Garmin Forerunner 255

Garmin Forerunner 255 Smartwatch User Manual

Model: Forerunner 255

INTRODUCTION

This manual provides detailed instructions for the **Garmin Forerunner 255 Smartwatch**. It covers essential information for setup, operation, maintenance, and troubleshooting to help you maximize your device's capabilities and enhance your training experience.

Image: Main view of the Garmin Forerunner 255 smartwatch in Tidal Blue, displaying time, weather, and morning report.

SETUP

1. Unboxing and Initial Charge

The Garmin Forerunner 255 package includes the smartwatch, a charging/data cable, and documentation. Before first use, fully charge your device using the provided charging/data cable. Connect the cable to a USB power source

and align the charger with the port on the back of the watch.

Image: Side view of the Garmin Forerunner 255 smartwatch in Tidal Blue, showing the physical buttons and strap.

2. Pairing with Smartphone

Download the **Garmin Connect app** on your smartphone (available for Android and iOS). Follow the on-screen instructions in the app to pair your Forerunner 255 and complete the initial setup, including personal profile information and preferences.

HRM-PRO PLUS

Fascia cardio premium con connettività BLE e ANT+. Ricevi costantemente dati accurati sulla frequenza cardiaca sul tuo dispositivo Garmin e sulle app di allenamento online come l'app Tacx Training.

Image: A smartphone screen displaying the Garmin Connect app interface, illustrating how to connect your device.

OPERATING YOUR DEVICE

1. Button Navigation

The Forerunner 255 is operated using five physical buttons: **LIGHT** (top left), **UP** (middle left), **DOWN** (bottom left), **START**/**STOP** (top right), and **BACK** (bottom right). Refer to the device's on-screen prompts for specific function assignments during activities and menu navigation.

2. Key Features and Functions

- **GPS Multi-band:** Utilizes multiple global navigation satellite systems (GPS, GLONASS, Galileo) for enhanced accuracy in challenging environments, providing precise tracking for your activities.

- **VO2max:** Monitors your cardiovascular fitness level and indicates performance capacity, helping you understand your fitness progression.

- **Running Power:** Measures the power output of your run directly from your wrist or with compatible accessories, offering a new metric for training intensity.

- **Morning Report:** Provides a personalized summary of your sleep, recovery, training outlook, HRV status, and weather upon waking, helping you plan your day.


PAGAMENTI

Paga il tuo caffè o la bevanda isotonica dopo l'allenamento con il sistema contactless² Garmin Pay™ integrato nell'orologio.

²Visualizza il Paese attualmente supportato, la rete di pagamento e le informazioni sulla compatibilità degli istituti bancari.

Image: A person wearing the smartwatch, looking at the display, with text overlay 'MORNING REPORT' and description.

- **HRV Status:** Analyzes heart rate variability during sleep to provide insights into your recovery and overall

wellness, aiding in optimizing your training and rest.
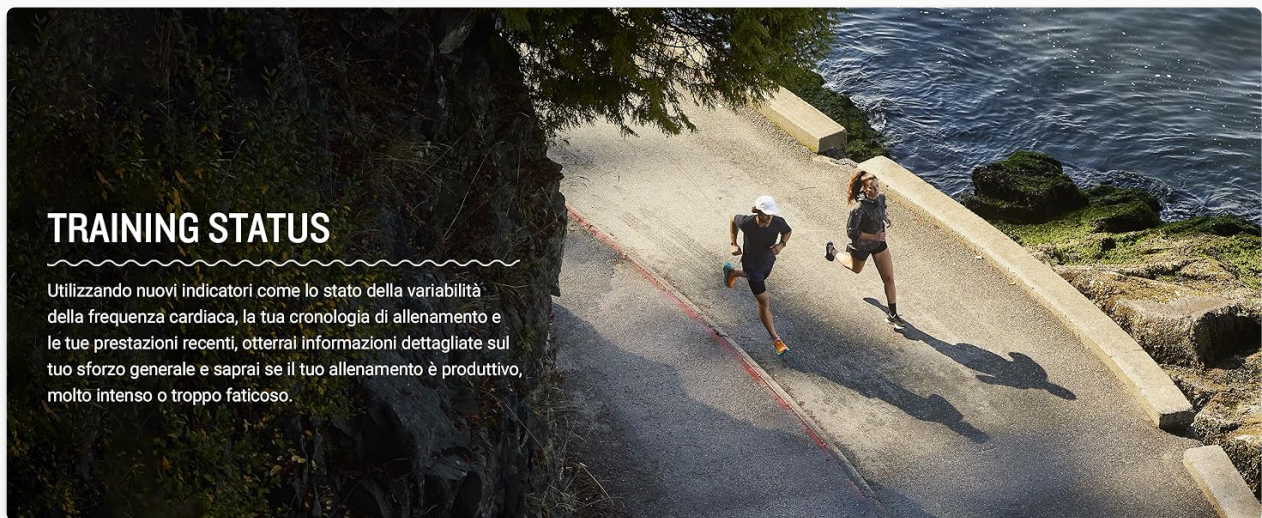
TRAINING STATUS

