Garmin Forerunner 55 Specifications

General	
LENS MATERIAL	chemically strengthened glass
QUICK RELEASE BANDS	yes (20 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	42 x 42 x 11.6 mm
	Fits wrists with a circumference of 126-203 mm
COLOR DISPLAY	✓
DISPLAY SIZE	1.04" (26.3 mm) diameter
DISPLAY RESOLUTION	208 x 208 pixels
DISPLAY TYPE	sunlight-visible, transflective memory-in-pixel (MIP)
WEIGHT	37 g
	Smartwatch Mode: Up to 2 weeks
BATTERY LIFE	GPS mode: Up to 20 hours
	See details
WATER RATING	5 ATM
MEMORY/HISTORY	200 hours of activity data
Clock Features	
TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓
Health Monitoring	
WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓
DAILY RESTING HEART RATE	✓
ABNORMAL HEART RATE ALERTS	yes (high and low)
RESPIRATION RATE (24X7)	✓
FITNESS AGE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	yes (Advanced)
HYDRATION	yes (in Garmin Connect™ and optional Connect IQ™ widget)

GPS GLONASS GALILEO GARMIN ELEVATE" WRIST HEART RATE MONITOR ACCELEROMETER Daily Smart Features CONNECTIVITY CONNECT IQ" (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS) SMART NOTIFICATIONS CALENDAR WEATHER CONTROLS SMARTPHONE MUSIC FIND MY PHONE FIND MY PHONE FIND MY WATCH SMARTPHONE COMPATIBILITY PAIRS WITH GARMIN CONNECT" MOBILE Safety and Tracking Features LIVE TRACK LIVE EVENT SHARING INCIDENT DETECTION DURING SELECT ACTIVITIES ASSISTANCE ACTIVITY MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY, WALK FOR A COUPLE OF MINUTES TO RESET IT) MINUTES TO RESET IT) ASSIGNS A DAILY STEP GOAL) CALORIES BURNED DISTANCE TRAVELED V MOVE IQ" Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES LIVETAICN, YOGA Cardio and Elliptical Training, Stair Stepping, HIIT, Pilates, Yoga Training, Planning and Analysis Features HR ZONES	Sensors		
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MOVE IQ™ Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES Cardio and Elliptical Training, Stair Stepping, HIIT, Pilates, Yoga Training, Planning and Analysis Features HR ZONES ✓	INTENSITY MINUTES	✓	
Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES Cardio and Elliptical Training, Stair Stepping, HIIT, Pilates, Yoga Training, Planning and Analysis Features HR ZONES ✓	TRUEUP™	✓	
AVAILABLE GYM ACTIVITY PROFILES Cardio and Elliptical Training, Stair Stepping, HIIT, Pilates, Yoga Training, Planning and Analysis Features HR ZONES	MOVE IQ™	✓	
Training, Planning and Analysis Features HIIT, Pilates, Yoga HR ZONES	Gym & Fitness Equipment		
HR ZONES ✓	AVAILABLE GYM ACTIVITY PROFILES		
	HR ZONES	✓	
HR ALERTS ✓	HR ALERTS	✓	

HR CALORIES	✓
RECOVERY TIME	√
AUTO MAX HR	√
HR BROADCAST (BROADCASTS HR DATA OVER	V
ANT+™ TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	Yoga and Breathwork only
GPS SPEED AND DISTANCE	√
CUSTOMIZABLE DATA PAGES	√
CUSTOMIZABLE DATA FAGES CUSTOMIZABLE ACTIVITY PROFILES	,
AUTO PAUSE®	√
INTERVAL TRAINING	√
ADVANCED WORKOUTS	v
DOWNLOADABLE TRAINING PLANS	∨
	v
AUTO LAP®	· ·
MANUAL LAP	√
CONFIGURABLE LAP ALERTS	√
VO2 MAX (RUN)	√
IMPROVED RECOVERY TIME	yes (limited)
DAILY SUGGESTED WORKOUTS	yes (limited)
AUDIO PROMPTS	✓
FINISH TIME	✓
TOUCH AND/OR BUTTON LOCK	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓
Running Features	
AVAILABLE RUN PROFILES	Running, Treadmill Running, Track Running, Indoor Track Running, Virtual Running
GPS-BASED DISTANCE, TIME AND PACE	✓
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
Outdoor Recreation	'
AREA CALCULATION	yes (via Connect IQ™)
HUNT/FISH CALENDAR	yes (via Connect IQ™)
SUN AND MOON INFORMATION	yes (via Connect IQ™)
Cycling Features	you (the dominosting)
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE	. ✓
OR CALORIES)	
	Biking, Indoor Biking
AVAILABLE CYCLING PROFILES SPEED AND CADENCE SENSOR SUPPORT	DIKING, INDOOR DIKING

Swimming Features		
AVAILABLE SWIM PROFILES	Pool Swimming	
POOL SWIM METRICS (LENGTHS, DISTANCE,		
PACE, STROKE COUNT, SWIM EFFICIENCY	✓	
(SWOLF), CALORIES)		
STROKE TYPE DETECTION (FREESTYLE,		
BACKSTROKE, BREASTSTROKE, BUTTERFLY)	✓	
(POOL SWIM ONLY)		
DRILL LOGGING (POOL SWIM ONLY)	✓	
BASIC REST TIMER (UP FROM 0) (POOL SWIM	✓	
ONLY)		
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	✓	
AUTO REST (POOL SWIM ONLY)	✓	
TIME AND DISTANCE ALERTS	✓	
COUNTDOWN START (POOL SWIM ONLY)	✓	
UNDERWATER WRIST-BASED HEART RATE	✓	
Kid Activity Tracking Features		
TOT TO TOT!! OUALL THOSE ADD	(ti	
TOE-TO-TOE™ CHALLENGES APP	yes (optional Connect IQ app)	