	Swim 2	Forerunner 245	VivoActive 4	Venu
	$449	$529	$599	$649
	GPS swimming smartwatch for the pool and open water	GPS running smartwatch with advanced training features	GPS smartwatch features built-in sports apps, contactless payments, music and all-day health monitoring	GPS smartwatch features AMOLED display, built-in sports apps, contactless payments, music and all-day health monitoring
General				
Lens Material	chemically strengthened glass	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3
Quick Release Bands	-	yes (20 mm, Industry standard)	yes (22 mm, Industry standard)	yes (20 mm, Industry standard)
Strap material	silicone	silicone	silicone	silicone
Physical size	42 x 42 x 11.4 mm	42.3 x 42.3 x 12.2 mm	45.1 x 45.1 x 12.8 mm	43.2 x 43.2 x 12.4 mm
Touchscreen	-	-	yes	yes
Display size	1.04" (26.3 mm) diameter	1.2" (30.4 mm) diameter	1.3" (33.0 mm) diameter	1.2" (30.4mm) diameter
Display resolution	208 x 208 pixels	240 x 240 pixels	260 x 260 pixels	390 x 390 pixels
Display type	sunlight-visible, transflective memory-in-pixel (MIP)	sunlight-visible, transflective memory-in-pixel (MIP)	sunlight-visible, transflective memory-in-pixel (MIP)	AMOLED Optional always-on mode
Weight	36 g	38.5 g	50.5 g	46.3 g
Battery life smartwatch	up to 7 days	up to 7 days	up to 8 days	up to 5 days
Battery life GPS	up to 13 hours	GPS mode: Up to 24 hours	-	-
Battery life pool & OHR	up to 72 hours	-	-	-
Battery life GPS with music	-	-	up to 6 hours	up to 6 hours
Battery life GPS without music	-	-	up to 18 hours	up to 20 hours
Water rating	Swim, 5 ATM	Swim, 5 ATM	Swim, 5 ATM	Swim, 5 ATM
Memory/History	50 hours of activity data	200 hours of activity data	7 timed activities, 14 days of activity tracking data	7 timed activities, 14 days of activity tracking data
Clock Features				
Time/date	yes	yes	yes	yes
GPS Time Sync	yes	yes	yes	yes
Automatic daylight saving time	yes	yes	yes	yes
Alarm clock	yes	yes	yes	yes
Timer	yes	yes	yes	yes
Stopwatch	yes	yes	yes	yes
Sunrise/sunset times	yes	yes	yes	yes
Sensors				
GPS	yes	yes	yes	yes
GLONASS	yes	yes	yes	yes
Galileo	yes	yes	yes	yes
Garmin Elevate™ wrist HRM	yes	yes	yes	yes
Barometric altimeter	-	-	yes	yes
Compass	-	yes	yes	yes
Gyroscope	-	-	yes	yes
Accelerometer	yes	yes	yes	yes
Thermometer	-	-	yes	yes
Pulse Ox	-	yes	yes	yes
Daily Smart Features				
Connect IQ™	yes (watch faces only)	yes	yes	yes
Smart notifications	yes	yes	yes	yes
Text response/reject phone call with text (Android™ only)	-	yes	yes	yes
Connectivity	yes	Bluetooth®, ANT+®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®
Calendar	yes	yes	yes	yes
Weather	yes	yes	yes	yes
Controls smartphone music	yes	yes	yes	yes
Plays and controls watch music	-	-	yes	yes
Music Storage	-	-	up to 500 songs	up to 500 songs
Find My Phone	yes	yes	yes	yes
Find My Watch	yes	yes	yes	yes
VIRB® Remote	-	yes	-	-
Smartphone compatibility	iPhone®, Android™	iPhone® and Android™	iPhone®, Android™	iPhone®, Android™
Compatible with Garmin Connect	yes	yes	yes	yes
Garmin Pay™	-	-	yes	yes
Safety and Tracking Features				
LiveTrack	yes	yes	yes	yes
Live Event Sharing	yes	Android™ Only	yes	yes
Incident Detection during select a	yes	yes (Smartphone Required)	yes	yes
Assistance	yes	yes (Smartphone Required)	yes	yes
Activity Tracking Features	yes	yes	yes	yes
Step counter	yes	yes	yes	yes
Move bar	yes	yes	yes	yes
Auto goal	yes	yes	yes	yes
Sleep monitoring	yes	yes	yes	yes
Calories burned	yes	yes	yes	yes
Floors climbed	yes	yes	yes	yes
Distance traveled	yes	yes	yes	yes
Intensity minutes	yes	yes	yes	yes
TrueUp™	yes	yes	yes	yes
Move IQ™	yes	yes	yes	yes
Fitness Age	yes (in app)	yes (in app)	yes (in app)	yes (in app)
Body Battery™ Energy Monitor	yes	yes	yes	yes
All-day Stress Tracking	yes	yes	yes	yes
Gym & Fitness Equipment				