Utilizzando nuovi indicatori come lo stato della variabilità della frequenza cardiaca, la tua cronologia di allenamento e le tue prestazioni recenti, otterrai informazioni dettagliate sul tuo sforzo generale e saprai se il tuo allenamento è produttivo, molto intenso o troppo faticoso.

Image: A person stretching, with text overlay 'HRV STATUS' and description about heart rate variability.

- **Garmin Pay:** Allows for contactless payments directly from your watch. Set up your cards in the Garmin Connect app for convenient transactions.


ALLENAMENTI GIORNALIERI CONSIGLIATI

Visualizza l'intera settimana di allenamenti quotidiani suggeriti, che si adatteranno alle tue prestazioni e al recupero dopo ogni corsa

Image: A person using the smartwatch for contactless payment, with text overlay 'PAYMENTS' and description about Garmin Pay.

- **Safety and Tracking Features:** Includes incident detection and assistance, which can send your location to emergency contacts if an incident is detected. This feature is active for selected activity profiles.
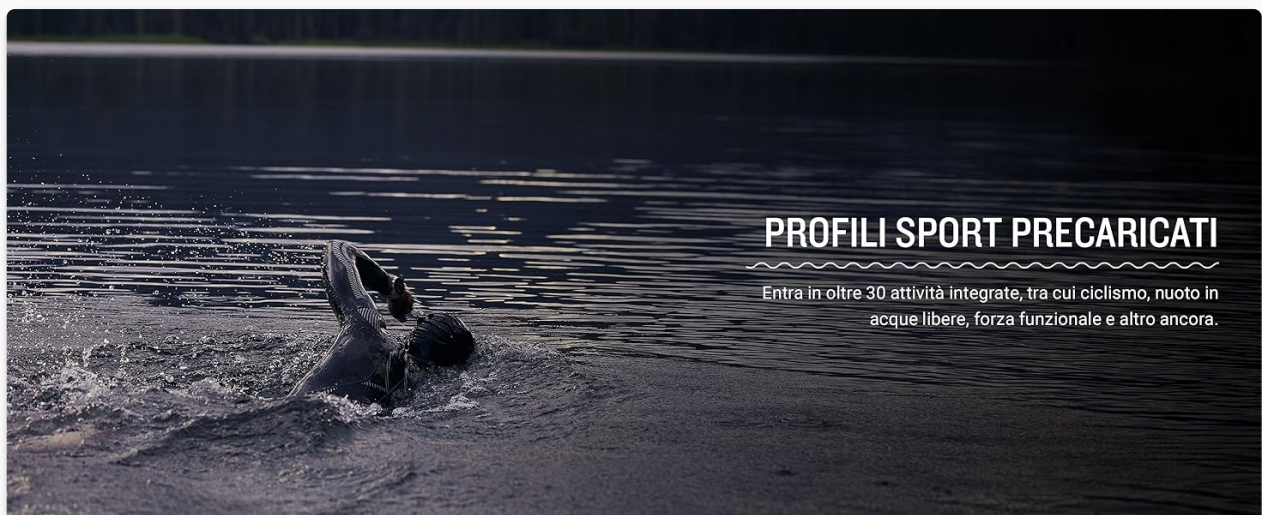
PROFILI SPORT PRECARICATI

Entra in oltre 30 attività integrate, tra cui ciclismo, nuoto in acque libere, forza funzionale e altro ancora.

