training effect, virtual partner, virtual racer
Heart Rate Analysis: Shows Heart Rate Zone	YES	YES	YES	YES	+ VO2, recovery advisor, race predictor	+ VO2, recovery advisor, race predictor	+ VO2, recovery advisor, race predictor, stress score, lactate threshold, performancecondition	+ VO2, recovery advisor, race predictor, stress score, lactate threshold, performancecondition	+ VO2, recovery advisor, race predictor	+ VO2, recovery advisor, race predictor, stress score, lactate threshold, performancecondition
Triathlon Race Mode	-	-	-	-	-	-	-	YES	YES	YES
Advanced Dynamics	-	-	-	-	-	-	run	swim, bike, run	swim, bike, run	swim, bike, run
Sensor Compatibility: Foot Pod	-	+ bike speed/cadence, Varia™	YES	+ bike speed/cadence	+ bike speed/cadence	+ bike speed/cadence	+ bike speed/cadence	+ bike speed/cadence, bike power, Varia™	+ bike speed/cadence, bike power	+ bike speed/cadence, bike power
Navigational Features	-	save locations, compass	-	-	-	-	-	+ save locations, follow courses, where am I, compass, back to start	+ save locations, follow courses, where am I, compass, back to start	+ save locations, follow courses, where am I, compass, custom POIs, followtracksandroutess, back to start

Get the best out of your Garmin wearable – whatever active lifestyle you lead. Garmin has all the features that will help you beat yesterday.



GPS

Reliable Accurate Data

Intuitive watches that perform outstandingly in all conditions. With GPS technology, track your vital stats at the press of a button. For improved coverage, consider a device with GPS and GLONASS.

TRAINING FEATURES

Personal Records

Stay motivated with alerts that highlight when you've achieved a personal record – from one mile to a marathon.

Auto Pause

With the auto pause feature on, your watch automatically pauses tracking when you pause your run, and starts again when you're running.

Auto Lap

Set up Auto Lap to automatically begin a new lap after you have traveled a specified distance.

Customisable Screens

Customise your activity data screens with the information that matters to you.

Intervals

Edit an interval training session on your running watch and follow the step-by-step guide on your device.

Custom Workouts and Training Plans

Design your workouts or get a free training plan on Garmin Connect, then upload it to your watch for real-time coaching on pace, time and distance.

Virtual Partner/Racer

Race against a set pace with virtual partner or race against one of your previous activities with virtual racer.

HEART RATE ANALYSIS

VO2 Max

When used with a chest-worn heart rate monitor, VO2 Max estimates the maximum volume of oxygen you can consume per minute per kilogram of body weight at max performance. It's a great way to monitor your fitness level.

Recovery Time

Estimates your state of recovery following an activity and operates a countdown mode until the next effort.

Performance Condition

A real-time assessment of pace and heart rate variability. A score of +10 means you're ready to take on your challenge and you can expect your run to feel good.

Lactate threshold

Take away the guesswork and discover how fast you should be running. Understand exactly when your fatigue is likely to start increasing at a quick rate (for well-trained runners, this threshold often occurs at roughly 90% of their maximum heart rate).

Stress Score

Determine if an increase in fatigue is occurring or imminent as you move through or prepare for your run. Take the 3-minute test daily under relatively similar conditions for the most accurate score.

Race Time Predictor

Compete with the edge of knowing your predicted race time.

Recovery Advisor

Provides a real-time assessment of your recovery in the first several minutes of a run.

ADVANCED DYNAMICS

Advanced Running Dynamics

Gain all the intelligence you need to improve your running technique with these six metrics: stride length, cadence, ground contact time (how much time your foot is on the ground during a run), ground contact balance (time spent on left and right foot), vertical oscillation (how much you bounce in your run) and the ratio of this and your stride length with vertical ratio. A chest-worn HRM-Run or Tri is needed to get these measurements.

Cycling Dynamics

Make the most of your rides with bike power, FTP (735XT only) and power zone information, provided when connected to the Vector™ and HRM. Platform centre offset, power phase and time seated/standing data is also available to enhance training.

Swimming Dynamics

Get more from your swim workouts with both pool swim and open water metrics, personal records, customised workouts and stroke identification. Pair with HRM-Swim or HRM-Tri to accurately measure your heart rate. This can be viewed out of the water between laps or after your workout.

ACTIVITY TRACKING

Activity Tracking

Track your steps, distance, calories burned and sleep for 24/7 monitoring. With move bar alert to remind you when it's time to move and personalised daily step goals.

Move IQ

Automatically records your daily activities such as walking, running, biking, swimming and elliptical training. Review your timeline of activity later on Garmin Connect™.

Intensity Minutes

Monitors your progress against aerobic activity goals suggested by the World Health Organisation.

Elevate™ Wrist Based Heart Rate

Measures heart rate at the wrist 24/7, giving you the freedom to workout with no additional heart rate strap. Measuring heart rate 24/7 improves the accuracy of calories burned and intensity minutes. A chest strap is required for more advanced heart rate metrics.

SMART NOTIFICATIONS & FEATURES

Smart Notifications

Stay on top of things during your run with smart notifications. When paired with a compatible device, you can receive text, emails, call and calendar alerts and more, directly to your wrist.

Connected Features

Control music (playing on a connected device) or control your VIRB action camera (sold separately) from your watch. You can also receive weather alerts directly to your device.

Connect IQ™

Choose from thousands of apps on the Connect IQ store to personalise your compatible Garmin wearable with customised watch faces, widgets and data fields. You can also download applications to make your Garmin watch even smarter.

LiveTrack

Let friends and family track your activities in real time. A great way to give loved ones peace of mind while you're training or to let them cheer you on on race day. A connected mobile phone must be within range.

GARMIN CONNECT™

Garmin Connect Your Online Training Tool

Go further, faster, harder and share your progress online. Garmin Connect, our FREE worldwide community with millions of active users, syncs seamlessly with your Garmin sports watch or activity tracker, giving you everything you need to set yourself targets, monitor your progress and achieve your goals. You won't find a better training tool!

ANALYSE every aspect of your performance

VIEW activities on a variety of maps with detailed metrics

PLAN, explore, download and follow new activities

SHARE and compete with your training partners and friends

DOWNLOAD training plans direct to your Forerunner