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SMARTWATCH FORERUNNER 955/WHITE 010-02638-31 GARMIN

Model: 010-02638-31

Manufacturer: GARMIN

EAN: 753759297077

Product Code: 332714

R9,034

LEAD THE PACK

Pushing toward the podium? Get this on your wrist. Train your best, perform your best, and put yourself in the running at your next race.

EXTENDED BATTERY LIFE

Get up to 15 days of battery life in smartwatch mode. In GPS mode, get up to 42 hours. And in UltraTrac™ mode, go even longer with up to 80 hours.

TOUCHSCREEN AND BUTTONS

Click or swipe through maps and stats with traditional button controls or a new, responsive touchscreen.

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TAILORED TO THE DEDICATED

Clocking in at just 52 grams, the Forerunner 955 running smartwatch will keep you light on your feet and attuned to your body.

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.

MORNING REPORT

Receive an overview of your sleep, recovery and training outlook as soon as you wake up — alongside HRV status, training readiness and weather. You can even customise your report to show what you want to see.

HRV STATUS

Gain a deeper understanding of your overall health, training and recovery through heart rate variability while you sleep, based on technology developed by our Firstbeat Analytics™ team.

RACE WIDGET

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

DAILY SUGGESTED WORKOUTS

View your entire week of daily suggested workouts, which adapt after every run to match your performance and recovery as well as the races coming up in your Garmin Connect™ smartphone app calendar.

GARMIN COACH

Free adaptive training plans include 5K, 10K and half-marathon programmes, featuring guidance from expert coaches that adapt to you and your goals.

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.

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RUNNING POWER

Get a continuous measurement on your wrist of how much power you’re applying to the road as you run when using a Running Dynamics Pod or HRM-Pro™ heart rate monitor.

REAL-TIME STAMINA

Use this data to track and manage your exertion — and help avoid overexerting at the start of your run or bike.

RUNNING DYNAMICS

When using a Running Dynamics Pod or HRM-Pro heart rate monitor, the Forerunner 955 running watch measures crucial running metrics such as cadence, stride length, ground contact time and balance, and more.

TRAINING STATUS

Using new 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.

ACUTE LOAD

Compare the intensity of your recent workouts to the optimal range to help improve your fitness and see your training history.

TRAINING EFFECT

See how your workouts influence your endurance, speed and power with aerobic and anaerobic training effect feedback.

PACEPRO™ FEATURE

The PacePro feature helps keep you on pace with grade-adjusted guidance as you run a course.

RECOVERY TIME

Know how long to recover before your next high-effort workout based on your latest training as well as overall stress, sleep and daily activities outside of workouts.

VO2 MAX

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Train smarter with VO2 Max, an indicator of how you can expect to perform. This metric even accounts for changes in performance that could be caused by heat or altitude

PERFORMANCE CONDITION

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

SYNC TRAINING PLANS

Get your indoor and outdoor training plans from the Garmin Connect™ app, or sync seamlessly to your Forerunner running watch from other platforms including TrainingPeaks® and TrainerRoad.

BUILT-IN SPORTS APPS

Switch up your workouts with activity profiles for cycling, triathlon, pool and open-water swimming, track running and more. For races and brick workouts, switch sports with a single button press.

TRACK RUNNING

Ready for some speedwork? Input your lane on the built-in track run activity to record accurate lap distances and see your distances in metres.

VISUAL RACE PREDICTOR

Based on your running history and overall fitness level, get an estimate of what your pace could be for a 5K, 10K — or even a marathon. Plus, trend data highlights your training’s impact over time.

SATIQ™ TECHNOLOGY

Multi-band GNSS with SatIQ technology ensures the best positioning accuracy in any environment while also optimising the device’s battery life.

FULL-COLOUR MAPPING

Whether you’re running on city streets or riding densely covered trails, Forerunner 955 running watch provides full-colour, built-in mapping to keep you on track.

TURN-BY-TURN NAVIGATION

Follow a course with help from turn-by-turn directions, which let you know ahead of time when the

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next turn is coming.

ROUND-TRIP ROUTING

With Trendline™ popularity routing, it’s easy to find the best local paths. Just enter a desired distance, and Forerunner 955 running watch will suggest courses that bring you back to your starting point.

UP AHEAD

Get at-a-glance awareness for points of interest along the course. In addition, view performance metrics, split times and distance/elevation — plus a summary of key course points coming up.

CLIMBPRO FEATURE

Use ClimbPro ascent planner on downloaded courses to see real-time information on your current and upcoming climbs, including gradient, distance and elevation gain.

SAFETY AND TRACKING FEATURES

If you feel unsafe or if your watch senses that an incident occurred, Assistance and incident detection features1 send your location to emergency contacts. Incident detection is enabled by default for select activity profiles only.

COURSES

Create or find existing courses in the Garmin Connect app, so you’ll never run out of places to run. Or plan one on other platforms such as Strava and Komoot, then automatically sync them to your Forerunner smartwatch.

WRIST-BASED HEART RATE

The watch constantly samples your heart rate2 with our latest-generation heart rate sensor and will alert you if it stays too high or too low while you’re at rest. It also helps gauge how hard you work during activities — even while swimming.

BODY BATTERY™ ENERGY MONITORING

Track your body’s energy levels so you can find the best times for activity and rest

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IMPROVED SLEEP MONITORING AND SLEEP SCORE

Understand how your body is recovering — and get ready for training — with our improved sleep monitoring feature. After waking up, you'll receive a sleep score, as well as breakdown of your sleep stages, Pulse Ox3 and respiration, alongside detailed insights for improved sleep quality.

