

Garmin Swim 2 Specifications

General	
LENS MATERIAL	chemically strengthened glass
STRAP MATERIAL	silicone
PHYSICAL SIZE	42 x 42 x 11.4 mm
	Fits wrists with a circumference of 129-197 mm
	Larger replacement bands are available as an optional accessory. Large bands fit wrists with a circumference of 151 - 219 mm
COLOR DISPLAY	✓
DISPLAY SIZE	1.04" (26.3 mm) diameter
DISPLAY RESOLUTION	208 x 208 pixels
DISPLAY TYPE	sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	36 g
BATTERY LIFE	Smartwatch mode: Up to 7 days
	GPS mode: Up to 13 hours
	Pool and OHR mode: up to 72 hours
WATER RATING	5 ATM
MEMORY/HISTORY	50 hours of activity data
Clock Features	
TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
Health Monitoring	
WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓
DAILY RESTING HEART RATE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	✓
HYDRATION	yes (in Garmin Connect™)
MENSTRUAL CYCLE	yes (in Garmin Connect™)
Sensors	
GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓

ACCELEROMETER	✓
Daily Smart Features	
CONNECTIVITY	✓
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	yes (watch faces only)
SMART NOTIFICATIONS	✓
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	
Activity Tracking Features	
STEP COUNTER	✓
MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	✓
CALORIES BURNED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
Training, Planning and Analysis Features	
HR ZONES	✓
HR CALORIES	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	yes (swim only)
AUTO PAUSE®	✓
ADVANCED WORKOUTS	yes (pool swim only)
AUTO LAP®	✓
MANUAL LAP	✓
TRAINING EFFECT	yes (swim only)
TRAINING EFFECT (ANAEROBIC)	yes (swim only)
TOUCH AND/OR BUTTON LOCK	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓
Running Features	
AVAILABLE RUN PROFILES	Outdoor Running
GPS-BASED DISTANCE, TIME AND PACE	✓

Cycling Features

AVAILABLE CYCLING PROFILES

Biking

Swimming Features

AVAILABLE SWIM PROFILES

Pool Swimming, Open Water Swimming

OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)

✓

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

✓

PACING ALERTS (POOL SWIM ONLY)

✓

COUNTDOWN START (POOL SWIM ONLY)

✓

POOL SWIM WORKOUTS

✓

CRITICAL SWIM SPEED

✓

UNDERWATER WRIST-BASED HEART RATE

✓

HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM)

✓