



## **SMARTWATCH FORERUNNER 965/WHITEST. 010-02809-11 GARMIN**

Model: 010-02809-11

Manufacturer: GARMIN

EAN: 753759313876

Product Code: 332540

## **R11,867**

### **TRAIN BRILLIANTLY WITH AN AMOLED DISPLAY**

WHAT IF EVERY RUN WAS A PODIUM-WORTHY PERFORMANCE? AND FROM TRAINING READINESS, YOU KNEW YOU WERE PRIMED TO REAP THE REWARDS? WITH THE FORERUNNER 965 SMARTWATCH, STATS AND INSIGHTS WILL BE LIT UP ON A COLORFUL AMOLED DISPLAY. AND SOON, YOU TOO WILL BE STANDING IN THE LIGHT.

### **MAKE A STATEMENT WITH THE LIGHTWEIGHT TITANIUM BEZEL**

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## **GO WHERE THE RUN TAKES YOU**

WITH BUILT-IN MAPS AND MULTI-BAND GPS

## **BUILT FOR THE LONG RUN**

WITH UP TO 23 DAYS OF BATTERY LIFE IN SMARTWATCH MODE

## **TRAINING READINESS**

From the moment you wake up, get a readiness score based on your sleep quality, recovery, training load and more, so you can determine whether it's a good day to go hard — or take it easy.

## **FULL-COLOR MAPPING**

Whether you're running on city streets or riding densely covered trails, Forerunner 965 provides, full-color, built-in mapping to keep you on track.

## **TRIATHLON AND MULTISPORT PROFILES**

Switch between sports with one press by using built-in profiles for triathlons, duathlons, brick workouts and swimruns. Or, create your own custom multisport profiles.

## **RACE WIDGET**

Get ready for your next race, including marathons, with training tips, personalized daily suggested workouts and completion time predictions based on course details, weather and performance.

## **DAILY SUGGESTED WORKOUTS**

Get workouts made for you. They adapt after every run to match your performance and recovery and take into account the races coming up in your Garmin Connect™ smartphone app calendar.

## **TRAINING STATUS**

Using indicators such as HRV status, your recent exercise history and performance, get an easy insight into your overall effort — and whether you're training productively, peaking or strained.

## **PLAN**

## **MORNING REPORT**

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Get a customizable overview of your sleep<sup>1</sup>, training outlook, HRV status, weather and more as soon as you wake up.

## **COURSES WITH TURN-BY-TURN DIRECTIONS**

Create or find existing courses in the Garmin Connect app, or sync from your favorite third party platforms and get turn-by-turn directions.

## **ROUND-TRIP ROUTING**

Enter how far you want to go and get suggested routes that will bring you back. Even use TrendLine™ to find the best local paths.

## **RECOVERY TIME**

Know how long you need to recover before your next high-effort workout based on your latest training.

## **SLEEP MONITORING AND SLEEP SCORE**

Understand how your body's recovering with sleep score, breakdown of your sleep stages and detailed insights for improved sleep quality.

## **BODY BATTERY™ ENERGY MONITORING**

Track your body's energy levels to find the best times for activity and rest<sup>1</sup>.

## **HRV STATUS**

Gain a better understanding of your overall health, recovery and training performance while you sleep.

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## **WOMEN'S HEALTH TRACKING**

Track and log your menstrual cycle or pregnancy to get exercise and nutrition education.

## **GARMIN COACH**

Free adaptive 5K, 10K and half marathon training plans from expert coaches.

## **RACE PREDICTOR**

Get an estimate of what your pace could be for a 5K, 10K, half-marathon and marathon.

## **PREPARE**

## **WRIST-BASED RUNNING DYNAMICS**

This smartwatch measures crucial running metrics such as cadence, stride length, ground contact time and more.

## **WRIST-BASED HEART RATE**

The watch constantly samples your heart rate to help you gauge how hard you work during activities<sup>1</sup>.

## **ACUTE LOAD**

Compare your recent training load to the optimal range to help improve your fitness.

## **LOAD RATIO**

Track short-term to mid-term load ratio to keep your rate of training growth within bounds that will help you stay healthy and avoid setbacks.

## **TRAINING EFFECT**

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See how your workouts influence your endurance, speed and power.

## **PERFORMANCE CONDITION**

While you run, get an analysis of your pace and heart rate for a real-time assessment of your current ability to perform.

## **VO2 MAX**

See your current fitness level and track changes over time to set goals, evaluate progress and more.

## **STRESS TRACKING**

Find out if you're having a calm, balanced or stressful day.

## **HEALTH SNAPSHOT**

Log a 2-minute session to record key health stats, then generate a report to share with your healthcare provider.

## **PULSE OX SENSOR**

Track your blood oxygen saturation while you're awake or asleep<sup>2</sup>, and gain awareness of how you're adapting to altitude.

## **CROSS TRAINING**

Forerunner 965 is preloaded with free HIIT, strength, cardio, yoga and Pilates workouts so you can switch up how you sweat.

## **PERFORM**

## **WRIST-BASED RUNNING POWER**

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See how much power you're applying to the trail or road so you can manage effort and fine-tune training.

### **SATIQ™ TECHNOLOGY AND MULTI-BAND GPS**

Get superior positioning accuracy and optimized battery life.

