

Forerunner®

GARMIN®

THE ULTIMATE GPS  
SPORTSWATCH RANGE



# Improve your performance

Whether you are running to keep fit, training for a marathon or competing at international level, there's a Garmin Forerunner for you.

Stay motivated with our range of GPS sportswatches with user-friendly functions.

Know how far, how fast and where you run: let your Forerunner keep an accurate log of distance, pace, time and heart rate.



# Forerunner® 610

RUNNING & TRAINING

Train for serious results with our award-winning touchscreen GPS sportswatch.

## Total touchscreen control

View the most comprehensive training data on four customisable data screens. Tap, swipe or auto scroll to switch pages – even in the wet, or when you're wearing gloves.

## Race your best

Our Virtual Racer feature lets you compete against previous best times or race against others, wherever they are.

## Understand your pace

Set the Virtual Partner to your target pace, and know how far ahead or behind you are in both distance and time.

## Advanced heart rate-based training

Soft strap heart monitor continually tracks training intensity to show how hard you're working. Training Effect helps you fully understand the intensity of each session.

## Tailored training sessions

Programmable intervals, zones and advanced workouts: simply plan and create detailed training sessions and follow direct from your wrist with your 610 acting as your coach.

## Pace/speed/distance/heart rate vibration alerts

Auto lap for mile splits, pace / heart rate zones (HRM version) and distance audio / vibrate alerts to keep you on track.

## Wireless data transfer

Forerunner 610 automatically and wirelessly uploads your data to the Garmin Connect online training community for you to analyse your runs.

## Garmin Connect

Review, relive and replay your workout in Garmin's online worldwide training community.



Pace + Distance



Speed + Cadence  
+ Distance (with sensor)



BPM / %Max / 5 x zones  
/ Training Effect



Virtual Partner  
+ Virtual Racer



Wireless data transfer



Vibration Alert



Touchscreen



Garmin Connect™



# Forerunner® 210

RUNNING & TRAINING



Pace + Distance



BPM / %Max / 5 x zones



Garmin Connect™

Track every minute and every mile. Simply switch on, start your workout and know how far, how fast and how hard you run.

## Switch on and go

It's simple to start training with Forerunner 210. Just switch it on, get a satellite signal and run, knowing it is logging every pace.

## Train indoors and out

GPS accurately tracks time, pace and distance outside, or works with the optional footpod to view your cadence or steps per minute when you are training indoors.

## Interval sessions

Create custom interval training sessions to follow on Forerunner 210 and it automatically displays your pace for each interval.

## Auto lap

Forerunner 210 automatically starts recording a new lap every time you travel a set distance.

## Follow your heart

Continuously tracks heart beats per minute to improve your fitness level and show how you are improving; with alerts when you work above or below your target zones.

## Feel the burn

Heart rate-based calorie measurement helps you track your training intensity and shows how hard your body is working and how much energy you're using.







# Forerunner® 110

RUNNING & TRAINING



Pace + Distance



BPM



Garmin Connect™

A simple-to-use running watch for runners of all abilities. Simply switch on, press start and go, to know how far you've gone and how fast you run.

## Log every mile with GPS

Forerunner 110 accurately tells you how far and how fast you're running and spurs you on by automatically giving your split time as you finish every mile.

## Get results, no fuss

You can trust Forerunner 110 to supply the information you really need. It automatically gives your average pace, distance, time or heart rate, so you can focus on the run.

## See where you've run with Garmin Connect

Once you've finished your run, upload to Garmin Connect and review and relive every step on a variety of maps.

## Choose your style (110 HR)

Forerunner 110 HR is available in two colour options (male/female versions).

## Follow your heart (110 HR)

Continuously tracks heart beats per minute to help improve your fitness level. See how hard your body is working and how your fitness is improving.

## Feel the burn (110 HR)

Get heart rate-based calorie measurement to see how much energy you're using.





