

FORERUNNER® 955 AND 955 SOLAR

PREMIUM GPS RUNNING/TRIATHLON SMARTWATCHES

NUEVO
PRODUCT
ANNOUNCEMENT



PRODUCT OVERVIEW:

Lead the pack with Forerunner 955 and 955 Solar, the premium GPS running and triathlon smartwatch available with Power Glass™ solar charging. The NUEVO training readiness feature tells you when you're primed for a productive session, while daily suggested workouts give you a peek at the week ahead and adapt to your body after every run. With NUEVO multi-band GPS and full-colour, built-in maps, you can navigate confidently — whether you're in the race or just grabbing a post-run coffee with Garmin Pay™ contactless payments¹. And with traditional buttons and a touch display, it has never been easier to tap into your running power, running dynamics and music. If you're pushing toward the podium — or to the very limits — Forerunner 955 Solar is by your side with up to 20 days of battery with solar charging in smartwatch mode² and NUEVO features that include insights such as VO2 max, training status and HRV status.



KEY FEATURES:

NUEVO	SOLAR CHARGING	Stay in the race with solar charging, and get up to 20 days of battery life in smartwatch mode ² .
NUEVO	TOUCHSCREEN	Traditional button controls with a responsive touchscreen for fast access to everyday health features and easier control of maps. The touchscreen can be turned off manually or set to automatically lock during activities.
NUEVO	TRAINING READINESS	The training readiness feature gives you insights into how much your body will benefit from training, so you know exactly how hard to go.
NUEVO	MORNING REPORT	NUEVO morning report greets you with the day's weather and summarizes information about last night's sleep, recovery time, training status, HRV status and daily workout suggestion ³ .
NUEVO	HRV STATUS	HRV status tracks your heart rate variability while you sleep, giving you greater insight into your overall wellness ³ .
NUEVO	RACE WIDGET	Get all of your race prep information in one place with the NUEVO race widget — offering a course-specific performance prediction, race day weather, countdown and more
NUEVO	RUNNING POWER	Get a continuous measurement on your wrist of how much power you're applying to the road as you run when using a Running Dynamics Pod or HRM-Pro™ monitor.
NUEVO	REAL-TIME STAMINA	Use this data to track and manage your exertion — and help avoid overexerting at the start of your run or bike.
NUEVO	MULTI-BAND SATELLITE	Multi-band satellite tracking on GPS, GLONASS, Galileo and BeiDou networks gives you superior accuracy for how far and how fast you've run — even in challenging environments.
MEJORADO	DAILY WORKOUTS	View your entire week of daily suggested workouts, which adapt after every run to match your performance and recovery.
MEJORADO	TRAINING STATUS	Improved training status feature indicates if you're undertraining or overdoing it; offers additional performance monitoring features.
	ALWAYS-ON DISPLAY	Built with an always-on, full-colour display that's light on the wrist and easy to read even in direct sunlight.
	BUILT-IN MAPPING	Built-in, full-colour maps guide you on your runs or rides.
	PHONE-FREE MUSIC	Download up to 2000 songs to your watch, including playlists from Spotify, Amazon Music or Deezer (premium subscription may be required), and connect with your wireless headphones for phone-free listening.
	GARMIN COACH	Get free adaptive training plans from Garmin Coach, or create your own custom workouts at our Garmin Connect™ online fitness community.
	RUNNING DYNAMICS	Provides advanced running dynamics ⁴ , including ground contact time balance, stride length, vertical ratio and more.
	CHOOSE YOUR ADVENTURE	Switch up your workout routine with 30+ activity profiles for running, triathlons, cycling, swimming and more.
	STAY SAFE	Safety and tracking features ⁵ make it easy to share your location with chosen contacts.
	MAKE IT YOURS	Customize with free watch faces, apps and more from the Connect IQ™ Store app downloaded on your compatible smartphone.
	STAY CONNECTED	Connected features ⁵ include built-in smart notifications, automatic uploads to our Garmin Connect™ online fitness community and the ability to track your runs with the LiveTrack feature.
	AUTOMATIC UPLOADS	Automatically uploads your data to our Garmin Connect™ free online fitness community ⁵ , where you can join challenges, receive insights and share your progress.
	NO WALLET NEEDED	Leave your cash and cards at home; Garmin Pay™ contactless payments ¹ let you pay for purchases on the go
	CHARGE LESS	Battery life: up to 20 days in smartwatch mode ² and up to 49 hours in GPS mode ⁶

MARKETING MEMO

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SMARTWATCHES

June 01, 2022

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COMPARISON:

