

	Fenix 5 plus	Fenix 5s plus	Fenix 5X plus
	Premium multisport GPS watch with wrist-based heart rate, maps, music and Garmin Pay™ contactless payments	Smaller-sized multisport GPS watch with wrist-based heart rate, maps, music and Garmin Pay™ contactless payments	Ultimate multisport GPS watch with wrist-based heart rate, Pulse Ox Acclimation, maps, music and Garmin Pay™ contactless payments
General			
Lens Material	domed chemically strengthened glass or sapphire	domed chemically strengthened glass or sapphire	domed sapphire crystal
Bezel Material	stainless steel or titanium	stainless steel	stainless steel or titanium
Case material	polymer with metal rear cover	polymer with metal rear cover	polymer with metal rear cover
QuickFit™ watch band compatible	included (22 mm)	included (20 mm)	included (26 mm)
Strap material	silicone, leather or titanium	silicone, suede or steel	silicone, suede or steel
Physical size	47 x 47 x 15.8 mm	42 x 42 x 15.4 mm	51 x 51 x 17.5 mm
Weight	86 g / Titanium 76 g	65 g	96 g / Titanium 87 g
Water rating	10 ATM	10 ATM	10 ATM
Display type	sunlight-visible, transfective MIP	sunlight-visible, transfective MIP	sunlight-visible, transfective MIP
Display size	30.4 mm diameter	30.4 mm diameter	30.4 mm diameter
Display resolution	240 x 240 pixels	240 x 240 pixels	240 x 240 pixels
Battery life: smartwatch	Up to 12 days	Up to 7 days	Up to 20 days
Battery life: GPS	Up to 18 hours	Up to 11 hours	Up to 32 hours
Battery life: GPS + music	Up to 8 hours	Up to 4.5 hours	Up to 13 hours
Battery life: UltraTrac mode	Up to 42 hours	Up to 25 hours	Up to 70 hours
Memory/History	16 GB	16 GB	16 GB
Clock Features			
Time/date	yes	yes	yes
GPS Time Sync	yes	yes	yes
Automatic daylight saving time	yes	yes	yes
Alarm clock	yes	yes	yes
Timer	yes	yes	yes
Stopwatch	yes	yes	yes
Sunrise/sunset times	yes	yes	yes
Sensors			
GPS / GLONASS / Galileo	yes	yes	yes
Barometric altimeter	yes	yes	yes
Compass	yes	yes	yes
Gyroscope	yes	yes	yes
Accelerometer	yes	yes	yes
Thermometer	yes	yes	yes
Pulse Ox	-	-	Pulse Ox Acclimation sensor uses light beams to gauge the absorption of hemoglobin in your bloodstream, so you can assess how well your body's oxygen levels are adjusting to the thinner air at higher altitudes.
Daily Smart Features			
Connectivity	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®
Connect IQ™	yes	yes	yes
Smart notifications	yes	yes	yes
Text response/reject phone call with text (Android™ only)	yes	yes	yes
Calendar	yes	yes	yes
Weather	yes	yes	yes
Controls smartphone music	yes	yes	yes
Plays and controls watch music	yes	yes	yes
Music Storage	Up to 500 songs	Up to 500 songs	Up to 500 songs
Find My Phone	yes	yes	yes
Find My Watch	yes	yes	yes
VIRB® Camera Remote	yes	yes	yes
Smartphone compatibility	iPhone®, Android™	iPhone®, Android™	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	yes	yes	yes
Garmin Pay™	yes	yes	yes
Activity Tracking Features			
Step counter	yes	yes	yes
Move bar	yes	yes	yes
Auto goal	yes	yes	yes
Sleep monitoring	yes	yes	yes
Calories burned	yes	yes	yes
Floors climbed	yes	yes	yes
Distance traveled	yes	yes	yes
Intensity minutes	yes	yes	yes
TrueUp™	yes	yes	yes
Move IQ™	yes	yes	yes
Fitness Age	yes (in app)	yes (in app)	yes (in app)
All-day Stress Tracking	yes	yes	yes
Fitness Equipment/Gym			
Preloaded gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts	yes	yes	yes
Strength workouts	yes	yes	yes
Automatic rep counting	yes	yes	yes
Training, Planning and Analysis Features			
GPS speed and distance	yes	yes	yes
Customizable data pages	yes	yes	yes
Customizable activity profiles	yes	yes	yes
Auto Pause®	yes	yes	yes
Interval training	yes	yes	yes
Advanced workouts	yes	yes	yes
Downloadable training plans	yes	yes	yes
Auto Lap®	yes	yes	yes
Manual lap	yes	yes	yes
Configurable lap alerts	yes	yes	yes
V02 max	yes	yes	yes
Training Status	yes	yes	yes
Training Load	yes	yes	yes
Training Effect (aerobic)	yes	yes	yes
Training Effect (anaerobic)	yes	yes	yes
Customizable alerts	yes	yes	yes
Audio prompts	yes	yes	yes
Finish time	yes	yes	yes
Virtual Partner	yes	yes	yes
Race an Activity	yes	yes	yes
Auto multisport activities	yes	yes	yes
Manual multisport activities	yes	yes	yes
