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SMARTWATCH FORERUNNER 970/GREY 010-02969-10 GARMIN

Model: 010-02969-10

Manufacturer: GARMIN

EAN: 753759349929

Product Code: 549971

R15,243

RUNNING ECONOMY

Measure your overall energy efficiency while running — using long-term running volume, stride length and step speed loss, which tells you how much you slow down when your foot hits the ground — when you pair your watch with the HRM 600 monitor (sold separately).

RUNNING TOLERANCE

Better understand the impact each run has on your body, and get a recommended weekly maximum mileage so you can keep training effectively without taking on too much.

FULL-COLOR MAPPING

Whether you’re running on city streets or riding densely covered trails, the Forerunner 970

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smartwatch provides full-color, built-in mapping — now even more dynamic, intuitive and simpler to follow.

GARMIN COACH ADAPTIVE TRAINING PLANS

Train for an event, achieve a milestone, or improve your fitness with Garmin Coach training plans for running, triathlon, cycling or strength. Select plans adapt daily for personalized workouts based on your performance, recovery and health metrics.

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.

BUILT-IN SPEAKER AND MICROPHONE

Make and take phone calls from your watch when it’s paired to your smartphone. Plus, control watch functions with voice command — or use your smartphone’s voice assistant to respond to text messages and more.

- Bright 1.4-Inch Amoled Display
- Up To 26 Hours Of Battery Life In GPS Mode
- Premium Training And Recovery Features
- Built-In Maps With Satiq™ Technology And Multi-Band GPS
- Lightweight Titanium Bezel And Durable Sapphire Lens
- Built-In LED Flashlight

Summary: Garmin Forerunner 970. Display diagonal: 3.56 cm (1.4"), Display technology: AMOLED, Display resolution: 454 x 454 pixels, Touchscreen. Wi-Fi. GPS (satellite). Weight: 56 g. Band material: Silicone, Band colour: Black, Band size: S | Vendor Homepage: https://www.garmin.com/en-US/p/1462801/pn/010-02969-00/ | Display diagonal: 1.4 | Display technology: AMOLED | Display size (HxV): 35.3 x 35.3 | Colour display: Yes | Display type: Digital | Display resolution: 454 x 454 | Touchscreen: Yes | Backlight: Yes | Maximum memory card size: 32 | Band material: Silicone | Band size: S | Lens material: Sapphire | Shape: Round | Wrist size range: 135 - 205 | Market positioning: Smartwatch | Watch case colour: Black/Yellow | Watch case material: Titanium | Band colour: Black | Built-in microphone: Yes | Built-in speaker(s): Yes | Crash detection: Yes | Water resistance: 5 | Accessibility features: Accessibility Shortcut | Heart rate monitor: Yes | Blood pressure monitor: Yes |

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Blood oxygen sensor: Yes | Sleep apnea detection: Yes | Distance travelled: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Activity tracker: Yes | Multisport mode: Yes | Quality of sleep: Yes | Low cardio notifications: Yes | Personal info management (PIM): Calculator/Countdown timer | Activity monitoring: Yes | Advanced workouts: Yes | Alarm clock: Yes | Ambient light sensor: Yes | Area calculation: Yes | Automatic daily activity detection: Yes | Barometric altimeter: Yes | Built-in distance meter: Yes | Calendar: Yes | Electronic compass: Yes | Find my phone function: Yes | Fitness test: Yes | Foot pod: Yes | Heart rate-based calorie computation: Yes | Hunt/fish calendar: Yes | Interval training: Yes | Multiple bike profiles: Yes | Music control: Yes | Music player: Yes | Pace alert: Yes | Physiological measurements: Yes | Race predictor: Yes | Real-time guidance: Yes | Recommended activity: Badminton/Baseball/Basketball/Boxing/Breath work/Climbing/Cycling/Elliptical/Fishing/Football/Golf/Gymnastics/HIIT/Hiking/Hockey/Hunting/Motor sports/Outdoor rowing/Pilates/Riding/Rowing/Running/Sailing/Skateboarding/Skiing/Snowboarding/Stair ste | Recovery advisor: Yes | Recovery time suggestion: Yes | Running dynamics: Yes | Skin temperature sensor: Yes | Smart notifications: Yes | Smart wake-up: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Time/distance alert: Yes | Timer: Yes | Training effect measurement: Yes | Training programming: Yes | Training recommendations: Yes | Virtual pacer function: Yes | Virtual racer function: Yes | Voice activation: Yes | Weather alert: Yes | Weather forecast: Yes | Workout tracking: Yes | Thermometer: Yes | Supported applications: Garmin ECG, Garmin Messenger, Garmin Golf | Compatible products: iPhone, Android | Mobile network connection: Yes | ANT+ enabled: Yes | GPS (satellite): Yes | BeiDou: Yes | GLONASS: Yes | Galileo: Yes | Quasi-Zenith Satellite System (QZSS): Yes | Bluetooth: Yes | USB port: Yes | Wi-Fi: Yes | Battery type: Built-in battery | Battery technology: Lithium-Ion (Li-Ion) | Battery life (max): 360 | Battery life: 15 | Battery life (GPS mode): 26 | Sports activity apps: Connect IQ/Strava | Width: 47 | Depth: 47 | Thickness: 12.9 | Weight: 56 | Cables included: USB | Charger: Yes | Chest strap: Yes | Unit Calculated Weight: 0.17 | Battery weight: 4 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.056 | Unit Calculated Volume: 0.000684 | Units per Shipping Box: 1 | Unit Width: 9 | Units per Pallet: 0 | Shipping Box Height: 8 | Unit Depth: 9.5 | Unit Height: 8 | Name: SMARTWATCH FORERUNNER 970/GREY 010-02969-10 GARMIN | Model name: Forerunner 970

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