PULSE OX SENSOR

This wrist-based Pulse Ox sensor3 monitors blood oxygen saturation levels to support advanced sleep monitoring and altitude acclimation.

WOMEN'S HEALTH TRACKING

Use the Garmin Connect app to track your menstrual cycle or pregnancy. Log symptoms, get exercise and nutrition education, and more. Even see and log details on your wrist with the Women's Health Tracking app.

HEALTH SNAPSHOT™ FEATURE

Log a 2-minute session to record key stats, including heart rate2, heart rate variability, Pulse Ox3, respiration and stress. Then generate a report with those stats via the Garmin Connect™ app on your compatible smartphone to share.

MUSIC ON YOUR WRIST

Download up to 500 songs plus playlists from your Spotify®, Deezer or Amazon music accounts (subscription may be required).

GARMIN PAY™ CONTACTLESS PAYMENTS

Breeze through checkout lines with Garmin Pay contactless payments4 through participating providers.

SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with your Apple® or Android™ smartphone. You can even respond to texts if you have an Android phone.

SMART TRAINER CONTROL

Control your Tacx® Smart trainer via ANT+® technology for course simulation, automatic resistance

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changes and workout prompts when you use courses or workouts from your watch.

GARMIN CONNECT APP

See your health and fitness information, connect and compete with friends, sign up for challenges to earn badges and more — all in one free, zero-subscription app.

CONNECT IQ™ STORE

Add watch faces, data fields and apps to your paired watch from the Connect IQ Store app downloaded on your compatible smartphone.

- Get up to 15 days of battery life in smartwatch mode for a full picture of your health — from sleep to training
- Swipe through stats and maps with a new, responsive touchscreen
- Confidently run any route using full-colour, built-in maps and multi-band GPS
- Know when you’re primed for a productive session with training readiness
- Plan your strategy with daily suggested workouts, course details and more on the race widget
- Know if you're undertraining or overdoing it, with an improved training status feature

Summary: Garmin Forerunner 955. Display diagonal: 3.3 cm (1.3"), Display technology: MIP, Display resolution: 260 x 260 pixels, Touchscreen. Flash memory: 32 GB. Wi-Fi. GPS (satellite). Weight: 52 g. Band material: -, Silicone, Band colour: White, Band size: One Size | Vendor Homepage: https://www.garmin.com/en-IE/p/777655/pn/010-02638-31 | Display diagonal: 1.3 | Display technology: MIP | Display size (HxV): 33 x 33 | Colour display: Yes | Display type: Digital | Display resolution: 260 x 260 | Touchscreen: Yes | Watch glass type: Corning Gorilla Glass DX | FM radio: No | Mobile operating systems supported: Android/iOS | Flash memory: 32 | Band material: -/Silicone | Band size: One Size | Lens material: Glass | Shape: Round | Wrist size range: 130 - 220 | Market positioning: Sport watch | Watch case size: 22 | Suggested gender: Unisex | Buckle colour: Grey | Watch case colour: Black | Watch case material: Fibre Reinforced Plastic (FRP) | Band colour: White | Built-in microphone: No | Built-in speaker(s): No | Waterproof: Yes | Built-in camera: No | Closure type: Single prong strap buckle | Removable strap: Yes | Water resistance: 5 | Heart rate monitor: Yes | Blood oxygen sensor: Yes | Distance travelled: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Activity tracker: Yes | Personal goals: Yes | Quality of sleep: Yes | Advanced workouts: Yes | Alarm clock: Yes | Area calculation: Yes | Barometric altimeter: Yes | Calendar: Yes | Calendar notifications: Yes | Call notifications: Yes | Electronic compass: Yes | Find my phone

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function: Yes | Hunt/fish calendar: Yes | Interval training: Yes | Music control: Yes | Music player: Yes | Race predictor: Yes | Recommended activity: Climbing/Cycling/Fishing/Golf/Hiking/Rowing/Skateboarding/Skiing/Swimming/Tennis | Recovery advisor: Yes | Recovery time suggestion: Yes | Remote take picture: Yes | Running dynamics: Yes | Smart notifications: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Timer: Yes | Training effect measurement: Yes | Training program duration: 7 | Training recommendations: Yes | Virtual partner function: Yes | Virtual racer function: Yes | Weather forecast: Yes | Workout tracking: Yes | Thermometer: Yes | Mobile network connection: No | ANT+ enabled: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | USB port: No | Wi-Fi: Yes | Headphone connectivity: Bluetooth | Battery type: Built-in battery | Battery technology: Lithium-Ion (Li-Ion) | Battery life (max): 360 | Battery life: 15 | Battery life (GPS mode): 42 | Battery life (UltraTrac mode): 80 | Operating temperature (T-T): -20 - 60 | Sports activity apps: Connect IQ | Width: 46.5 | Depth: 46.5 | Thickness: 14.4 | Weight: 52 | Unit Calculated Weight: 0.322 | Battery weight: 4 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.052 | Unit Calculated Volume: 0.00105 | Units per Shipping Box: 1 | Unit Width: 10 | Shipping Box Height: 10.5 | Unit Depth: 10 | Unit Height: 10.5 | Name: SMARTWATCH FORERUNNER 955/WHITE 010-02638-31 GARMIN

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