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Garmin Forerunner 265

Garmin Forerunner 265 Smartwatch User Manual

Model: Forerunner 265 (010-02810-01)

Introduction

The Garmin Forerunner 265 is a GPS running smartwatch designed to enhance your training and provide comprehensive health insights. Featuring a vibrant AMOLED touchscreen display and traditional button controls, this lightweight device offers advanced metrics for runners and multi-sport athletes.
Key features include:

- Brilliant AMOLED touchscreen display with button controls.
- Up to 13 days of battery life in smartwatch mode and up to 20 hours in GPS mode.
- Morning report with sleep, recovery, training outlook, HRV status, training readiness, and weather.
- Personalized daily suggested workouts and race strategy planning.
- Training readiness score based on sleep quality, recovery, training load, and HRV status.
- Over 30 built-in activity profiles, including running, triathlons, cycling, and swimming.
- Training status insights based on HRV status, exercise history, and performance.
- Safety and tracking features like incident detection and assistance.
- Multi-band GNSS with SatIQ technology for superior positioning accuracy.
- Smart notifications for calls and texts from paired smartphones.

What's in the Box

- Garmin Forerunner 265 Smartwatch
- Charger/Data Cable
- Documentation

Setup

Initial Device Setup

1. **Charge the Device:** Connect the charger/data cable to your Forerunner 265 and a USB power source. Ensure the device is fully charged before first use.

2. **Power On:** Press and hold the **LIGHT** button (top left) to power on the device.
3. **Language Selection:** Follow the on-screen prompts to select your preferred language.
4. **Pair with Smartphone:** Download the Garmin Connect app on your smartphone. Open the app and follow the instructions to pair your Forerunner 265. This enables connected features like smart notifications, live tracking, and data synchronization.

Customizing Watch Face and Data Fields

You can customize the watch face and data fields to display information most relevant to your training and daily use. This can be done directly on the watch or through the Garmin Connect app.



Image: The Garmin Forerunner 265 smartwatch displaying current time, distance, pace, and heart rate during an activity.

Operating the Device

Button Functions

- **LIGHT Button (Top Left):** Press to turn the backlight on/off. Hold to access the controls menu (power off, lock device, do

not disturb, etc.).

- **UP/MENU Button (Middle Left):** Press to scroll through widgets and menus. Hold to view the menu.
- **DOWN Button (Bottom Left):** Press to scroll through widgets and menus.
- **START/STOP Button (Top Right):** Press to start and stop activities. Press to select options in a menu.
- **BACK/LAP Button (Bottom Right):** Press to return to the previous screen. Press to record a lap during an activity.

Touchscreen Navigation

The AMOLED touchscreen allows for intuitive navigation. Swipe up or down to scroll through widgets, and tap to select options. Swipe left or right to access additional screens or return to the watch face.

Always On Display

The Forerunner 265 features an Always On Display option. To enable or disable this feature:

1. Hold the **UP/MENU** button to open the menu.
2. Scroll down and select **System**.
3. Select **Display**.
4. Select **General Use**.
5. Toggle the **Always On Display** option to On or Off.

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Video: Instructions on how to enable or disable the Always On Display feature on the Garmin Forerunner 265.

Training Features

Activity Profiles

The Forerunner 265 includes over 30 built-in activity profiles. To start an activity:

1. Press the **START/STOP** button.
2. Select an activity from the list (e.g., Run, Bike, Swim).
3. Wait for GPS to acquire (if applicable) and heart rate to be detected.
4. Press **START/STOP** again to begin the activity.

Daily Suggested Workouts

Receive personalized daily suggested workouts that adapt to your performance, recovery, and upcoming races. These suggestions are integrated with the Garmin Connect app.



Image: The Forerunner 265 showing a suggested tempo workout with intervals.

Race Widget and Garmin Coach

Plan your race strategy with the race widget, which provides training tips and personalized daily suggested workouts. Utilize Garmin Coach training plans to prepare for specific events or improve overall fitness.

