Garmin 010-02638-10

Garmin Forerunner 955 GPS Running Smartwatch User Manual

Model: 010-02638-10 | Brand: Garmin

Introduction

The Garmin Forerunner 955 is a premium GPS running and triathlon smartwatch designed to provide comprehensive performance tracking and recovery insights. It features advanced metrics such as training readiness, daily suggested workouts, and a race widget to optimize your training. With multi-band GPS and built-in maps, it ensures confident navigation during your activities. The watch combines traditional button controls with a responsive touch display for ease of use, offering up to 15 days of battery life in smartwatch mode.

What's in the Box

- Garmin Forerunner 955 Smartwatch
- Power/Data Cable
- Documentation (User Manual)

Key Features

- Always-on, full-color display for clear readability in direct sunlight.
- Extended battery life: up to 15 days in smartwatch mode, 42 hours in GPS mode, and 80 hours in UltraTrac mode.
- Dual control: navigate with traditional buttons or the new responsive touchscreen.
- Full-color, built-in mapping for navigation on city streets or trails.
- Multi-band GPS for improved accuracy in challenging environments.
- Training readiness score based on sleep quality, recovery, and training load.
- Race widget with training tips, personalized daily suggested workouts, and completion time predictions.
- Training status insights (productive, peaking, or strained) using HRV status and exercise history.
- Morning report providing an overview of sleep, recovery, training outlook, HRV status, and weather.
- HRV status for deeper understanding of overall health, recovery, and training performance.

Setup

Initial Charging and Power On

Before first use, fully charge your Forerunner 955. Connect the supplied power/data cable to the charging port on the back of the watch and to a USB power source. The watch will automatically power on once connected. If not, press and hold the LIGHT button (top left) to power it on.

Pairing with Your Smartphone

1. Download the Garmin Connect app from your smartphone's app store.
2. Open the Garmin Connect app and follow the on-screen instructions to create an account or sign in.
3. Place your Forerunner 955 near your smartphone.
4. In the Garmin Connect app, select **Add Device** and follow the prompts to pair your watch.
5. Confirm the pairing code displayed on both your watch and smartphone.