Image: A person tying shoelaces, with the smartwatch visible, text overlay 'SAFETY FIRST' and description about incident

- **Garmin Coach:** Offers free adaptive training plans for 5K, 10K, and half-marathons with guidance from expert coaches, helping you prepare for your goals.
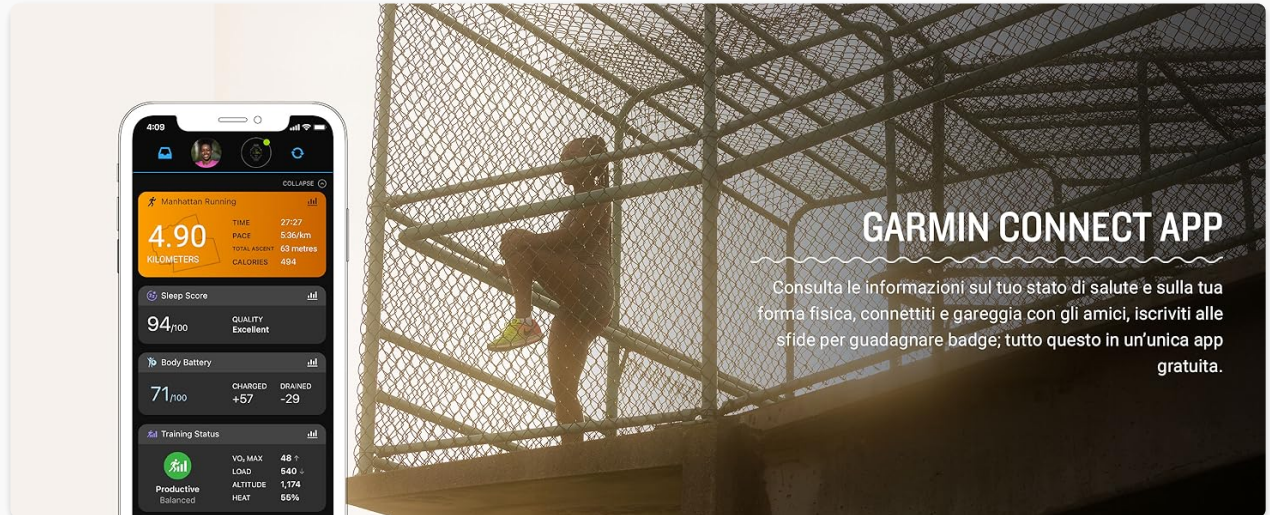

Image: A runner crouching on a track, with text overlay 'GARMIN COACH' and description about adaptive training plans.

- **Daily Suggested Workouts:** Provides daily run and ride suggestions based on your current training load, recovery, and race schedule, ensuring balanced training.
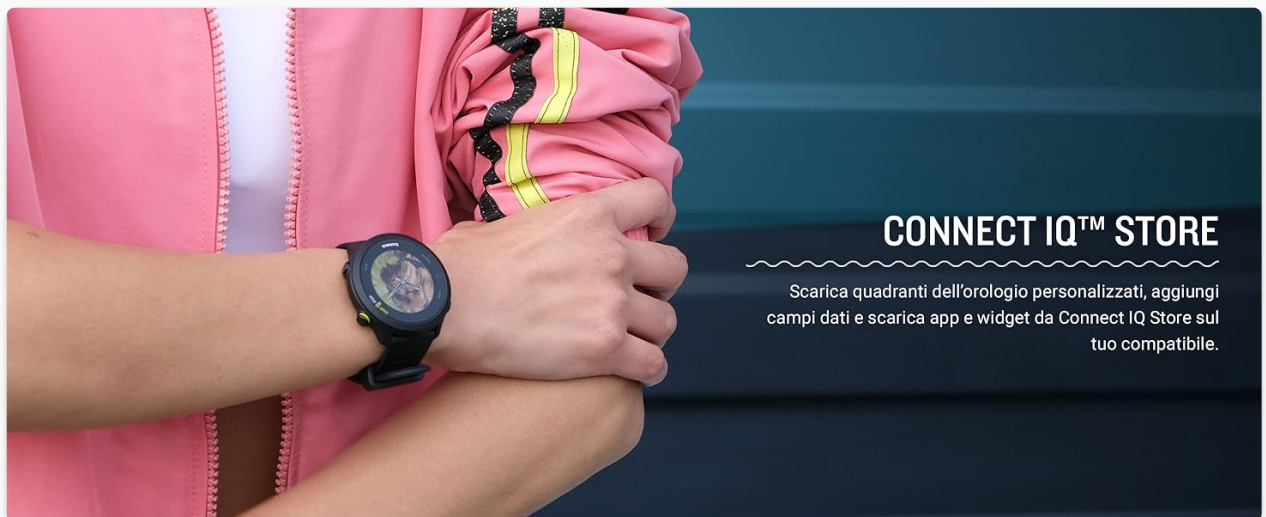

Image: A person holding a water bottle, with the smartwatch visible, text overlay 'DAILY SUGGESTED WORKOUTS' and description.