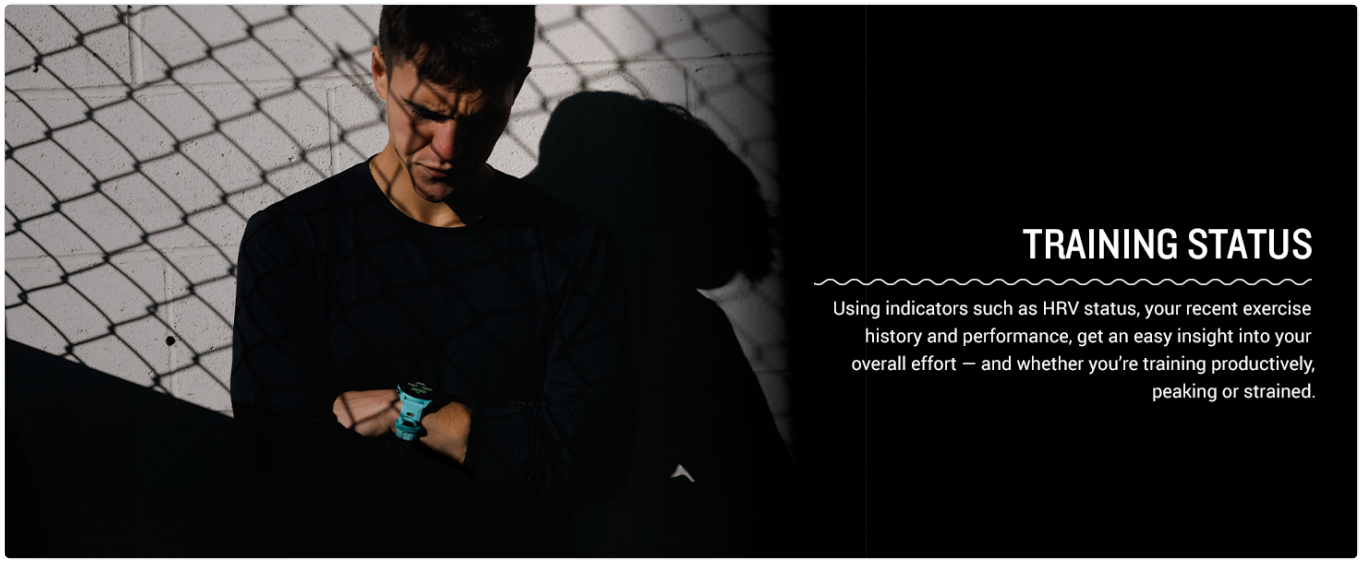


Image: The Forerunner 265 displaying a 'Benchmark Run' from a Garmin Coach plan.

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Video: Overview of customized workouts and training plans available on the Garmin Forerunner 265.

Health Monitoring

Training Readiness & Status

Receive a training readiness score each morning based on your sleep quality, recovery, training load, and HRV status. This helps determine if you are primed for a hard workout or if you should take it easy. Training status provides insights into your overall effort, indicating whether you are training productively, peaking, or strained.

