Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Garmin 010-02641-00

Garmin Forerunner 255 GPS Running Smartwatch User Manual

Model: 010-02641-00

Brand: Garmin

Introduction

The Garmin Forerunner 255 is a GPS running smartwatch designed to help athletes train and recover smarter. It offers advanced insights into performance, long-lasting battery life, and a suite of features to support various activities and daily wellness tracking.

Key Features

- Slim design with an always-on, full-color display, easy to read in direct sunlight.
- Up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.
- Morning report summarizing sleep, HRV status, and daily workout suggestions.
- Race widget for planning race-day strategy with training tips and personalized daily suggested workouts.
- HRV status tracking for overall wellness, recovery, and training performance insights.
- Free adaptive training plans from Garmin Coach for various distances.
- Evaluates training status to indicate undertraining or overdoing it, with recovery time features.
- Running Dynamics Pod or HRM-Pro monitor (sold separately) compatibility for running power and advanced dynamics.
- Garmin Pay contactless payments for convenient purchases.
- Over 30 activity profiles, including triathlon, cycling, and swimming.



Product image of the Forerunner 255 smartwatch in Slate Gray.

Setup Guide

What's in the Box

- Forerunner 255/255s
- Charging/data Cable

- Documentation

Initial Charging

Before first use, fully charge your Forerunner 255. Connect the charging/data cable to the charging port on the back of the watch and plug the USB end into a power source. A full charge can provide up to 14 days of battery life in smartwatch mode.

Pairing with Your Smartphone

To unlock the full potential of your Forerunner 255, pair it with the Garmin Connect app on your smartphone. Download the app from your device's app store, create an account, and follow the on-screen instructions to connect your watch. This enables data sync, smart notifications, and more.

Official product video showcasing the features and benefits of the Garmin Forerunner 255 Series smartwatch.

Operating Your Forerunner 255

Navigating the Watch

The Forerunner 255 features a 5-button interface for easy navigation:

- **LIGHT:** Press to turn the backlight on/off. Hold to access controls menu.
- **UP:** Press to scroll through widgets and menus. Hold to access menu options.
- **DOWN:** Press to scroll through widgets and menus. Hold to access music controls.
- **START/STOP:** Press to select an option or start an activity. Hold to view the controls menu.
- **BACK:** Press to return to the previous screen. Hold to view the watch face.

Customizing Watch Faces and Data Fields

Personalize your watch by changing the watch face and customizing data fields. From the watch face, hold the **UP** button, then select **Watch Face** to choose from preloaded options or download more from the Garmin Connect IQ Store. You can also customize the data displayed on your watch face and during activities to show metrics most important to you.

Activity Tracking

The Forerunner 255 supports over 30 activity profiles. To start an activity, press the **START/STOP** button, select your desired activity (e.g., Run, Bike, Pool Swim, Triathlon), and wait for GPS acquisition (if applicable) before pressing **START/STOP** again to begin. The watch tracks various metrics relevant to your chosen activity.



Get an overview of your sleep, HRV status and daily workout suggestion with morning report.

The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked but may not be precisely accurate.

Garmin Forerunner 255 display showing various activity profiles.

Health Monitoring

Gain a continuous picture of your health with integrated monitoring features:

- **Morning Report:** Summarizes your sleep, HRV status, and daily workout suggestion upon waking.
- **HRV Status:** Tracks heart rate variability during sleep for insights into overall wellness, recovery, and training performance.
- **Body Battery Energy Monitoring:** Tracks your body's energy levels and provides recommendations for activity and rest.
- **Improved Sleep Monitoring and Sleep Score:** Understand your recovery with detailed sleep stage breakdown, Pulse Ox, and respiration data.
- **Recovery Time:** Estimates how long to recover before your next high-effort workout based on training load, stress, sleep, and daily activities.
- **Wrist-Based Heart Rate:** Continuously samples your heart rate and alerts you to abnormal readings, even during swimming.



Garmin Forerunner 255 display showing the Morning Report.



Charge less, train more with up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.

Garmin Forerunner 255 display showing 7-day average HRV status.

Smart Features

- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch when paired with a compatible smartphone.
- **Garmin Pay Contactless Payments:** Make secure payments directly from your wrist with participating providers.
- **Safety and Tracking Features:** Send a message with your location to emergency contacts if you feel unsafe or if your watch detects an incident.
- **LiveTrack Monitoring:** Allow friends and family to follow your real-time location during activities.

Care and Maintenance

Cleaning Your Device

Regularly clean your Forerunner 255 to maintain its appearance and performance. Wipe the device with a damp cloth and mild detergent. Avoid using harsh chemicals or abrasive materials that could damage the watch.

Battery Information

The Forerunner 255 is equipped with a long-lasting Lithium Ion battery. In smartwatch mode, it can last up to 14 days,

and up to 30 hours in GPS mode. To maximize battery life, consider adjusting backlight settings, disabling unnecessary notifications, and optimizing GPS recording settings.



Garmin Forerunner 255 highlighting its long battery life.

Storage

Store your device in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

Troubleshooting Common Issues

Device Not Powering On

If your device does not power on, ensure it is fully charged. Connect it to the charging cable and a power source for at least 30 minutes. If the issue persists, try performing a soft reset by holding down the LIGHT button for 15 seconds.

GPS Accuracy Issues

For optimal GPS accuracy, ensure you are in an open area with a clear view of the sky. The Forerunner 255 features multi-band GPS, which improves accuracy in challenging environments. Allow the device a few moments to acquire satellite signals before starting an activity.

Heart Rate Monitor Inaccuracy

Ensure the watch is worn snugly but comfortably on your wrist, above the wrist bone. Clean the optical heart rate sensor on the back of the device regularly to remove any dirt or sweat buildup that might interfere with readings.

Technical Specifications

Specification	Detail
Product Dimensions	1.8 x 1.8 x 0.5 inches
Item Weight	1.7 ounces
Item Model Number	010-02641-00
Batteries	1 Lithium Ion batteries required. (included)
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	4 GB
Operating System	Garmin OS
Connectivity Technology	Bluetooth, USB
GPS	GPS Enabled

Warranty and Support

Garmin products are built to last, but should you encounter any issues, please refer to the official Garmin website for detailed warranty information and support resources. You can also find the complete user manual in PDF format for comprehensive guidance.

User Manual (PDF): Download Here

Visit the Garmin Store: Shop Garmin Products

2025 Garmin. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B09WTP57Z5

More documents and user manuals: **https://manuals.plus/**