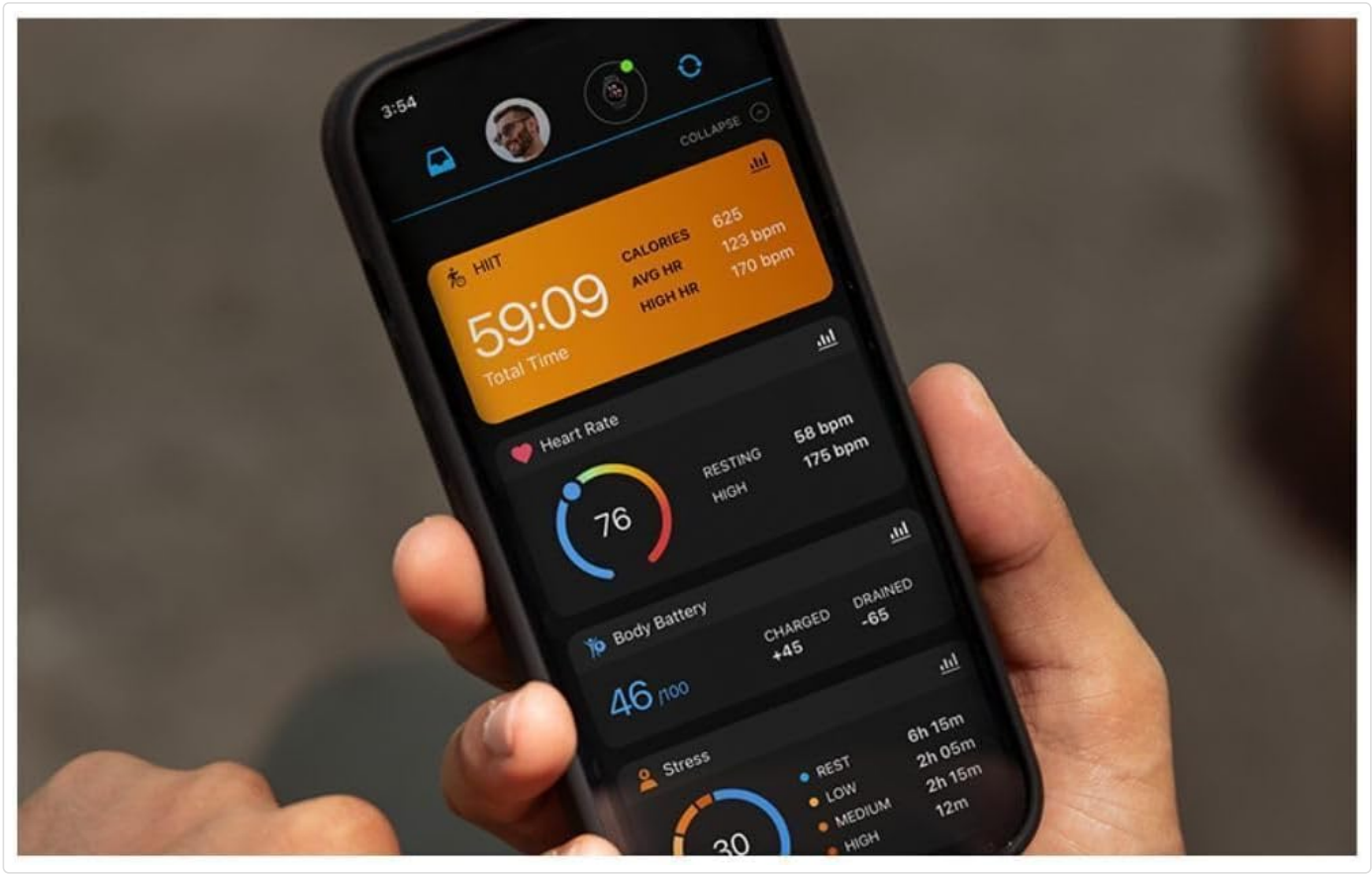

Figure 1: The Garmin Connect app interface on a smartphone, used for pairing and data synchronization.

Operating Instructions

Button Functions

The Forerunner 955 features five physical buttons for navigation and control, in addition to its touchscreen capabilities.

- **LIGHT (Top Left):** Press to turn the backlight on/off. Hold to access controls menu (power, lock, wallet, etc.).
- **UP/MENU (Middle Left):** Press to scroll up through widgets and menus. Hold to access the main menu for settings and features.
- **DOWN (Bottom Left):** Press to scroll down through widgets and menus.
- **START/STOP (Top Right):** Press to start or stop an activity. Press to select an option in a menu.
- **BACK/LAP (Bottom Right):** Press to return to the previous screen. Press to record a lap during an activity. Hold to view the watch face.



Figure 2: Side view of the Forerunner 955, highlighting the physical buttons for interaction.

Touchscreen Navigation

The touchscreen allows for intuitive interaction with the watch. Swipe up or down to scroll through widgets and menus. Tap to select an item. Swipe left or right to access additional data screens during an activity or to dismiss notifications.

Activity Tracking

The Forerunner 955 automatically tracks daily steps, distance, calories burned, and sleep. It also monitors your heart rate continuously. To view your daily stats, swipe up or down from the watch face to cycle through the various widgets.



Figure 3: The watch face showing current time, date, distance covered, and VO2 Max, indicating daily activity tracking.

Starting an Activity

1. From the watch face, press the **START/STOP** button.
2. Select an activity from the list (e.g., Run, Bike, Swim).
3. Wait for the GPS signal to acquire (if applicable). The GPS status bar will turn green.
4. Press **START/STOP** again to begin the activity.

Maps & Navigation

The Forerunner 955 comes with preloaded full-color maps, allowing you to navigate without a phone. You can view your current location, follow preloaded courses, or create new routes directly on the watch.