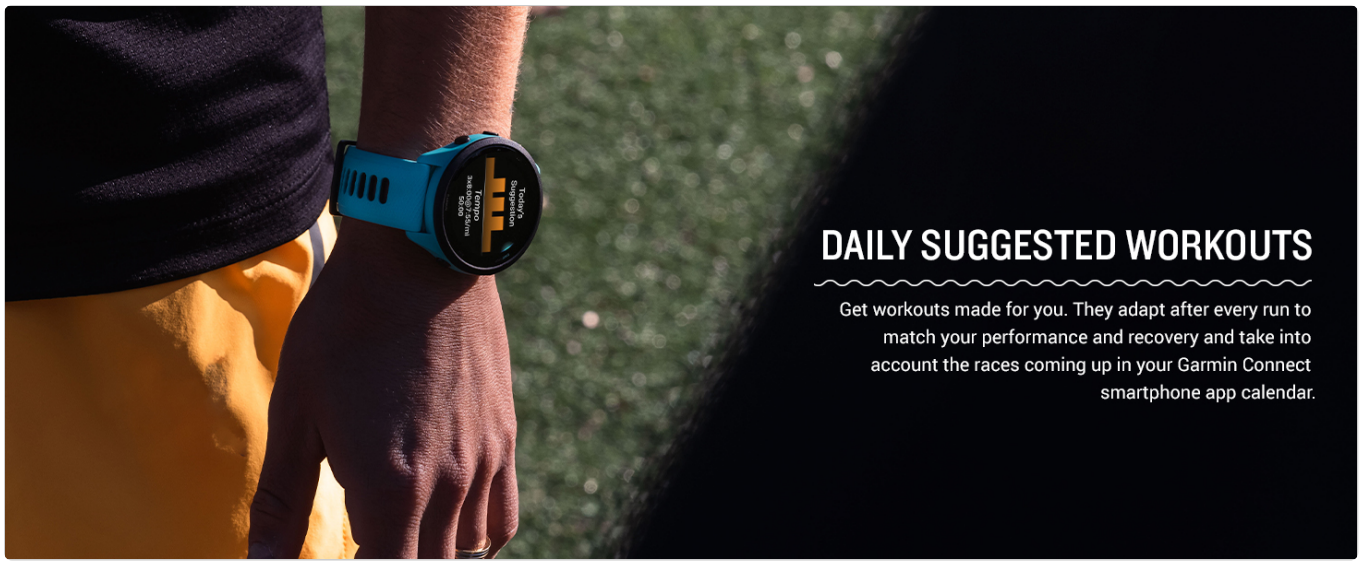


Image: The Forerunner 265 showing a high training readiness score of 82, indicating the user is well recovered.

HRV Status

Gain a deeper understanding of your overall health, training, and recovery through heart rate variability (HRV) status, based on technology developed by Firstbeat Analytics.

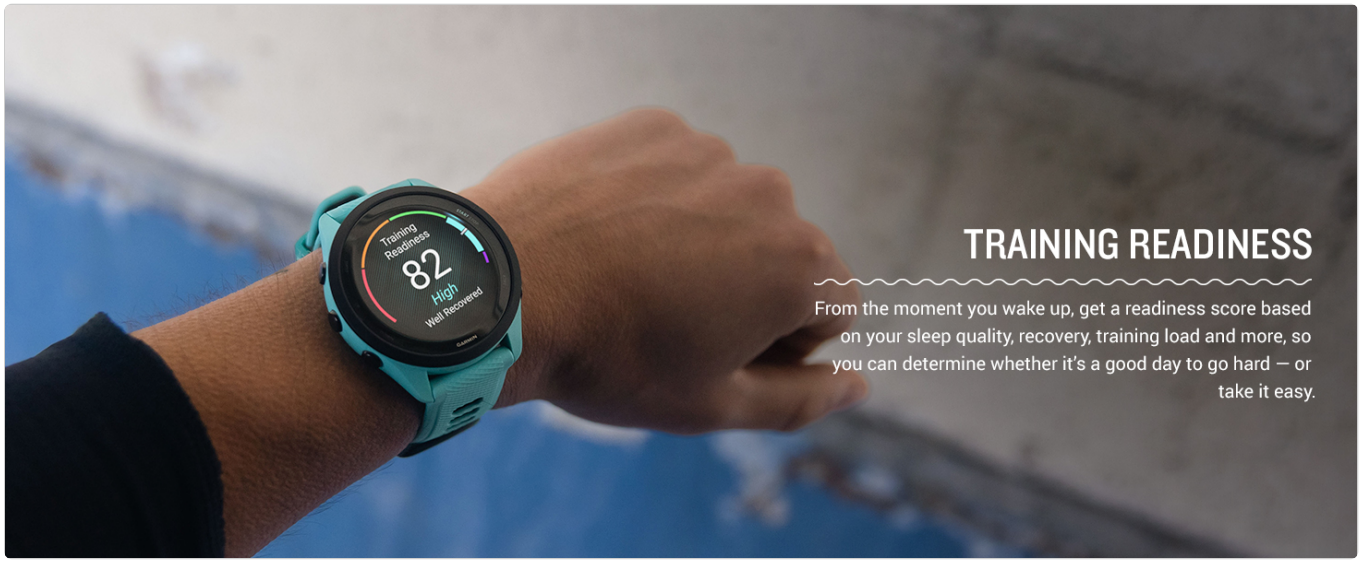


Image: The Forerunner 265 showing a balanced HRV status with a 7-day average.

Sleep Monitoring & Body Battery

The watch monitors your sleep, providing a sleep score, breakdown of sleep stages, and detailed insights for improved sleep quality. Body Battery energy monitoring tracks your body's energy levels to help you find the best times for activity and rest.



Image: The Forerunner 265 displaying a sleep score of 96 with excellent sleep quality.

Smart Features

Smart Notifications

Receive emails, texts, and alerts directly on your watch when paired with your compatible Android or Apple smartphone.