- **Preloaded Sport Profiles:** Access over 30 built-in activity profiles, including running, cycling, open water swimming, strength training, and more.

Image: Garmin Forerunner 255 display showing a list of sport profiles: Run, Bike Indoor, Triathlon, Virtual Run, Pool Swim.

- **Race Widget:** Prepare for your next race with training tips, personalized daily workouts, and completion time predictions based on course details, weather, and performance.

Image: Garmin Forerunner 255 display showing a 'KC Marathon' countdown, indicating 5 days remaining.

- **Training Status:** Using indicators like heart rate variability status, recent exercise history, and performance, you get insights into your overall effort and whether your training is productive, peaking, or overreaching.
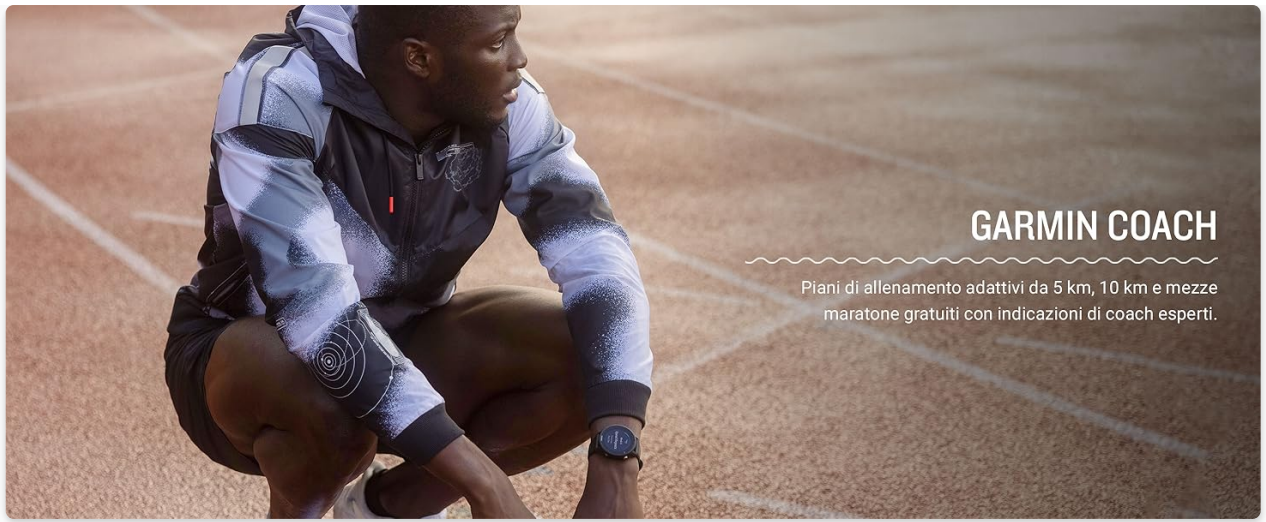
GARMIN COACH

Piani di allenamento adattivi da 5 km, 10 km e mezze maratone gratuiti con indicazioni di coach esperti.

Image: Two runners on a coastal path, with text overlay 'TRAINING STATUS' and description about performance insights.

3. Customization and Ecosystem

- **Garmin Connect App:** View your health and fitness data, connect with friends, and participate in challenges through the free Garmin Connect app.

- **Connect IQ Store:** Download custom watch faces, data fields, and widgets from the Connect IQ Store to personalize your device.

RUNNING DYNAMICS POD

Il Running Dynamics Pod si aggancia con facilità al pantaloncino per misurare le dinamiche di corsa necessarie a migliorare ogni giorno.

Image: A person wearing the smartwatch, with text overlay 'CONNECT IQ STORE' and description about customization.

- **Compatible Accessories:** Enhance your experience with accessories like the HRM-Pro Plus heart rate monitor, Running Dynamics Pod, or Index S2 Smart Scale.

CINTURINI A RILASCIO RAPIDO

Cambia l'aspetto dell'orologio in pochi secondi scegliendo il cinturino che fa per te.

Image: A person running on a treadmill wearing a heart rate monitor strap, with text overlay 'HRM-PRO PLUS' and description.

Image: A green Garmin Running Dynamics Pod, with text overlay 'RUNNING DYNAMICS POD' and description.