# Forerunner® 10

HEALTH & FITNESS



Pace + Distance



Virtual Pacer



Garmin Connect™

## Ready. Press. Go.

Push one button and just run – Forerunner 10 tells you how far, fast and where you've run, as well as how many calories you've burnt.

## Motivating. Educating.

**Personal Records:** When you've run further or faster than before, Forerunner 10 will congratulate you automatically at the end of the run.

**Virtual Pacer:** Feedback on whether you are running faster or slower than your target pace.

**Run/Walk:** Guides you through your run with simple, customisable alerts.

## Run. Review. Relive. Share.

As soon as you finish a run, you'll receive a summary of how you did, including total time, distance, average pace and calories, as well as any personal records achieved. Upload your runs to Garmin Connect to keep track of your progress.

## Outdoor Proofed and Accurate

Water-resistant (50m) and light, the Forerunner 10 is armed with a high-sensitivity GPS receiver that quickly acquires and sustains satellite reception in challenging conditions.

## Stylish and Comfortable

Available in green, pink and a slightly larger black model. The battery lasts up to 5 hours in training mode and up to five weeks in power-save mode.

## Every Mile Matters

Garmin have partnered with Cancer Research UK and aim to get more women involved with Race for Life as well as raise money and awareness for a good cause.



Race for Life



# Forerunner® 910XT

Your perfect GPS partner for training and racing over land and in the water.

## All-in-one training partner

You swim, run and bike – often in quick succession. The 910XT provides detailed swim metrics both indoors and out, and tracks distance, pace, time, elevation and your heart rate when running and biking.

## Dive in

Designed for open water and pool swimming, the 910XT is water-resistant to 50 metres. It keeps track of swim distance, stroke type, stroke count and pool lengths. Its robust design and easy operation make it suited to other water sports too, such as kayaking and surfing.

## Seamless transition

Forerunner 910XT features an auto multisport setting that enables you to switch sport mode with a single button press, so you don't lose precious seconds in transition. An optional quick release means you can fix it to your bike.

## Try it high and dry

Forerunner 910XT captures your time, distance, position, speed and pace. It also features a barometric altimeter to give you precise ascent and descent data. Paired with our premium heart rate monitor for calorie computation data, you have the full set of fitness measurements to analyse.

## Move up a gear

For advanced training 910XT is compatible with ANT+ sensors, including optional speed and cadence sensors for turbo training indoors or Garmin's new Vector power meter for pedal-generated power.

## Garmin Connect

Review, relive and replay your workout in Garmin's online worldwide training community.

\*with sensor



Dist. Remaining	<b>7.70</b> <sub>m</sub>
Time Remaining	<b>00:27:47</b>

Multi Time	<b>54:42</b>
Multi Distance	<b>15.3</b> <sub>m</sub>
Sport	

<b>Bike 00 - 100%</b>	
Distance Ahead	Time Ahead
<b>0.29</b> <sub>m</sub>	<b>00:17</b>



Pace + Distance + Elevation



Speed + Distance + Elevation + Cadence + Power\*



Swim Metrics + Swim-proof (50m)



BPM / %Max / 5 + zones / Training Effect



Virtual Partner, Virtual Racer + Courses



Wireless data transfer



Vibration Alert



Barometric altimeter



Garmin Connect

# Forerunner® 310XT

TRIATHLON & TRAINING

A multisport, waterproof GPS watch, ideal for triathletes, dedicated athletes and adventure racers.

## Ideal for adventure and multisports

With a 20 hour battery life and waterproof to a depth of 50m, it even uses GPS to track how far you swim in open water.

## Keeps you on track

Set pace, speed, distance and heart rate alerts to sound and/or vibrate if you stray from your goal – ideal for training with a group or when using headphones.

## Get advanced calorie-burn measurements

Get heart rate-based calorie measurements to see how much energy you're using when paired with our premium soft strap heart rate monitor.

## Interval training

Create interval workouts based on time or distance and programme rest portions of the workout.

## Virtual Partner

Race against previous runs and compete over a set distance or time with a virtual partner.