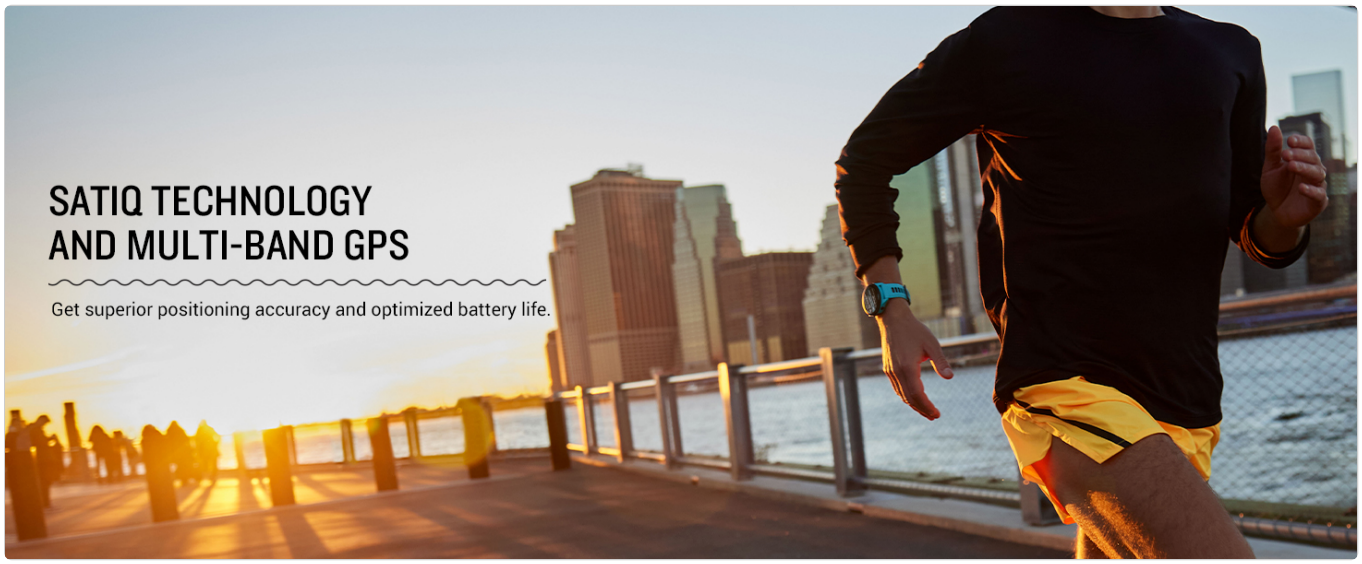


Image: The Forerunner 265 displaying a smart notification for an upcoming run.

Music Storage & Garmin Pay

Download songs and playlists from Spotify, Deezer, or Amazon Music accounts for phone-free listening during your activities. Utilize Garmin Pay for contactless payments, allowing you to leave your wallet at home.