Image: A white Garmin Index S2 Smart Scale, with text overlay 'INDEX S2 SMART SCALE' and description.

Image: Various quick-release watch bands in different colors and textures, with text overlay 'QUICK RELEASE BANDS' and description.

Maintenance

1. Cleaning Your Device

Regularly clean your watch and strap with fresh water and a soft cloth to prevent residue buildup from sweat and dirt. Avoid harsh chemicals, abrasive cleaners, or solvents, as these can damage the device's finish and seals.

2. Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Store the device with a partial charge if not used for extended periods. Charge fully before each use for optimal performance.

3. Software Updates

Connect your device to the Garmin Connect app on your smartphone or Garmin Express on your computer to receive automatic software updates. Regular updates ensure optimal performance, introduce new features, and provide bug fixes.

TROUBLESHOOTING

- **GPS Inaccuracy:** Ensure a clear, unobstructed view of the sky when starting an activity. Sync with Garmin Connect regularly to update satellite data (EPO file).

- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, and limit GPS usage when not actively tracking an activity. Check for recent software updates, as these often include battery optimizations.

- **Connectivity Issues (Bluetooth):** Ensure Bluetooth is enabled on both your phone and watch. Try restarting both devices and re-pairing through the Garmin Connect app. Keep your phone and watch within close proximity.

- **Device Not Responding:** If the device becomes unresponsive, press and hold the LIGHT button for approximately 15 seconds to perform a hard reset. If issues persist, contact Garmin Support.

SPECIFICATIONS

Brand	Garmin
Model Name	Forerunner 255
Model Number	010-02461-11
Product Dimensions	4.56 x 4.56 x 1.29 cm
Weight	49 grams
Case Material	Plastic
Display Type	Transflective MIP (Memory-in-Pixel)
Screen Size	1.3 inches
Display Resolution	260 x 260 pixels
Internal Storage	4 GB

Battery Type	Built-in Rechargeable Lithium-Ion
Battery Capacity	180 mAh
Battery Life (Smartwatch Mode)	Up to 14 days
Charging Time	Approximately 3 hours
Wireless Connectivity	Bluetooth
Sensor Connectivity	ANT+, Bluetooth
Smartphone Compatibility	Android, iOS
User Interface	5-button operation
Key Features	Always On Display, GPS, Heart Rate Monitoring, Contactless Payments (Garmin Pay), Multisport Tracking

WARRANTY AND SUPPORT

1. Warranty Information

For detailed warranty information, please refer to the documentation included with your Garmin Forerunner 255 or visit the official Garmin website. Warranty terms and conditions may vary by region.

2. Product Support

For technical support, product registration, software updates, and additional resources, please visit the official Garmin Support website at support.garmin.com. You can find FAQs, troubleshooting guides, and contact information for customer service.

Related Documents - Forerunner 255

Garmin Forerunner Serie 255: Manuale Utente
Esplora il Manuale Utente del Garmin Forerunner Serie 255. Scopri le funzionalità GPS, il monitoraggio delle attività, la salute, la connettività e gli strumenti di allenamento di questo orologio sportivo avanzato.

	[Garmin Forerunner 255 Series Owner's Manual](#) Comprehensive owner's manual for the Garmin Forerunner 255 Series GPS running watch, covering setup, activities, training, navigation, connectivity, and troubleshooting.
	[Garmin Forerunner 255 Series Owner's Manual](#) Explore the features and functionalities of the Garmin Forerunner 255 Series GPS running watch with this comprehensive owner's manual. Learn about setup, activity tracking, training plans, navigation, sensors, connectivity, safety features, and troubleshooting.
	[Garmin Forerunner 255 Series Owner's Manual](#) Comprehensive owner's manual for the Garmin Forerunner 255 Series GPS running smartwatch. Learn about setup, activities, training features, navigation, sensors, connectivity, music, safety, and device care.
	[Garmin Forerunner 970 Watch Kasutusjuhend - Täielik juhend](#) Garmin Forerunner 970 Watch kasutusjuhend: põhjalik juhend seadistamiseks, treeninguteks, GPS-i, tervise jälgimiseks ja tõrkeotsinguks.
	[Garmin Forerunner 245/245 Music Owner's Manual: Setup, Features, and Usage Guide](#) A comprehensive owner's manual for the Garmin Forerunner 245 and 245 Music GPS smartwatches. This guide covers device setup, activity tracking, training features, smart notifications, music playback, navigation, customization options, and troubleshooting.