

	Fenix 5 plus	Fenix 5
General		
Lens Material	domed chemically strengthened glass or sapphire crystal	chemically strengthened glass or sapphire crystal
Bezel Material	stainless steel or titanium	stainless steel
Case material	fiber-reinforced polymer with metal rear cover	fiber-reinforced polymer with stainless steel rear cover
QuickFit™ watch band compatible	included (22 mm)	included (22 mm)
Strap material	silicone, leather or titanium	silicone or steel
Physical size	47 x 47 x 15.8 mm	47 x 47 x 15.5 mm
Weight	86 g. Titanium: 76g	85 g
Water rating	10 ATM	10 ATM
Display type	sunlight-visible, transflective memory-in-pixel (MIP)	sunlight-visible, transflective memory-in-pixel (MIP)
Display size	30.4 mm diameter	1.2" (30.4 mm) diameter
Display resolution	240 x 240 pixels	240 x 240 pixels
Battery life - Smartwatch	Up to 12 days	Up to 2 weeks
GPS	Up to 18 hours	Up to 24 hours
GPS and Music	Up to 8 hours	
UltraTrac™ mode	Up to 42 hours	Up to 60 hours without wrist heart rate
Memory/History	16 GB	64 MB
Clock Features		
Time/date	yes	yes
GPS Time Sync	yes	yes
Automatic daylight saving time	yes	yes
Alarm clock	yes	yes
Timer	yes	yes
Stopwatch	yes	yes
Sunrise/sunset times	yes	yes
Sensors		

GPS	yes	yes
GLONASS	yes	yes
Galileo	yes	-
Garmin Elevate™ wrist heart rate monitor	yes	yes
Barometric altimeter	yes	yes
Compass	yes	yes
Gyroscope	yes	yes
Accelerometer	yes	yes
Thermometer	yes	yes
Daily Smart Features		
Connectivity	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth® Smart, ANT+®, Wi-Fi® with sapphire editions
Connect IQ™	yes	yes
Smart notifications	yes	yes
Text response/reject phone call with text (Android™ only)	yes	-
Calendar	yes	yes
Weather	yes	yes
Controls smartphone music	yes	yes
Plays and controls watch music	yes	-
Music Storage	Up to 500 songs	-
Find My Phone	yes	yes
Find My Watch	yes	yes
VIRB® Camera Remote	yes	yes
Smartphone compatibility	iPhone®, Android™	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	yes	yes
Garmin Pay™	yes	-
Activity Tracking Features		
Step counter	yes	yes
Move bar	yes	yes
Auto goal	yes	yes
Sleep monitoring	yes	yes

Calories burned	yes	yes
Floors climbed	yes	yes
Distance traveled	yes	yes
Intensity minutes	yes	yes
TrueUp™	yes	yes
Move IQ™	yes	yes
Fitness Age	yes (in app)	yes (in app)
All-day Stress Tracking	yes	yes
Fitness Equipment/Gym		
Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Indoor Rowing, Strength Training and Cardio Training
Cardio workouts	yes	yes
Strength workouts	yes	yes
Automatic rep counting	yes	yes
Training, Planning and Analysis Features		
GPS speed and distance	yes	yes
Customizable data pages	yes	yes
Customizable activity profiles	yes	yes
Auto Pause®	yes	yes
Interval training	yes	yes
Advanced workouts	yes	yes
Downloadable training plans	yes	yes
Auto Lap®	yes	yes
Manual lap	yes	yes
Configurable lap alerts	yes	yes
V02 max	yes	yes
Training Status	yes	yes
Training Load	yes	yes
Training Effect (aerobic)	yes	yes
Training Effect (anaerobic)	yes	yes
Customizable alerts	yes	yes