FORERUNNER 745



FORERUNNER 945



FORERUNNER 955



FORERUNNER 955 SOLAR



		General			
Battery Life	Up to 7 days GPS: Up to 6 hours w/music GPS: Up to 16 hours w/o music	Up to 2 weeks GPS: Up to 10 hours w/music GPS: Up to 36 hours w/o music	Up to 15 days GPS: Up to 10 hours w/music GPS: Up to 42 hours w/o music	Up to 20 days GPS: Up to 10 hours w/music GPS: Up to 49 hours w/o music	
Size	43.8 x 43.8 x 13.3 mm	46.7 x 46.7 x 13.7 mm	46.5 x 46.5 x 14.4 mm	46.5 x 46.5 x 14.4 mm	
Power Glass™ solar charging				•	
Touchscreen			•	•	
Multi-band Satellite			•	•	
MP3 Music Playback	Up to 500 songs	Up to 1000 songs	Up to 2000 songs	Up to 2000 songs	
Garmin Pay™ contactless payments ⁵	•	•	•	•	
Auto multisport activities	•	•	•	•	
HRV Status			•	•	
Morning Report			•	•	
Pulse Ox ⁹	•	•	•	•	
Physio TrueUp	•	•	•	•	
Advanced HR features	•	•	•	•	
Barometric altimeter	•	•	•	•	
		Training			
Training Readiness			•	•	
Training effect	•	•	•	•	
Training status	•	•	Improved	Improved	
Training load	•	•	•	•	
Training load focus	•	•	•	•	
VO2 max	•	•	•	•	
VO2 max heat & altitude adj	•	•	•	•	
Heat and altitude acclimation	•	•	•	•	
Race widget			•	•	
Race predictor	•	•	•	•	
Onboard maps		•	•	•	
		Safety and Tracking ⁶			
LiveTrack feature	•	•	•	•	
GroupTrack	•	•	•	•	
Live event sharing	(Android™ only)	(Android™ only)	(Android™ only)	(Android™ only)	
Incident detection	•	•	•	•	
Assistance ⁶	•	•	•	•	
		Awareness and Connectivity			
Varia™ smart bike lights	•	•	•	•	
Varia rearview radar	•	•	•	•	
Rally™ power meters	•	•	•	•	
HRM-Dual™ monitor, HRM-Pro™ monitor	•	•	•	•	

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PRODUCT CONFIGURATIONS:

SCHEDULE B: 8517620050
HTS: 8517.62.0090

FORERUNNER 955 SOLAR



DESCRIPTION	REF	EAN
Black	010-02638-20	753759297046
Whitestone	010-02638-21	753759297053

FORERUNNER 955



DESCRIPTION	REF	EAN
Black	010-02638-30	753759297060
Whitestone	010-02638-31	753759297077

COMPATIBLE ACCESSORIES:

		REF	EAN	IMAGE
NUEVO	Forerunner 955 Band – Black/Slate	010-11251-3S	753759298302	
NUEVO	Forerunner 955 Band – Whitestone/Slate	010-11251-3T	753759298319	
NUEVO	Forerunner 955 Band – Black/Silver	010-11251-3U	753759298326	
NUEVO	Forerunner 955 Band – Whitestone/Silver	010-11251-3V	753759298333	
	HRM-Pro™ Monitor	010-12955-00	753759261436	
	HRM-Dual™ Monitor	010-12883-00	753759261436	
	HRM-Swim™ Monitor	010-12342-00	753759261436	

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COMPATIBLE PRODUCTS:

VARIA RADARS



Varia RCT715	010-02474-00
Varia RTL515	010-02376-00
Varia RTL315	010-02252-00

RALLY PEDALS



Rally RK200	010-02388-00
Rally RK100	010-02388-01
Rally RS200	010-02388-02
Rally RS100	010-02388-03
Rally XC200	010-02388-04
Rally XC100	010-02388-05

PHYSICAL SPECIFICATIONS:

Unit dimensions (WxHxD)	1.8" x 1.8" x 0.6" (46.5 x 46.5 x 14.4 mm)
Display size	1.3" (33 mm) diameter
Display resolution (WxH)	260 x 260 pixels
Display type	Sunlight-visible, transfective memory-in-pixel (MIP)
Weight	53 g
Memory/history	200 hours of activity data
Lens material	Corning® Gorilla® Glass DX

Water rating ¹⁰	Swim, 5 ATM
Bands	QuickFit® 22 mm compatible
Battery life	Smartwatch mode: Up to 15 days/20 days with solar* All-Systems GNSS mode plus Multi-Band with music: Up to 8.5 hours All Systems GNSS mode plus Multi-Band without music: Up to 20 hours/22 hours with solar** GPS-only mode without music: Up to 42 hours/49 hours with solar** Ultratrac mode: Up to 80 hours/110 hours with solar**
Band size	Fits wrists with circumferences of 130-220 mm

*Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions
** Solar charging, assuming use in 50,000 lux conditions

PACKAGING SPECIFICATIONS:



Forerunner 955/955 Solar	
Gift box dimensions (WxHxD):	3.9" x 3.9" x 3.9" (9.9 cm x 9.9 cm x 9.9 cm)
Gift box weight:	8.1 oz (230 g)
Master carton dimensions (WxHxD):	12.4" x 12.4" x 12.7" (31.5 cm x 31.5 cm x 32.2 cm)
Master carton weight:	18.7 lbs (8.5 kg)
Master carton quantity:	27

¹ To use LTE features, an active subscription plan and connectivity to a Category M1 LTE network is necessary. See Category M1 LTE coverage area at [Garmin.com/LTECoverage](#). ² Assistance Plus is not available in all markets where Category M1 LTE network connectivity is available; see Assistance Plus coverage area at [Garmin.com/LTECoverage](#). For safety and tracking feature requirements and limitations, see [Garmin.com/lesafety](#).
³ May require premium subscription with a third-party music provider.
⁴ When used with headphones paired to the Forerunner 945 LTE; headphones not included.
⁵ View current supported country, payment network and issuing bank information at [Garmin.com/garminpay/banks](#).
⁶ See safety and tracking feature requirements and limitations.
⁷ Activity tracking accuracy.
⁸ When used with Running Dynamics Pod or HRM-Pro™ monitor (sold separately).
⁹ This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](#). Pulse Ox not available in all countries.
¹⁰ See [Garmin.com/waterrating](#).

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