



| | Forerunner® 55 | Forerunner® 45 |
|---|---|---|
| Maps & Memory | | |
| Lens Material | Chemically strengthened glass | chemically strengthened glass |
| Bezel Material | | |
| QuickFit™ watch band compatible | | |
| Quick Release bands | yes (20 mm, Industry standard) | |
| Strap material | Silicone | silicone |
| Physical size | 42 x 42 x 11.6 mm (wrist size 126-203 mm) | 42 x 42 x 11.4 mm (wrist size 129-197 mm) |
| Colour display | | |
| Display size | 26.3 mm diameter | 26.3 mm diameter |
| Display resolution | 208 x 208 pixels | 208 x 208 pixels |
| Display type | Sunlight-visible, transfective memory-in-pixel (MIP) | sunlight-visible, transfective memory-in-pixel (MIP) |
| Weight | 37 g | Small: 32 g or L: 36g |
| Battery life smartwatch mode | Up to 2 weeks | Up to 7 days |
| Battery life GPS mode | Up to 20 hours | Up to 13 hours |
| Water rating | 5 ATM | 5 ATM |
| Memory/History | 200 hours of activity data | 200 hours of activity data |
| 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 | - |
| Health Monitoring | | |
| Wrist-based Heart Rate (constant, every second) | yes | yes |
| Daily Resting Heart Rate | yes | yes |
| Abnormal Heart Rate Alerts | yes (high and low) | yes (high and low) |
| Respiration rate (24x7) | yes | - |
| Fitness Age | yes | yes (in app) |
| Body Battery™ Energy Monitor | yes | yes |
| All-day Stress | yes | yes |
| Relaxation reminders | yes | - |
| Relaxation breathing timer | yes | yes |
| Sleep | Yes (Advanced) | Yes (Advanced) |
| Hydration | Yes | - |
| Woman's Health | yes | - |
| Sensors | | |
| GPS | yes | yes |
| GLONASS | yes | yes |
| Galileo | yes | yes |
| Garmin Elevate™ wrist heart rate monitor | yes | yes |
| Accelerometer | yes | yes |
| Daily Smart Features | | |
| Connectivity | yes | yes |
| Connect IQ™ | yes | yes (watch faces only) |
| Smart Notifications | yes | yes |
| Calendar | yes | yes |
| Weather | yes | yes |
| Controls smartphone music | yes | yes |
| Find My Phone | yes | yes |
| Find My Watch | yes | yes |
| Smartphone compatibility | iPhone®, Android™ | iPhone®, Android™ |
| Pairs with Garmin Connect™ Mobile | yes | yes |
| Safety and Tracking Features | | |
| LiveTrack | yes | yes |
| Live Event Sharing | Android™ Only | Android™ Only |
| Incident Detection during select activities | yes | yes (Smartphone Required) |
| Assistance | yes | yes (Smartphone Required) |
| Activity Tracking Features | | |
| Step counter | yes | yes |
| Move bar | yes | yes |
| Auto goal | yes | yes |
| Calories burned | yes | yes |
| Distance traveled | yes | yes |
| Intensity minutes | yes | yes |
| TrueUp™ | yes | yes |
| Move IQ™ | yes | yes |
| Gym & Fitness Equipment | | |
| Available gym activity profiles | Cardio and Elliptical Training, Stair Stepping, HIIT, Pilates, Yoga | Cardio and Elliptical Training, Stair Stepping, Yoga may be added through app |
| Training, Planning and Analysis Features | | |
| HR zones | yes | yes |
| HR alerts | yes | yes |
| HR calories | yes | yes |
| Recovery time | yes | - |
| Auto max HR | yes | - |
| HR Broadcast | yes | yes |
| Respiration rate (during exercise) | Yoga and Breathwork only | - |
| GPS speed and distance | yes | yes |
| Customizable data pages | yes | yes |
| Customizable activity profiles | yes | yes |
| Auto Pause® | yes | yes |
| Interval training | yes | - |
| Advanced workouts | yes | yes |
| Downloadable training plans | yes | yes |
| Auto Lap® | yes | yes |
| Manual lap | yes | yes |

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|---|--|---|
| Configurable lap alerts | yes | - |
| VO2 Max (Run) | yes | yes |
| Improved recovery time | yes (limited) | - |
| Daily suggested workouts | yes (limited) | - |
| Audio prompts | yes | yes |
| Finish time | yes | - |
| Touch and/or button lock | yes | yes |
| Activity history on watch | yes | yes |
| Physio TrueUp | yes | yes |
| Running Features | | |
| Available run profiles | Running, Treadmill Running, Track Running, Indoor Track Running, Virtual Running | Running, Treadmill Running. Indoor Track Running may be added through app |
| GPS-based distance, time and pace | yes | yes |
| Cadence | yes | yes |
| PacePro™ Pacing Strategies | yes | - |
| Run workouts | yes | yes |
| Race predictor | yes | - |
| Foot pod capable | yes | yes |
| Cycling Features | | |
| Alerts | yes | yes |
| Speed and cadence sensor support (w/sensor) | yes | yes |
| Swimming Features | | |
| Available swim profiles | Pool Swimming | - |
| Pool swim metrics | yes | - |
| Stroke type detection | yes | - |
| Drill logging (pool swim only) | yes | - |
| Basic rest timer (up from 0) (pool swim only) | yes | - |
| "Repeat on" rest timer (pool swim only) | yes | - |
| Auto rest (pool swim only) | yes | - |
| Time and distance alerts | yes | - |
| Countdown start (pool swim only) | yes | - |
| Underwater wrist-based heart rate | yes | - |
| Heart rate from external HRM | yes | - |
| Kid Activity Tracking Features | | |
| Toe-to-Toe™ Challenges app | Yes (optional Connect IQ app) | - |