### **PACEPRO™ FEATURE**

Plan race day strategy with GPS-based pace guidance for a selected course or distance.

### **TRACK RUNNING**

Record accurate lap distances and see your distances in meters.

### **CLIMBPRO**

See real-time information on your current and upcoming climbs.

### **REAL-TIME STAMINA**

Prevent burning out and use this data to track and manage your exertion.

### **UP AHEAD**

Get at-a-glance awareness for points of interest along the course, such as aid stations.

### **BUILT-IN SPORTS APPS**

Tap in to 30+ built-in activities, including cycling, open-water swimming, strength training and more.

### **CONNECT**

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## **MUSIC**

Download songs and playlists from your Spotify, Deezer or Amazon Music accounts for phone-free listening.

## **SAFETY AND TRACKING**

If you feel unsafe or if your watch senses that an incident occurred, your watch will send a message with your live location<sup>3</sup>.

## **GARMIN PAY™ CONTACTLESS PAYMENTS**

Breeze through checkout lines or transit systems with participating providers.

## **SMART NOTIFICATIONS**

Receive emails, texts and alerts on your watch when paired with your iPhone® or Android™ smartphone.

## **LIVETRACK**

Friends and family can follow your real-time location<sup>3</sup> and view preplanned courses.

## **GARMIN CONNECT**

See your health and fitness information, connect with friends and more — in this free, zero-subscription app.

## **CONNECT IQ™**

Add watch faces, data fields and apps to your paired watch.

Summary: Garmin Forerunner 965. Display diagonal: 3.56 cm (1.4"), Display technology: AMOLED, Display resolution: 454 x 454 pixels, Touchscreen. Flash memory: 32 GB. Wi-Fi. GPS (satellite).

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Weight: 53 g. Band material: Silicone, Band colour: White, Band size: One Size | Vendor Homepage: <https://www.garmin.com/fr-LU/p/886725/pn/010-02809-11> | Display diagonal: 1.4 | Display technology: AMOLED | Always-on display: Yes | Colour display: Yes | Display type: Digital | Display resolution: 454 x 454 | Touchscreen: Yes | Display diameter: 35.4 | Watch glass type: Corning Gorilla Glass 3 DX | FM radio: No | Flash memory: 32 | Band material: Silicone | Band size: One Size | Lens material: Glass | Shape: Round | Wrist size range: 135 - 205 | Market positioning: Smartwatch | Minimum strap length: 135 | Maximum strap length: 205 | Watch case size: 47 | Suggested gender: Unisex | Watch case colour: White | Watch case material: Titanium | Band colour: White | Built-in speaker(s): Yes | Waterproof: Yes | Built-in camera: No | Closure type: Single prong strap buckle | Magnetic charging connector: Yes | Protection features: Waterproof | Removable strap: Yes | Water resistance: 5 | Heart rate monitor: Yes | Heart rate contact sensors: Yes | Heart rate sensor type: Optical | Heart rate measuring: Automatic/Manual | Blood oxygen sensor: Yes | Distance travelled: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Activity tracker: Yes | Multisport mode: Yes | Quality of sleep: Yes | Short Message Service (SMS): Yes | Vibrating motor: Yes | Active minutes: Yes | Advanced workouts: Yes | Alarm clock: Yes | Ambient light sensor: Yes | Audible alarm(s): Yes | Automatic daily activity detection: Yes | Barometric altimeter: Yes | Built-in distance meter: Yes | Calendar: Yes | Calendar notifications: Yes | Call notifications: Yes | Caller ID: Yes | Clock mode: 12h/24h | Distance system of measurement: Metric | Electronic compass: Yes | E-mail: Yes | Fitness test: Yes | Foot pod: Yes | Heart rate-based calorie computation: Yes | Interval training: Yes | Motivating feedback: Yes | Music control: Yes | Music player: Yes | Pace alert: Yes | Physiological measurements: Yes | Race predictor: Yes | Real-time guidance: Yes | Recovery time suggestion: Yes | Running dynamics: Yes | Smart notifications: Yes | SMS notifications: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Time/distance alert: Yes | Timer: Yes | Training effect measurement: Yes | Training programming: Yes | Training recommendations: Yes | Virtual partner function: Yes | Virtual racer function: Yes | Weather display: Yes | Workout tracking: Yes | Thermometer: Yes | Altimeter: Yes | Vibrating alarm clock: Yes | Supported applications: Garmin Connect | Mobile network connection: No | ANT+ enabled: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | USB port: No | Near Field Communication (NFC): No | Wi-Fi: Yes | Headphone connectivity: Bluetooth | Battery type: Built-in battery | Battery life (max): 552 | Battery life: 23 | Battery life (GPS mode): 31 | Continuous audio playback time: 8.5 | Wireless charging: Yes | Width: 47.2 | Depth: 47.2 | Thickness: 13.2 | Weight: 53 | Cables included: USB | Charger: Yes | Manual: Yes | Unit Calculated Weight: 0.16 | Battery weight: 5 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.053 | Unit Calculated Volume: 0.0007648 | Units per Shipping Box: 1 | Unit Width: 9.5 | Shipping Box

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Height: 7 | Unit Depth: 11.5 | Unit Height: 7 | Name: SMARTWATCH FORERUNNER 965/WHITEST. 010-02809-11 GARMIN | Model name: Forerunner 965

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