

	Forerunner 945	Forerunner 645	Forerunner 245	Forerunner 45
<b>General</b>				
Lens Material	Corning® Gorilla® Glass DX	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3	chemically strengthened glass
Bezel Material	fiber-reinforced polymer	stainless steel	fiber-reinforced polymer	-
QuickFit™ watch band compatible	yes (22 mm)	-	-	-
Quick Release Bands	-	yes (20 mm)	yes (20 mm)	-
Strap material	silicone	silicone	silicone	silicone
Physical size	47 x 47 x 13.7 mm	42.5 x 42.5 x 13.5 mm	42.3 x 42.3 x 12.2 (mm)	42 x 42 x 11.4 mm
Display size	30.4 mm diameter	30.4 mm diameter	30.4 mm diameter	26.3 mm diameter
Display resolution	240 x 240 pixels	240 x 240 pixels	240 x 240 pixels	208 x 208 pixels
Display type	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)
Weight	50 g	41.8 g	38.5 g	32g / 36 g
Battery life: Smartwatch Mode	Up to 2 weeks	Up to 7 days	Up to 7 days	Up to 7 days
GPS mode with music	Up to 10 hours	Up to 14 hours	-	-
GPS mode without music	Up to 36 hours	-	-	-
GPS mode	-	-	Up to 24 hours	Up to 13 hours
Water rating	5 ATM	5 ATM	Swim, 5 ATM	5 ATM
Colour display	yes	yes	yes	yes
Memory/History	200 hours of activity data	200 hours of activity data	200 hours of activity data	200 hours of activity data
<b>Clock Features</b>				
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	-
<b>Sensors</b>				
GPS	yes	yes	yes	yes
GLONASS	yes	yes	yes	yes
Galileo	yes	yes	yes	yes
Garmin Elevate™ wrist heart rate	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	-	-	-
<b>Connectivity</b>				
Connectivity	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®	yes
Connect IQ™	yes	yes	yes	yes (watch faces only)
Smart notifications	yes	yes	yes	yes
Text response/reject phone call with text (Android™ only)	yes	yes	yes	yes
Calendar	yes	yes	yes	yes
Weather	yes	yes	yes	yes
Controls smartphone music	yes	yes	yes	yes
Plays and controls watch music	yes	-	-	-
Music Storage	Up to 1000 songs	-	-	-
Find My Phone	yes	yes	yes	yes
Find My Watch	yes	yes	yes	yes
VIRB® Camera Remote	yes	yes	yes	yes
Smartphone compatibility	iPhone®, Android™	iPhone® and Android™	iPhone® and Android™	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	yes	yes	yes	yes
Garmin Pay™	yes	yes	-	-
<b>Safety and Tracking Features</b>				
Incident Detection during select activities	yes (Smartphone Required)	yes (Smartphone Required)	yes (Smartphone Required)	yes (Smartphone Required)
Assistance	yes (Smartphone Required)	-	yes (Smartphone Required)	yes (Smartphone Required)
LiveTrack	yes	yes	yes	yes
Group LiveTrack	yes	-	-	-
Live Event Sharing	Android™ Only	-	Android™ Only	Android™ Only
<b>Activity Tracking Features</b>				
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	-	-
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
All-day Stress Tracking	yes	yes	yes	yes
<b>Gym &amp; Fitness Equipment</b>				
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 and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Indoor Rowing and Yoga	Cardio and Elliptical Training, Stair Stepping, Yoga may be added through app
Cardio workouts	yes	yes	yes	-
Strength workouts	yes	yes	yes	-
Automatic rep counting	yes	yes	yes	-
<b>Training, Planning and Analysis Features</b>				
GPS speed and distance	yes	yes	yes	yes
Customizable data pages	yes	yes	yes	yes
Customizable activity profiles	yes	yes	yes	yes
Auto Pause®	yes	yes	yes	yes
Interval training	yes	yes	yes	yes
Advanced workouts	yes	yes	yes	yes
Downloadable training plans	yes	yes	yes	yes
Auto Lap®	yes	yes	yes	yes
Manual lap	yes	yes	yes	yes
Configurable lap alerts	yes	yes	yes	-
Heat and altitude acclimation	yes	-	-	-
V02 max	yes	yes	yes	yes
Training Status	yes	yes	yes	-
Training Load	yes	yes	yes	-
Training load focus	yes	-	-	-
Training Effect (aerobic)	yes	yes	yes	-