## Mark locations

Find, view and go to locations at anytime with Ordnance Survey format featured as well as latitude and longitude.

## Wireless data transfer

Automatically transfers training data to your PC or Mac as soon as Forerunner 310XT is in range.

## Power meter compatible

Automatically displays power data from compatible ANT+ enabled power meters, including the new Garmin Vector.

## Garmin Connect

Review, relive and replay your workout in Garmin's online worldwide training community.



Pace + Distance



Speed + Cadence + Power + Distance (with sensor)



Swim-proof (50m)



BPM / %Max / 5 + zones



Virtual Partner



Wireless data transfer



Vibration Alert



Garmin Connect™





# Garmin Swim

SWIMMING



Swim-proof



Swim Metrics



Wireless data transfer



Garmin Connect™

## Ready. Press. Swim.

Garmin Swim is ready to go right out of the box – enter the length of the pool you're swimming in and begin your workout.

## Streamline

Its sleek profile allows it to cut right through the water, so it won't cause drag or slow swimmers down.

## Replaceable battery

Garmin Swim's battery lasts approximately one year and is easy to replace at home.

## No need to count laps

Garmin Swim automatically detects stroke type and tracks lengths, strokes, distance, pace and more.

## Training

Log drills or start timed sets without monitoring the pool clock. Swim calculates your swolf scores to help gauge efficiency. To help swimmers stay motivated, it displays their weekly accumulated distance under the time of day.

## Review, relive, replay & share

Upon completion of a workout, wirelessly upload your swim data to Garmin Connect to analyse and share with your friends or coach.

TIME	24:23
DISTANCE	1450m
PACE	1:41/100m
CALS	290
SWOLF	35
STROKES	561
STROKE TYPE	FREESTYLE



Log your distances.  
Measure your progress.





## Plan. Review. Replay. Relive.

You've logged the miles, now it's time to see how you've done. Keep the pace at Garmin Connect, our free online training community where you can save, store and share routes and run data and track your progress.

- Plan, download, and follow new runs with the new Course Creator
- View runs on a variety of maps with detailed metrics
- Analyse every step, stroke or pedal revolution of your performance
- Search other activities to follow or challenge with Virtual Partner
- Over 2.5 billion miles of activities uploaded, by over 3 million users worldwide
- Create a user profile to record and share your achievements
- Connect with friends to follow each other's training and comment on their activities
- Create or join a group to upload activities to a central point
- Download a training plan directly to your Forerunner from Garmin Connect

The screenshot shows the Garmin Connect dashboard for a user named 'team-garmin' from Boulder, CO. The dashboard includes a profile picture, a 'Connect' button, and a 'Profile' section with tabs for Basics, Cycling, and Road. The 'Last 12 Months' section displays a line graph of activities (Running, Cycling, Swimming) from February 2012 to January 2013. Key statistics shown are 120 Activities, 11,099 mi Distance, 473 hrs Time, and 185,371 m Elevation Gain. Recent activities listed include 'Heinrich Haussler - Tour of Beijing, stage 4' and 'Dan Martin - Tour of Beijing, stage 3'.

Share and follow other ▲  
Garmin Connect users

This screenshot shows the activity replay interface. The top part features a line graph with multiple data series (heart rate, speed, distance, etc.) plotted against 'Total Distance'. Below the graph is a satellite map showing the route of the activity. At the bottom, there is a summary bar with various metrics: Total Time, Total Distance, Elevation, Speed, Elevation Gain, Heart Rate, and Temperature.

This screenshot shows the course creator and training plan interface. The top part displays a satellite map with a red route overlaid. Below the map is a line graph showing activity metrics. The bottom section shows a 'Half Marathon' training plan with a 'Start Date' dropdown and a list of training days (Day 1 to Day 5) with specific workout details like 'Run 20', 'Run 22', and 'Run 24'.

