

FORERUNNER® SERIES



RUNNING

MULTISPORT

FORERUNNER® 35

FORERUNNER® 45S/45

FORERUNNER® 55

FORERUNNER® 245/245M*

FORERUNNER® 745

FORERUNNER® 945

HARDWARE & SENSORS

BATTERY LIFE - GPS MODE	Up to 13 hours	Up to 13 hours	Up to 20 hours	Up to 24 hours	Up to 16 hours	Up to 36 hours
BATTERY LIFE - WATCH MODE	Up to 9 days	Up to 7 days	Up to 14 days	Up to 7 days	Up to 7 days	Up to 14 days
BATTERY LIFE - GPS WITH MUSIC				Up to 6 hours*	Up to 6 hours	Up to 10 hours
BATTERY LIFE - ULTRATRAC (WITHOUT WRIST HR)					Up to 21 hours	Up to 60 hours
ELEVATE WRIST-BASED HEART RATE ¹	✓	✓	✓	✓	✓	✓
SWIM WRIST-BASED HEART RATE ¹			✓	✓	✓	✓
COLOUR DISPLAY		✓	✓	✓	✓	✓
WATER RATING (5ATM) ²	✓	✓	✓	✓	✓	✓
PULSE OX ³				✓	✓	✓
ACCELEROMETER	✓	✓	✓	✓	✓	✓
BAROMETRIC ALTIMETER					✓	✓
COMPASS				✓	✓	✓
GLOBAL NAVIGATION SATELLITE SYSTEM (GNSS)	GPS	GPS, GLONASS, Galileo	GPS, GLONASS, Galileo	GPS, GLONASS, Galileo	GPS, GLONASS, Galileo	GPS, GLONASS, Galileo
WI-FI CONNECTIVITY				✓*	✓	✓
ANT+® SENSOR COMPATIBLE	✓	✓	✓	✓	✓	✓
BLUETOOTH® SENSOR COMPATIBLE			✓	✓	✓	✓

SMART / CONNECTED FEATURES

SMART NOTIFICATIONS ⁴	✓	✓	✓	✓	✓	✓
GARMIN PAY (NFC-PAYMENTS) ⁵					✓	✓
CONTROL CONNECTED SMARTPHONE MUSIC	✓	✓	✓	✓	✓	✓
PLAYS AND CONTROLS MUSIC ON THE WATCH ⁶				✓*	✓	✓
WEATHER WIDGET ⁴	✓	✓	✓	✓	✓	✓
CONNECT IQ™ APPS COMPATIBLE		✓ (Watch faces only)	✓	✓	✓	✓

SAFETY FEATURES

GROUPTRACK ⁴					✓	✓
LIVETRACK ⁴	✓	✓	✓	✓	✓	✓
INCIDENT DETECTION AND ASSISTANCE ⁷		✓	✓	✓	✓	✓

ALL-DAY HEALTH / WELLNESS FEATURES

TRACKS STEPS, CALORIES BURNED, SLEEP	✓	✓	✓	✓	✓	✓
MOVE BAR / ALERTS	✓	✓	✓	✓	✓	✓
FLOORS CLIMBED					✓	✓
INTENSITY MINUTES	✓	✓	✓	✓	✓	✓
BODY BATTERY ENERGY MONITOR		✓	✓	✓	✓	✓
ALL-DAY STRESS AND RELAX TIMER		✓	✓	✓	✓	✓
RESPIRATION RATE (ALL-DAY)			✓	✓	✓	✓
HYDRATION TRACKING (MANUAL)			✓	✓	✓	✓
MENSTRUAL CYCLE TRACKING - CIQ APP			✓	✓	✓	✓
PREGNANCY TRACKING - CIQ APP			✓	✓	✓	✓