Course guidance	yes	yes	yes
Segments (Live, Garmin)	yes	yes	yes
Strava features (Beacon, live segments)	yes	yes	yes
LiveTrack	yes	yes	yes
Group LiveTrack	yes	yes	yes

Round-trip course creator (running/cycling)	yes	yes	yes
Trendline™ Popularity Routing	yes	yes	yes
Touch and/or button lock	yes	yes	yes
Hot keys	yes	yes	yes
Auto scroll	yes	yes	yes
Activity history on watch	yes	yes	yes
Heart Rate Features			
HR zones	yes	yes	yes
HR alerts	yes	yes	yes
HR calories	yes	yes	yes
% HR max	yes	yes	yes
% HRR	yes	yes	yes
Recovery time	yes	yes	yes
Auto max HR	yes	yes	yes
HRV stress test	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Records heart rate while swimming	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)
HR Broadcast	yes	yes	yes
Running Features			
Preloaded run profiles	Running, Treadmill Running, Trail Running	Running, Treadmill Running, Trail Running	Running, Treadmill Running, Trail Running
GPS-based distance, time and pace	yes	yes	yes
Running dynamics	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Vertical oscillation and ratio	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Ground contact time and balance	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Stride length (real time)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Cadence	yes	yes	yes
Performance condition	yes	yes	yes
Lactate threshold	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Run workouts	yes	yes	yes
Race predictor	yes	yes	yes
Foot pod capable	yes	yes	yes
Golfing Features			
Yardage to F/M/B	yes	yes	yes
Yardage to layups/doglegs	yes	yes	yes
Measures shot distance	Automatic	Automatic	Automatic
Digital scorecard	yes	yes	yes
Stat tracking	yes	yes	yes
Garmin AutoShot™	yes	yes	yes
Auto CourseView updates	yes	yes	yes
Green View with manual pin position	yes	yes	yes
Hazards and course targets	yes	yes	yes
TruSwing™ compatible	yes	yes	yes
Round timer/odometer	yes	yes	yes
Outdoor Recreation Features			
Preloaded outdoor recreation profiles	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical
Point-to-point navigation	yes	yes	yes
Bread crumb trail in real time	yes	yes	yes
Back to start	yes	yes	yes
TracBack®	yes	yes	yes
UltraTrac mode	yes	yes	yes
Around Me mode	yes	yes	yes
Elevation profile	yes	yes	yes
Distance to destination	yes	yes	yes
Barometric trend indicator with Storm Alert	yes	yes	yes
ClimbPro™ Ascent Planner	yes	yes	yes
Trail run auto climb	yes	yes	yes
Vertical speed	yes	yes	yes
Total ascent/descent	yes	yes	yes
Future elevation plot	yes	yes	yes
Preloaded topographical maps	yes	yes	yes
Downloadable cartography support	yes	yes	yes
Compatible with BaseCamp™	yes	yes	yes
GPS coordinates	yes	yes	yes
Projected waypoint	yes	yes	yes
Sight 'N Go	yes	yes	yes
Area calculation	yes (via Connect IQ™)	yes (via Connect IQ™)	yes (via Connect IQ™)
Hunt/fish calendar	yes (via Connect IQ™)	yes (via Connect IQ™)	yes (via Connect IQ™)
Sun and moon information	yes (via Connect IQ™)	yes (via Connect IQ™)	yes (via Connect IQ™)
Dual grid coordinates	yes	yes	yes
XERO™ Locations	yes	yes	yes
Cycling Features			
Preloaded cycling profiles	Biking, Indoor Biking, Mountain Biking, Triathlon	Biking, Indoor Biking, Mountain Biking, Triathlon	Biking, Indoor Biking, Mountain Biking, Triathlon
Courses	yes	yes	yes
Bike lap and lap maximum power	yes	yes	yes
Race an activity	yes	yes	yes
Time/distance alerts	yes	yes	yes
FTP (Functional Threshold Power)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Garmin Cycle Map	yes	yes	yes
Compatible with Vector™	yes	yes	yes
Power meter compatible	yes	yes	yes
Compatible with Varia Vision™	yes	yes	yes
Compatible with Varia™ radar	yes	yes	yes
Compatible with Varia™ lights	yes	yes	yes
Speed and cadence sensor support	yes	yes	yes
Swimming Features			
Preloaded swim profiles	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming, Open Water Swimming, Swimming/Running
Pool swim metrics	yes	yes	yes
Stroke type detection	yes	yes	yes
Swim efficiency (SWOLF)	yes	yes	yes
Drill logging	yes	yes	yes
Pool swim workouts	yes	yes	yes
Open-water swim metrics	yes	yes	yes
Heart rate	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)