Training Effect (anaerobic)	yes	yes	yes	-
Primary benefit	yes	yes	-	-
Custom alerts	yes	yes	yes	-
Audio prompts	yes	yes	yes	yes
Finish time	yes	yes	yes	-
Virtual Partner	yes	yes	yes	-
Race an Activity	yes	yes	yes	-
Auto multisport activities	yes	-	-	-

Manual multisport activities	yes	-	-	-
Course guidance	yes	yes	yes	-
Segments (Live, Garmin)	yes	yes	-	-
Strava features	yes	yes	-	-
Round-trip course creator	yes	-	-	-
Trendline™ Popularity Routing	yes	-	-	-
Touch and/or button lock	yes	yes	yes	yes
Hot keys	yes	-	-	-
Auto scroll	yes	yes	yes	-
Activity history on watch	yes	yes	yes	yes
Physio TrueUp	yes	yes	yes	yes
<b>Heart Rate Features</b>				
HR zones	yes	yes	yes	yes
HR alerts	yes	yes	yes	yes
HR calories	yes	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)	-	-	-
Records heart rate while swimming	yes (with HRM-Tri/HRM-Swim)	-	-	-
HR Broadcast	yes	yes	yes	yes
Respiration rate	yes (with compatible accessory)	-	-	-
<b>Running Features</b>				
Available run profiles	Running, Indoor Track Running, Treadmill Running, Trail Running	Running, Treadmill Running, Indoor Track Running, Trail Running	Running, Treadmill Running, Indoor Track Running, Trail Running	Running, Treadmill Running, Indoor Track Running. Indoor Track Running may be added through app
GPS-based distance, time and pace	yes	yes	yes	yes
Running dynamics	yes (with compatible accessory)	yes	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	yes
Performance condition	yes	yes	yes	-
Lactate threshold	yes (with compatible accessory)	-	-	-
Run workouts	yes	yes	yes	yes
Race predictor	yes	yes	yes	-
Foot pod capable	yes	yes	yes	yes
<b>Golfing Features</b>				
Preloaded with 41,000 courses worldwide	yes	-	-	-
Yardage to F/M/B	yes	-	-	-
Yardage to layups/doglegs	yes	-	-	-
Measures shot distance	Automatic	-	-	-
Digital scorecard	yes	-	-	-
Stat tracking	yes	-	-	-
Garmin AutoShot™	yes	-	-	-
Auto CourseView updates	yes	-	-	-
Green View with manual pin position	yes	-	-	-
Hazards and course targets	yes	-	-	-
TruSwing™ compatible	yes	-	-	-
Round timer/odometer	yes	-	-	-
<b>Outdoor Recreation Features</b>				
Available outdoor recreation profiles	Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking	Skiing, Snowboarding, XC Skiing, Stand up Paddleboarding, Rowing	-	-
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	-	-	-
Elevation profile	yes	yes	-	-
Distance to destination	yes	yes	yes	-
Barometric trend indicator with StormAlert™	yes	-	-	-
ClimbPro™ Ascent Planner	yes	-	-	-
Trail run auto climb	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	-	-	-
GPS coordinates	yes	yes	yes	-
Projected waypoint	yes	-	-	-
Sight 'N Go	yes	-	-	-
Area calculation	yes (via Connect IQ™)	-	-	-
Hunt/fish calendar	yes (via Connect IQ™)	-	-	-
Sun and moon information	yes (via Connect IQ™)	-	-	-
Dual grid coordinates	yes	-	-	-
XERO™ Locations	yes	-	-	-
<b>Cycling Features</b>				
Available cycling profiles	Biking, Indoor Biking, Mountain Biking	Biking, Indoor Biking	Biking, Indoor Biking	Biking. Indoor Biking may be added through app
Courses	yes	yes	yes	-
Bike lap and lap maximum power	yes	-	-	-
Race an activity	yes	yes	yes	-
Time/distance alerts	yes	yes	yes	yes
FTP (Functional Threshold Power)	yes (with compatible accessory)	-	-	-
Cycle Map	yes	-	-	-
Compatible with Vector™	yes	-	-	-
Power meter compatible	yes	-	-	-
Advanced Vector support	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 (ANT+® and Bluetooth® Smart)	yes (ANT+® and Bluetooth® Smart)	yes (ANT+® and Bluetooth® Smart)	yes
<b>Swimming Features</b>				
Available swim profiles	Pool Swimming, Open Water Swimming	Pool Swimming	Pool Swimming	-
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	-	-	-
Heart rate	yes (with HRM-Tri™ and HRM-Swim™)	-	-	-