◀ Plan, download and follow new runs or rides

▶ Download and follow detailed training plans



Specifications	Forerunner 610	Forerunner 210	Forerunner 110	Forerunner 10	Forerunner 910XT	Forerunner 310XT	Garmin Swim
High sensitivity GPS	✓	✓	✓	✓	✓	✓	-
Weight Mens	60 g	52 g	52 g	43 g	72 g	72 g	40 g
Weight Womens			52 g	36 g			
Battery life	8 hours GPS	8 hours GPS	6 - 8 hours GPS	5 hours GPS	20 hours GPS	20 hours GPS	1 year
Water resistant	✓ (IPX7)	✓ (IPX7)	✓ (IPX7)	✓ (50m)	✓ (50m)	✓ (50m)	✓ (50m)
Memory	1000 laps or up to 1 year data	1000 laps	180 hours	7 activities	1000 laps 100 locations	1000 laps 100 locations	30 workouts
Heart rate monitor	✓ Softstrap (HR version)	✓ (HR version)	✓ (HR version)	-	✓ Softstrap (HR version)	✓ Softstrap (HR version)	-
Bike speed/cadence sensor	✓ Optional	-	-	-	✓ Optional	✓ Optional	-
Foot pod	✓ Optional	✓ Optional	-	-	✓ Optional	✓ Optional	-
Wireless data transfer	✓	-	-	-	✓	✓	✓
Garmin Connect data analysis	✓	✓	✓	✓	✓	✓	✓
Virtual Partner	✓ Plus Virtual Racer	-	-	-	✓ Plus Virtual Racer	✓	-
Auto Pause	✓	-	-	✓	✓	✓	-
Auto Lap	✓	✓	✓	✓	✓	✓	✓
Auto Scroll	✓	-	-	-	✓	✓	-
Pace alert	✓	-	-	-	✓	✓	-
Time/distance alert	✓	-	-	-	✓	✓	-
Interval training	✓	✓	-	-	✓	✓	-
Customisable screen(s)	✓	-	-	✓	✓	✓	✓
Multisport mode	-	-	-	-	✓	✓	-
Calories	✓ Advanced with HR version	✓ Advanced with HR version	✓ HR version	✓	✓ Advanced with HR version	✓ Advanced with HR version	✓
Time, date and alarm	✓	✓	✓	✓	-	-	✓
Barometric Altimeter	-	-	-	-	✓	-	-
Training Effect	✓	-	-	-	✓	-	-
Swim Metrics - Indoors	-	-	-	-	✓	-	✓
Swim Metrics - Outdoors	-	-	-	-	✓	Distance only	-

IPX7: 1m submersible for 30 mins





# Accessorise your Forerunner



For more information about accessories visit [garmin.com/uk/accessories](http://garmin.com/uk/accessories)

## Speed/Cadence sensor

Monitor the speed and distance of your cycling as you ride with this self-calibrating, wireless speed/cadence sensor. It measures your pedalling strokes per minute whether you are outside or on a turbo trainer in the gym.



## Premium Heart Rate Monitor

Monitor your heart with this wireless digital heart rate monitor which tracks beats per minute and comes with a soft strap.



## Foot pod

Monitor your distance and pace – indoors or out. The foot pod is lightweight and small enough to attach to shoelaces or insert into soles of compatible shoes. It automatically turns on when you start moving.



## USB ANT+ Receiver



The USB ANT Stick enables you to transfer data wirelessly from your Garmin device to your Mac or PC as soon as it is in range (with compatible devices).



## Bike mounting kit

Optimise your Forerunner for multisport by using this special bike mount with quick release bracket for seamless transitions.



## Carry case

Protect your Forerunner and all accessories between sessions.





## The Global Leader in Satellite Navigation

From roots in aviation and marine, where accurate navigation is critical for safety, Garmin has expanded to become the leader in GPS technology. Garmin is now a global household name in the automotive, aviation, marine, outdoor and fitness markets.

Register your product at [my.garmin.com](http://my.garmin.com) to receive free software updates or new product information.

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