Audio prompts	yes	yes
Finish time	yes	yes
Virtual Partner	yes	yes
Race an Activity	yes	yes
Auto multisport activities	yes	yes
Manual multisport activities	yes	yes
Course guidance	yes	yes
Segments (Live, Garmin)	yes	yes
Strava features (Beacon, live segments)	yes	yes
LiveTrack	yes	yes
Group LiveTrack	yes	yes
Round-trip course creator (running/cycling)	yes	-
Trendline™ Popularity Routing	yes	-
Touch and/or button lock	yes	yes
Hot keys	yes	yes
Auto scroll	yes	yes
Activity history on watch	yes	yes
Heart Rate Features		
HR zones	yes	yes
HR alerts	yes	yes
HR calories	yes	yes
% HR max	yes	yes
% HRR	yes	yes
Recovery time	yes	yes
Auto max HR	yes	yes
HRV stress test	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™)
HR Broadcast	yes	yes
Running Features		
Available run profiles	Running, Treadmill Running, Trail Running	Running, Treadmill Running, Trail Running
GPS-based distance, time and pace	yes	yes
Running dynamics	yes (with compatible accessory)	yes (with compatible accessory)

Vertical oscillation and ratio	yes (with compatible accessory)	yes (with compatible accessory)
Ground contact time and balance	yes (with compatible accessory)	yes (with compatible accessory)
Stride length (real time)	yes (with compatible accessory)	yes (with compatible accessory)
Cadence	yes	yes
Performance condition	yes	yes
Lactate threshold	yes (with compatible accessory)	yes (with compatible accessory)
Run workouts	yes	yes
Race predictor	yes	yes
Foot pod capable	yes	yes
Golfing Features		
Yardage to F/M/B	yes	yes
Yardage to layups/doglegs	yes	yes
Measures shot distance	Automatic	Automatic
Digital scorecard	yes	yes
Stat tracking	yes	yes
Garmin AutoShot™	yes	yes
Auto CourseView updates	yes	-
Green View with manual pin position	yes	yes
Hazards and course targets	yes	yes
TruSwing™ compatible	yes	yes
Round timer/odometer	yes	yes
Outdoor Recreation Features		
Available 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, Jumpmaster, Tactical
Point-to-point navigation	yes	yes
Bread crumb trail in real time	yes	yes
Back to start	yes	yes
TracBack®	yes	yes
UltraTrac mode	yes	yes
Around Me mode	yes	-

Elevation profile	yes	yes
Distance to destination	yes	yes
Barometric trend indicator with Storm Alert	yes	yes
ClimbPro™ Ascent Planner	yes	-
Trail run auto climb	yes	yes
Vertical speed	yes	yes
Total ascent/descent	yes	yes
Future elevation plot	yes	-
Preloaded topographical maps	yes	-
Downloadable cartography support	yes	-
Compatible with BaseCamp™	yes	yes
GPS coordinates	yes	yes
Projected waypoint	yes	yes
Sight 'N Go	yes	yes
Area calculation	yes (via Connect IQ™)	yes (via Connect IQ™)
Hunt/fish calendar	yes (via Connect IQ™)	yes (via Connect IQ™)
Sun and moon information	yes (via Connect IQ™)	yes (via Connect IQ™)
Dual grid coordinates	yes	yes
XERO™ Locations	yes	-
Cycling Features		
Available cycling profiles	Biking, Indoor Biking, Mountain Biking, Triathlon	Biking, Indoor Biking, Mountain Biking, Triathlon
Courses	yes	yes
Bike lap and lap maximum power	yes	yes
Race an activity	yes	yes
Time/distance alerts	yes	yes
FTP (Functional Threshold Power)	yes (with compatible accessory)	yes (with compatible accessory)
Cycle Map	yes	-
Compatible with Vector™	yes	yes
Power meter compatible	yes	yes
Compatible with Varia Vision™	yes	yes

Compatible with Varia™ radar	yes	yes
Compatible with Varia™ lights	yes	yes
Speed and cadence sensor support	yes (ANT+® and Bluetooth® Smart sensors)	yes (ANT+® and Bluetooth® Smart sensors)
Swimming Features		
Available swim profiles	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming, Open Water Swimming, Swimming/Running
Pool swim metrics	yes	yes
Stroke type detection	yes	yes
Swim efficiency (SWOLF)	yes	yes
Drill logging	yes	yes
Pool swim workouts	yes	yes
Open-water swim metrics	yes	yes
Heart rate	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)