

FORERUNNER® 255 AND 255 MUSIC

GPS RUNNING SMARTWATCHES

NUEVO
PRODUCT
ANNOUNCEMENT



PRODUCT OVERVIEW:

Run at a higher level with the Forerunner® 255 series. This running smartwatch helps you train and recover smarter with training status, running power, multi-band GPS and daily suggested workouts that adapt to your performance and goals. Plus, other NUEVO features such as race widget, which helps you plan your race-day strategy, and morning report with HRV status that reveals your overall health alongside the day ahead. And with Garmin Pay™ contactless payments¹, it's never been easier to buy that post-workout coffee — no matter how you work out — with over 30 activity profiles including triathlon, cycling, swimming and more. With Forerunner 255, you can get a continuous picture of your health, from training and recovery to sleep quality and overall wellness with 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.

Forerunner 255 Music models allow you to bring along your favourite soundtrack with built-in music, including playlists from, Amazon Music, Deezer or Spotify (premium subscription required), and can connect with your wireless headphones for phone-free listening.



KEY FEATURES:

NUEVO	MORNING REPORT	Morning report summarizes your sleep, recovery time, training status, HRV status, and daily workout suggestions in one place as soon as you wake up ² .
NUEVO	BATTERY LIFE	Get up to 14 days in smartwatch mode and up to 30 hours in GPS mode.
NUEVO	HRV STATUS	HRV status tracks your heart rate variability while you sleep, giving you greater insight into your overall wellness, recovery and training performance ² .
NUEVO	SPORTS APPS	In addition to the 30+ built-in activity profiles, NUEVO to the FR255 series is the triathlon activity profile. For races and brick workouts, transition to the next activity with a single button press
NUEVO	RACE WIDGET	Race widget provides training tips and daily suggested workouts while predicting the completion time of your next race based on course details, fitness data, weather and more.
NUEVO	SUGGESTED WORKOUTS	View your entire week of daily suggested workouts, which adapt after every run to match your performance and recovery.
NUEVO	DESIGN	Available in both 41mm and 46mm-sized cases, and with a noticeably slim profile, Forerunner 255 has the perfect fit for every wrist so you can wear it (and keep an eye on your wellness) both day and night.
NUEVO	RUNNING POWER	Get a continuous measurement on your wrist of how much power you're applying to the road as you run ² .
NUEVO	GARMIN PAY	Leave your cash and cards at home; Garmin Pay™ contactless payments ¹ let you pay for purchases on the go.
NUEVO	MULTI-BAND SATELLITE	Multi-band satellite tracking on GPS, GLONASS and Galileo networks gives you superior accuracy for how far and how fast you've run — even in challenging environments.
NUEVO	TRAINING STATUS	Evaluates your current training status to indicate if you're undertraining or overdoing it; offers additional performance monitoring features
NUEVO	ACUTE LOAD	Compare the intensity of your recent workouts to the optimal range for your fitness and training history.
	RUNNING DYNAMICS	Provides advanced running dynamics ³ , including ground contact time balance, stride length, vertical ratio and more.
	GARMIN COACH	Get free adaptive training plans from Garmin Coach, or create your own custom workouts at our Garmin Connect™ online fitness community.
	CONNECTED FEATURES	Connected features ⁴ include built-in smart notifications, automatic uploads to the Garmin Connect™ online fitness community and the ability to track your runs with the LiveTrack feature.
	SAFETY AND TRACKING	If you feel unsafe or if your watch senses that an incident occurred, assistance and incident detection features send your location to emergency contacts. Incident detection is enabled by default for select activity profiles only ⁴ .
	BODY BATTERY	Track your body's energy levels so you can find the best times for activity and rest.
	BATTERYMUSIC	
	MUSIC ON YOUR WRIST	Download up to 500 songs to your watch, including playlists from Amazon Music, Deezer or Spotify (premium subscription may be required) and, connect with your wireless headphones for phone-free listening (music models only).



