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SMARTWATCH FORERUNNER 55/WHITESTONE 010-02562-11 GARMIN

Model: 010-02562-11

Manufacturer: GARMIN

EAN: 753759279646

Product Code: 333368

R4,656

DESIGNED FOR FORM AND FUNCTION

Lightweight and comfortable, this smartwatch is the perfect fit for running and for everyday life.

SPORT-READY MATERIALS

Whether you’re running a 5K or sweating it out during HIIT sessions, experience the ultimate in comfort with this sporty silicone band.

BUILT-IN GPS

Track where you run, and get accurate stats, including distance, pace and intervals.

WRIST-BASED HEART RATE

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Get heart rate data along with alerts if your heart rate stays high while you’re at rest. Even gauge how hard your heart is working during activities.

GARMIN COACH

These adaptive training plans feature guidance from expert coaches and free training plans that adapt to you and your goals. Workouts sync right to your watch from the Garmin Connect app.

DAILY SUGGESTED WORKOUTS

For personalised training guidance, get daily run recommendations of varying intensities based on your training history, fitness level and recovery time.

PACEPRO TECHNOLOGY

To help you plan your race day strategy, this feature offers GPS-based pace guidance for a selected course or distance in the Garmin Connect app. So you can tailor your efforts to what’s ahead.

FINISH TIME

Want some guidance to help you meet your goal? Select a distance for your run, and you’ll be able to see a data screen that shows your estimated finish time.

TRACK RUN

When you’re ready to hit the track for some speedwork, use the built-in track run activity to record accurate lap distances and see your distances in metres.

CADENCE ALERTS

Want to improve your running form? Use the cadence alerts to know when you’ve gone outside your target cadence range.

RECOVERY ADVISOR

Giving your body time to recover between training sessions is crucial. After each workout, the built-in recovery time feature will let you know how long to rest before another big effort.

RACE PREDICTOR

This specialised tool takes into account your fitness level and training history to help you work

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toward your race goal and see the impact of training on your predicted finish time.

BUILT-IN SPORTS APPS

Switch up your workout routine with activity profiles for track or virtual running, pool swimming, Pilates, HIIT and even breathwork.

BATTERY LIFE

Run to your heart’s content with up to 2 weeks of battery life in smartwatch mode and up to 20 hours in GPS mode.

FITNESS TRACKING

While you’re out and about, Forerunner 55 tracks steps, intensity minutes and more.

STRESS TRACKING

Find out if you’re having a calm, balanced or stressful day. Relax reminders will even prompt you to do a short breathing activity.

BODY BATTERY ENERGY MONITORING

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

INTENSITY MINUTES

See when during the day you earned intensity minutes from moderate and vigorous physical activity.

FITNESS AGE

This feature uses chronological age, resting heart rate and other factors to estimate if your body is younger or older than you are. Age is just a number, after all.

RESPIRATION TRACKING

See how you’re breathing throughout the day, during sleep and during breathwork activities.

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.

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SMART NOTIFICATIONS

Receive emails, texts and alerts right on your smartwatch when paired with your compatible smartphone.

SAFETY AND TRACKING FEATURES

If you feel unsafe or if your watch senses that an incident occurred, assistance and incident detection features can send a message with your location to emergency contacts.

CONNECT IQ STORE

Download custom watch faces, add data fields, and get apps from the Connect IQ Store.

MUSIC CONTROLS

Easily control the music playing on your paired smartphone, so you can skip songs without missing a beat.

SYNCS WITH GARMIN CONNECT

Upload your activities to the Garmin Connect app to interact with a thriving online community where people on the go can connect and compete — and even share their triumphs via social media. Summary: Garmin Forerunner 55. Display diagonal: 2.64 cm (1.04"), Display technology: MIP, Display resolution: 208 x 208 pixels. GPS (satellite). Weight: 37 g. Band material: Silicone, Band colour: White | Vendor Homepage: https://buy.garmin.com/en-GB/GB/p/741137/pn/010-02562-11#overview | Display diagonal: 1.04 | Display technology: MIP | Colour display: Yes | Display type: Digital | Display resolution: 208 x 208 | Rounded display corners: Yes | Mobile operating systems supported: Android/iOS | Band material: Silicone | Lens material: Glass | Shape: Round | Wrist size range: 126 - 203 | Market positioning: Sport watch | Maximum strap length: 203 | Watch case size: 42 | Watch case colour: Black | Watch case material: Glass | Band colour: White | Product colour: Black/White | Protection features: Water resistant | Removable strap: Yes | Water resistance: 5 | Heart rate monitor: Yes | Heart rate contact sensors: Yes | Distance travelled: Yes | Calories burned: Yes | Accelerometer: Yes | Activity tracker: Yes | Personal goals: Yes | Quality of sleep: Yes | SOS alert function: Yes | Personal info management (PIM): Stopwatch | Activity monitoring: Yes | Advanced workouts: Yes | Alarm clock: Yes | Area calculation: Yes | Built-in distance meter: Yes | Calendar: Yes | Calendar notifications: Yes | Find my phone function: Yes | Foot pod: Yes | Hunt/fish calendar: Yes | Interval training: Yes | Music control: Yes | Music player: Yes | Race predictor: Yes | Recommended

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activity: Cycling/Running/Swimming | Running dynamics: Yes | Smart notifications: Yes | SMS notifications: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Timer: Yes | Training programming: Yes | Vibrating alert: Yes | Weather display: Yes | Weather forecast: Yes | Workout tracking: Yes | Vibrating alarm clock: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | Near Field Communication (NFC): No | Battery type: Built-in battery | Battery life (max): 200 | Battery life: 14 | Battery life (GPS mode): 20 | Battery life: 200 | Rechargeable battery: Yes | Compatible operating systems: Android, iOS | Sports activity apps: Connect IQ | Width: 42 | Thickness: 11.6 | Weight: 37 | Band width: 20 | Height: 42 | Quantity per pack: 1 | Unit Calculated Weight: 0.19 | Battery weight: 4 | Battery: Rechargeable | Product Net Weight: 0.037 | Unit Calculated Volume: 0.000686 | Units per Shipping Box: 1 | Unit Width: 7 | Shipping Box Height: 7 | Unit Depth: 14 | Unit Height: 7 | Name: SMARTWATCH FORERUNNER 55/WHITESTONE 010-02562-11 GARMIN | Model: Forerunner 55

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