Accessing Maps

From the watch face, press the **START**/**STOP** button, then select **Map** from the activity list. You can pan and zoom on the map using the touchscreen or buttons.



Figure 4: The watch displaying a detailed map with a highlighted course, showing current location and mission objective.

Multi-Band GPS

The watch utilizes multi-band GNSS with SatIQ technology, providing superior positioning accuracy in challenging environments (e.g., dense forests, urban canyons) while optimizing battery life.

Training & Performance Features

Training Readiness

Upon waking, the watch provides a training readiness score based on your sleep quality, recovery, and training load. This helps you determine if it's an optimal day for intense training or if you should take it easy.



Figure 5: The watch displaying a "Training Readiness" score of 68, indicating a moderate readiness level for the day.

Daily Suggested Workouts & Race Widget

Receive personalized daily workout suggestions that adapt to your performance and recovery. The race widget provides training tips, course details, and completion time predictions to help you prepare for your next event.



Figure 6: The watch displaying "Today's Suggestion" for a Tempo workout, including duration and pace targets.

HRV Status & Recovery Time

Gain insights into your overall health and recovery through Heart Rate Variability (HRV) status, measured while you sleep. The watch also provides a recovery time estimate, indicating how long you should rest before your next high-effort workout, considering training load, stress, and sleep.

Body Battery Energy Monitoring

Track your body's energy levels throughout the day and receive recommendations for activity and rest based on your Body Battery score.

Triathlon and Multisport Profiles

Easily switch between sports with pre-built profiles for triathlons, duathlons, brick workouts, and swimruns. You can also

create custom multisport profiles to suit your specific training needs.

Specifications

Feature	Detail
Product Dimensions	1.8 x 1.8 x 0.6 inches
Item Weight	1.9 ounces
Item Model Number	010-02638-10
Batteries	1 Lithium Ion battery required (included)
Operating System	GarminOS
Wireless Communication Technologies	Bluetooth, Wi-Fi
Connectivity Technologies	Bluetooth, USB
GPS	Built-in GPS
Display Resolution	260 x 260 pixels
Human Interface Input	Touchscreen, Buttons
Color	Black
Manufacturer	Garmin
Date First Available	June 1, 2022
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	32 GB
Battery Capacity	4 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Shape	Round

Maintenance

Cleaning the Device

Regularly clean your Forerunner 955 to maintain its performance and appearance. Use a soft, lint-free cloth dampened with water to wipe the screen and casing. For the charging contacts on the back, gently wipe with a cotton swab. Avoid using harsh chemicals or abrasive materials, as these can damage the device.

Band Care

Rinse the watch band with water after workouts or prolonged exposure to sweat. Allow it to air dry completely before wearing. If irritation occurs, ensure the band is clean and not too tight.

Troubleshooting

Device Not Turning On

Ensure the device is fully charged. Connect it to a power source using the supplied cable and allow it to charge for at least 30 minutes. If it still doesn't turn on, try performing a soft reset by holding the LIGHT button for 15 seconds.

GPS Signal Issues

Ensure you are in an open area with a clear view of the sky. Allow sufficient time for the watch to acquire a GPS signal before starting an activity. Syncing your watch with the Garmin Connect app regularly can help update satellite data, improving acquisition times.

Inaccurate Heart Rate Readings

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 watch. Cold weather or certain skin conditions can affect accuracy.



Figure 7: The back of the Forerunner 955, showing the optical heart rate sensor and charging contacts.

Warranty & Support

Warranty Information

Garmin products are warranted to be free from defects in materials or workmanship for one year from the date of purchase. For full warranty terms and conditions, please refer to the official documentation included with your product or visit the Garmin website.

Additional Support

For more detailed information, troubleshooting guides, and software updates, please refer to the official Garmin Forerunner 955 User Manual (PDF) available for download from the Garmin support website or via the link provided in your product's digital documents: Garmin Forerunner 955 User Manual (PDF).
You can also visit the official Garmin support page or contact their customer service for personalized assistance.

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