Available gym activity profiles	-	Strength, Cardio and Elliptical Training, Stair Stepping, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork
Cardio workouts	-	yes	yes	yes
Strength workouts	-	yes	yes	yes
Yoga workouts	-	-	yes	yes
Pilates workouts	-	-	yes	yes
On-screen workout animations	-	-	yes	yes
Automatic rep counting	-	yes	yes	yes
Training, Planning and Analysis Features				
GPS speed and distance	yes	yes	yes	yes
Customizable data pages	yes (swim only)	yes	yes	yes
Customizable activity profiles	-	yes	yes	yes
Auto Pause®	yes	yes	yes	yes
Interval training	-	yes	-	-
Advanced workouts	yes (pool swim only)	yes	yes	yes
Downloadable training plans	-	yes	yes	yes

Feature	Watch 1	Watch 2	Watch 3	Watch 4
Auto Lap®	yes	yes	yes	yes
Manual lap	yes	yes	yes	yes
Configurable lap alerts	-	yes	-	-
V02 max	-	yes	yes	yes
Training Status	-	yes	-	-
Training Load	-	yes	-	-
Training Effect	yes (swim only)	yes	-	-
Training Effect (anaerobic)	yes (swim only)	yes	-	-
Custom alerts	-	yes	-	-
Audio prompts	-	yes	-	-
Finish time	-	yes	-	-
Virtual Partner	-	yes	-	-
Race an Activity	-	yes	-	-
Course guidance	-	yes	-	-
Touch and/or button lock	yes	yes	yes	yes
Auto scroll	-	yes	yes	yes
Activity history on watch	yes	yes	yes	yes
Physio TrueUp	yes	yes	yes	yes
Heart Rate Features				
HR zones	yes	yes	yes	yes
HR alerts	-	yes	yes	yes
HR calories	yes	yes	yes	yes
% HR max	-	yes	yes	yes
% HRR	-	yes	-	-
Recovery time	-	yes	-	-
Auto max HR	-	yes	-	-
HR Broadcast	yes	yes	yes	yes
Respiration rate (during exercise	-	-	yoga and breathwork only	yoga and breathwork only
Respiration rate (all-day and in s	-	-	yes	yes
Running Features				
Available run profiles	Outdoor Running	Running, Treadmill Running, Indoor Track Running, Trail Running	Running, Indoor Track Running, Treadmill Running	Running, Indoor Track Running, Treadmill Running
GPS-based distance, time and pa	yes	yes	yes	yes
Running dynamics	-	yes (with compatible accessory)	-	-
Vertical oscillation and ratio	-	yes (with compatible accessory)	-	-
Ground contact time and balance	-	yes (with compatible accessory)	-	-
Stride length (real time)	-	yes (with compatible accessory)	-	-
Cadence	-	yes	-	-
Performance condition	-	yes	-	-
Run workouts	-	yes	yes	yes
Race predictor	-	yes	-	-
Foot pod capable	-	yes	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
Green View with manual pin posi	-	-	yes	yes
Hazards and course targets	-	-	yes	yes
PinPointer	-	-	yes	yes
Round timer/odometer	-	-	yes	yes
Automatic club tracking compatib	-	-	yes	yes
Outdoor Recreation Features				
Available outdoor recreation prof	-	-	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
Point-to-point navigation	-	yes	-	-
Bread crumb trail in real time	-	yes	-	-
Back to start	-	yes	yes	yes
TracBack®	-	yes	-	-
UltraTrac mode	-	yes	-	-
Distance to destination	-	yes	-	-
Total ascent/descent	-	-	yes	yes
GPS coordinates	-	yes	-	-
Cycling Features				
Alerts	-	yes	yes	yes
Courses	-	yes	-	-
Available cycling profiles	Biking	Biking, Indoor Biking	Biking, Indoor Biking	Biking, Indoor Biking
Race an activity	-	yes	-	-
Compatible with Varia Vision™	-	yes	-	-
Compatible with Varia™ radar	-	yes	yes	yes
Compatible with Varia™ lights	-	yes	yes	yes
Speed and cadence sensor suppo	-	yes	yes	yes
Swimming Features				
Available swim profiles	Pool Swimming, Open Water Swimming	Pool Swimming	Pool Swimming	Pool Swimming
Open-water swim metrics	yes	-	-	-
Pool swim metrics	yes	yes	yes	yes
Stroke type detection	yes	yes	yes	yes
Drill logging (pool swim only)	yes	yes	-	-
Basic rest timer (up from 0)	yes	yes	yes	yes
"Repeat on" rest timer	yes	yes	-	-
Auto Rest (Pool Swim Only)	yes	-	-	-
Time and distance alerts	yes	-	yes	yes
Pacing alerts (pool swim only)	yes	-	-	-
Countdown start	yes	-	-	-
Pool swim workouts	yes	yes	-	-
Critical swim speed	yes	-	-	-
Underwater wrist-based heart rat	yes	-	yes	yes
Heart rate from external HRM	yes	-	-	-