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FITNESS / TRAINING FEATURES						
VO2 MAX ESTIMATE	✓	✓	✓	✓	✓	✓
AUTO PAUSE / AUTO LAP	✓	✓	✓	✓	✓	✓
ADVANCED WORKOUTS AND TRAINING PLANS		✓	✓	✓	✓	✓
DAILY SUGGESTED WORKOUTS			✓* Lite	✓* Lite	✓	✓
GARMIN COACH TRAINING PLAN		✓	✓	✓	✓	✓
INTERVAL TRAINING	✓	✓	✓	✓	✓	✓
VIRTUAL PACER	✓	✓	✓	✓	✓	✓
TRAINING EFFECT (AEROBIC)				✓	✓	✓
TRAINING EFFECT (ANAEROBIC)				✓	✓	✓
TRAINING EFFECT WORKOUT LABELS					✓	✓
TRAINING STATUS AND TRAINING LOAD				✓	✓	✓
TRAINING LOAD FOCUS					✓	✓
HEAT & ALTITUDE ACCLIMATION					✓	✓
PERFORMANCE CONDITION				✓	✓	✓
RECOVERY ADVISOR			✓	✓	✓	✓
STRAVA SEGMENTS					✓	✓
RESPIRATION RATE (DURING EXERCISE)						✓
RUN / TRIATHLON FEATURES						
RUN PROFILES	Run, Indoor Run	Run, Treadmill, Indoor Track	Run, Treadmill, Indoor Track, Virtual Run, Track Run	Run, Treadmill, Indoor Track, Trail, Virtual Run, Track Run	Run, Treadmill, Indoor Track, Trail Run, Virtual Run, Track Run	Run, Treadmill, Indoor Track, Trail Run, Virtual Run, Track Run
TRIATHLON, MULTISPORT PROFILE					✓	✓
RUNNING DYNAMICS®				✓	✓	✓
CADENCE	✓	✓	✓	✓	✓	✓
RUN / WALK FEATURE	✓	✓	✓	✓	✓	✓
LACTATE THRESHOLD®					✓	✓
PACEPRO PACING STRATEGIES			✓	✓	✓	✓
RACE PREDICTOR			✓	✓	✓	✓
FINISH TIME			✓	✓	✓	✓
CYCLING FEATURES						
CYCLING PROFILE	Bike	Bike, Indoor (via app)	Bike, Indoor Bike	Bike, Indoor Bike	Bike, Indoor, MTB	Bike, Indoor, MTB
FTP – FUNCTIONAL THRESHOLD POWER ¹⁰					✓	✓
POWER COMPATIBLE					✓	✓
VARIA™ COMPATIBLE				✓	✓	✓
BIKE ANT+ SPEED/CADENCE SENSOR COMPATIBLE	✓	✓	✓	✓		✓
SWIM FEATURES						
POOL SWIM ACTIVITY PROFILE			✓	✓	✓	✓
OPEN WATER SWIM ACTIVITY PROFILE					✓	✓
CRITICAL SWIM SPEED					✓	✓
AUTO REST / PAUSE			✓	✓	✓	✓
MANUAL REST TIMER			✓	✓	✓	✓
STROKE DETECTION & DRILL LOGGING			✓	✓	✓	✓
PACE ALERTS					✓	✓
SWIM WORKOUTS				✓	✓	✓
SWIM HEART RATE WITH HRM-SWIM / TRI / PRO ¹⁰					✓	✓

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GYM/HOME WORKOUT FEATURES						
GYM / EQUIPMENT ACTIVITY PROFILES	Cardio	Cardio, Elliptical, Stair Stepper	Cardio, Elliptical, Stair Stepper, HIIT	Strength, Cardio, Elliptical, Stair Stepper	Indoor Row, Strength, Cardio, Elliptical, Stair Stepper	Indoor Row, Strength, Cardio, Elliptical, Stair Stepper
YOGA / PILATES PROFILES		Yoga (via app)	Yoga & Pilates	Yoga & Pilates	Yoga & Pilates	Yoga & Pilates
REP COUNTING				✓	✓	✓
STRENGTH AND CARDIO WORKOUTS				✓	✓	✓
NAVIGATION						
PRELOADED TOPOACTIVE AFRICA MAP						✓
FOLLOW A COURSE				✓	✓	✓
ON DEVICE ROUTING						✓
BACK TO START				✓	✓	✓
CLIMBPRO					✓	✓
OTHER SPORTS / ACTIVITIES						
GOLF						✓
HIKING					✓	✓
XC SKI / SKI / SNOWBOARD					✓	✓
SUP / ROWING					✓	✓

HEART RATE MONITORS



HRM-DUAL™



HRM-PRO™



RUNNING DYNAMICS POD

ANT+® CONNECTIVITY	✓	✓	✓
BLUETOOTH® CONNECTIVITY	✓	✓	
RUNNING DYNAMICS METRICS		✓	✓
STORES & FORWARDS SWIM HR DATA		✓	

¹ See activity tracking accuracy on garmin.com/atdisclaimer • ² See garmin.com/waterrating for details • ³ This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical conditions; see [Garmin.com/ataccuracy](https://garmin.com/ataccuracy). Pulse Ox not available in all countries. • ⁴ When paired with compatible Bluetooth Smart Ready phone. See garmin.com/ble. • ⁵ Available for supported cards from participating banks. View current supported country, payment network and issuing bank information on garmin.com/garminpay. • ⁶ When paired with Bluetooth headphones (sold separately). See garmin.com/wirelessheadphones • ⁷ When paired with a compatible smartphone. See safety and tracking feature requirements and limitations on garmin.com. • ⁸ When used with Running Dynamics Pod, HRM-Run or HRM-Tri monitor (sold separately) • ⁹ When used with a heart rate monitor • ¹⁰ When used with a power meter and a heart rate monitor

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