MORNING REPORT

HRV STATUS





RACE WIDGET

SUGGESTED WORKOUTS

GARMIN COACH

TRAINING STATUS

BODY BATTERY

PRODUCT COMPARISON:	FORERUNNER 245	FORERUNNER 255	FORERUNNER 255 MUSIC	FORERUNNER 955
				
General				
Multi-band satellite		•	•	•
ANT+®/USB/BLEETOOTH®	•	•	•	•
Wi-Fi® connectivity			•	•
Smartphone notifications	•	•	•	•
Connect IQ™ apps	•	•	•	•
Wrist-based HR ⁴	•	•	•	•
HRV Status		•	•	•
Barometric altimeter		•	•	•
Floors climbed		•	•	•
Gyroscope		•	•	•
Music Playback			•	•
Activity tracking	•	•	•	•
Garmin Pay™ Contactless Payment		•	•	•
Training				
Acute Load		•	•	•
Stamina				•
Morning Report		•	•	•
Running Power		•	•	•
Aerobic training effect	•	•	•	•
Anaerobic training effect	•	•	•	•
Training status	•	Improved	Improved	•
Training load	•	•	•	•
VO2 Max	•	•	•	•
Recovery time	•	•	•	•
Race predictor	•	•	•	•
Race Widget		•	•	•
Workouts	•	Improved	Improved	•
Training plans	•	Improved	Improved	•
Garmin Coach training plans	•	Improved	Improved	•
Running dynamics	•	•	•	•
Auto Lap feature	•	•	•	•
Alerts	•	•	•	•
Metronome	•	•	•	•
Configurable data fields	•	•	•	•
Triathlon Activity Profile		•	•	•
Bike speed and cadence	•	•	•	•
Rally power metre compatible		•	•	•
Varia™ smart bike lights support	•	•	•	•
Varia rear-view radar support	•	•	•	•

PRODUCT CONFIGURATIONS:

FORERUNNER 255



Description	REF	EAN
Forerunner 255, Slate Grey	010-02641-10	753759279875
Forerunner 255, Tidal Blue	010-02641-11	753759279882

FORERUNNER 255S



Description	REF	EAN
Forerunner 255S, Powder Grey	010-02641-12	753759279899
Forerunner 255S, Light Pink	010-02641-13	753759279905

FORERUNNER 255 MUSIC



Description	REF	EAN
Forerunner 255 Music Black	010-02641-30	753759279950
Forerunner 255 Music Whitestone	010-02641-31	753759279967

FORERUNNER 255S MUSIC



Description	REF	EAN
Forerunner 255S Music, Black	010-02641-32	753759279974
Forerunner 255S Music, Whitestone	010-02641-33	753759279981

PHYSICAL SPECIFICATIONS:

	Forerunner 255 and Forerunner 255 Music	Forerunner 255S and Forerunner 255S Music
Unit dimensions:	1.8" x 1.8" x 0.5" (45.6 mm x 45.6 mm x 12.9 mm)	1.6" x 1.6" x 0.49" (41 mm x 41 mm x 12.4 mm)
Weight:	1.7 oz (49 g)	1.4 oz (39 g)
Water rating:	5 ATM	5 ATM
Display size:	1.3" (33 mm)	1.1" (27.9 mm)
Display resolution (WxH):	218 x 218 pixels	260 x 260 pixels
Display type:	Transflective Memory-in-pixel	Transflective Memory-in-pixel
Lens Material:	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3
Memory/history:	2000 hrs data/500 songs	2000 hrs data/500 songs

NUEVO












PRODUCT

ANNOUNCEMENT

PACKAGING SPECIFICATIONS:

	Forerunner 255	Forerunner 255S
Gift box dimensions (WxHxD):	2.7" x 5.6" x 2.4" (6.9 cm x 14.1 cm x 6.2 cm)	2.7" x 5.6" x 2.4" (6.9 cm x 14.1 cm x 6.2 cm)
Gift box weight:	5.3 oz (152 g)	5.0 oz (142 g)
Master carton dimensions (WxHxD):	15.0" x 12.0" x 12.4" (38.1 cm x 30.5 cm x 31.5 cm)	15.0" x 12.0" x 12.4" (38.1 cm x 30.5 cm x 31.5 cm)
Master carton weight:	17.4 lbs (7.9 kg)	16.5 lbs (7.5 kg)
Master carton quantity:	40	40

COMPATIBLE ACCESSORIES:

		REF	EAN	IMAGE
NUEVO	Quick Release Band Black 22mm	010-11251-3A	753759298227	
NUEVO	Quick Release Band Whitestone 22mm	010-11251-3B	753759298234	
NUEVO	Quick Release Band Slate Grey 22mm	010-11251-3C	753759298241	
NUEVO	Quick Release Band Tidal Blue 22mm	010-11251-3D	753759298258	
NUEVO	Quick Release Band Black 18mm	010-11251-3E	753759298265	
NUEVO	Quick Release Band Whitestone 18mm	010-11251-3F	753759298272	
NUEVO	Quick Release Band Powder Grey 18mm	010-11251-3G	753759298289	
NUEVO	Quick Release Band Light Pink 18mm	010-11251-3H	753759298296	
	HRM-Pro™	010-12883-00	753759223137	
	HRM-Dual™	010-10997-12	753759149772	
	Running Dynamics Pod	010-12520-00	753759175528	

¹View current supported country, payment network and issuing bank information at Garmin.com/en-US/garminpay/banks/

²The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked but may not be precisely accurate.

³When used with Running Dynamics Pod or HRM-Pro™ monitor (sold separately)

⁴When paired with a compatible smartphone; see Garmin.com/ble. For safety and tracking feature requirements and limitations, see Garmin.com/safety.

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