



SMARTWATCH FORERUNNER 570 47MM/YELLOW ALU 010-02971- 01 GARMIN

Model: 010-02971-01

Manufacturer: GARMIN

EAN: 753759349783

Product Code: 550433

R10,924

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.

TRAINING STATUS

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

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Using indicators such as HRV status, your recent exercise history and VO2 max, get an easy insight into training effectiveness — and know whether you're training productively, peaking or strained.

EVENING REPORT

Before you go to bed, you'll get an evening report to better prepare for the next day with a reminder of sleep need, tomorrow's workout, weather and events.

DAILY SUGGESTED WORKOUTS

Get running, track run and cycling workouts made specifically for you and based on your data. These recommendations vary in intensity and adapt after every workout to take into account performance and recovery.

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.

Summary: Garmin Forerunner 570. Display diagonal: 3.56 cm (1.4"), Display technology: AMOLED, Display resolution: 454 x 454 pixels, Touchscreen. Flash memory: 8 GB. Wi-Fi. GPS (satellite).

Weight: 50 g. Band material: Silicone, Band colour: Blue, White | Vendor Homepage:

<https://www.garmin.com/en-US/p/1464001/pn/010-02971-01/> | Display diagonal: 1.4 | Display technology: AMOLED | Colour display: Yes | Display type: Digital | Display resolution: 454 x 454 | Touchscreen: Yes | Display diameter: 35.3 | Mobile operating systems supported: Android | Flash memory: 8 | Band material: Silicone | Shape: Round | Wrist size range: 135 - 205 | Market positioning: Smartwatch | Watch case size: 47 | Buckle colour: Aluminium | Watch case colour: White/Yellow | Watch case material: Aluminium | Band colour: Blue/White | Built-in microphone: Yes | Built-in speaker(s): Yes | Built-in camera: No | Closure type: Single prong strap buckle | Protection features: Water resistant | Water resistance: 5 | Heart rate monitor: Yes | Heart rate measuring: Automatic | Blood oxygen sensor: Yes | Distance travelled: Yes | Pedometer: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Activity tracker: Yes | Multisport mode: Yes | Quality of sleep: Yes | Short Message Service (SMS): Yes | Activity monitoring: Yes | Advanced workouts: Yes | Alarm clock: Yes | Ambient light sensor: Yes | Area calculation: Yes | Automatic pause: Yes | Barometric altimeter: Yes | Calendar: Yes | Call notifications: Yes | Electronic compass: Yes | Find my phone function: Yes | Foot pod: Yes | Heart rate-based calorie computation: Yes | Hunt/fish calendar:

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Yes | Interval training: Yes | Music control: Yes | Pace alert: Yes | Race predictor: Yes | Real-time guidance: Yes | Recommended activity: Badminton/Basketball/Boxing/Climbing/Cycling/Hiking/Running/Skateboarding/Skiing/Swimming/Tennis/Volleyball | Smart wake-up: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Time/distance alert: Yes | Timer: Yes | Virtual partner function: Yes | Virtual racer function: Yes | Weather forecast: Yes | Workout tracking: Yes | Barometer: Yes | Thermometer: Yes | Altimeter: Yes | ANT+ enabled: Yes | GPS (satellite): Yes | BeiDou: Yes | GLONASS: Yes | Galileo: Yes | Quasi-Zenith Satellite System (QZSS): Yes | Bluetooth: Yes | Wi-Fi: Yes | Battery type: Built-in battery | Battery technology: Lithium-Ion (Li-Ion) | Battery life: 10 | Battery life (GPS mode): 18 | Weight: 50 | Band width: 22 | Dimensions (WxDxH): 47 x 47 x 12.9 | Charger: Yes | Unit Calculated Weight: 0.17 | Battery weight: 4 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.05 | Unit Calculated Volume: 0.0007267 | Units per Shipping Box: 1 | Unit Width: 9.5 | Units per Pallet: 0 | Shipping Box Height: 8.5 | Unit Depth: 9 | Unit Height: 8.5 | Name: SMARTWATCH FORERUNNER 570 47MM/YELLOW ALU 010-02971-01 GARMIN | Model name: Forerunner 570

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