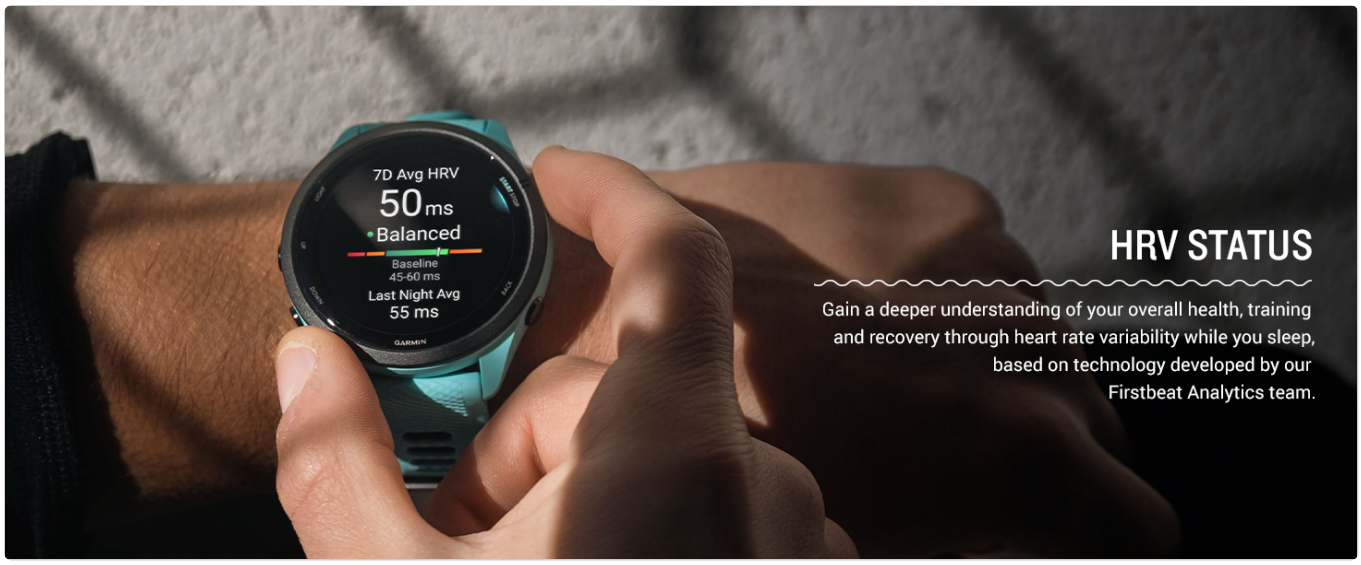


Image: Three Garmin Forerunner 265 watches displaying Amazon Music, Spotify, and general music player interfaces.

GPS and Safety

Multi-band GNSS with SatIQ

Achieve superior positioning accuracy in challenging environments while optimizing the device's battery life with multi-band GNSS and SatIQ technology.

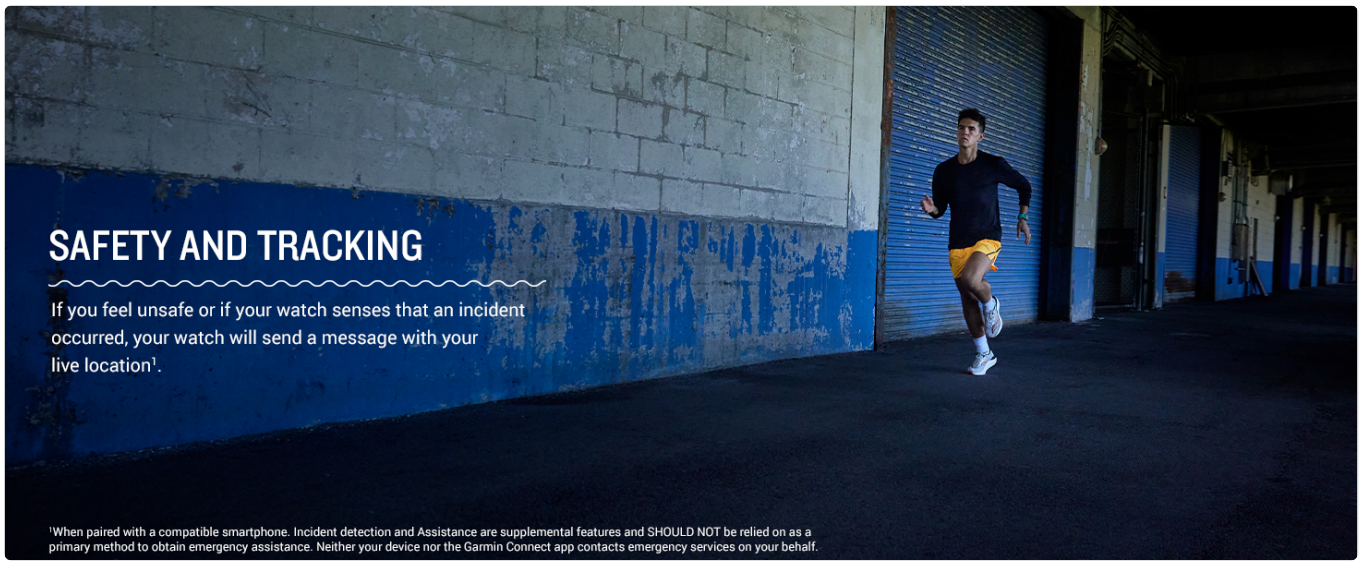


Image: A runner wearing the Forerunner 265 in an urban environment, highlighting GPS capabilities.

Safety and Tracking Features

For added safety, the watch includes incident detection (during select outdoor activities) and Assistance. These features can send a message with your live location to emergency contacts when paired with your compatible smartphone. Requires setup and network coverage where data connectivity is available.

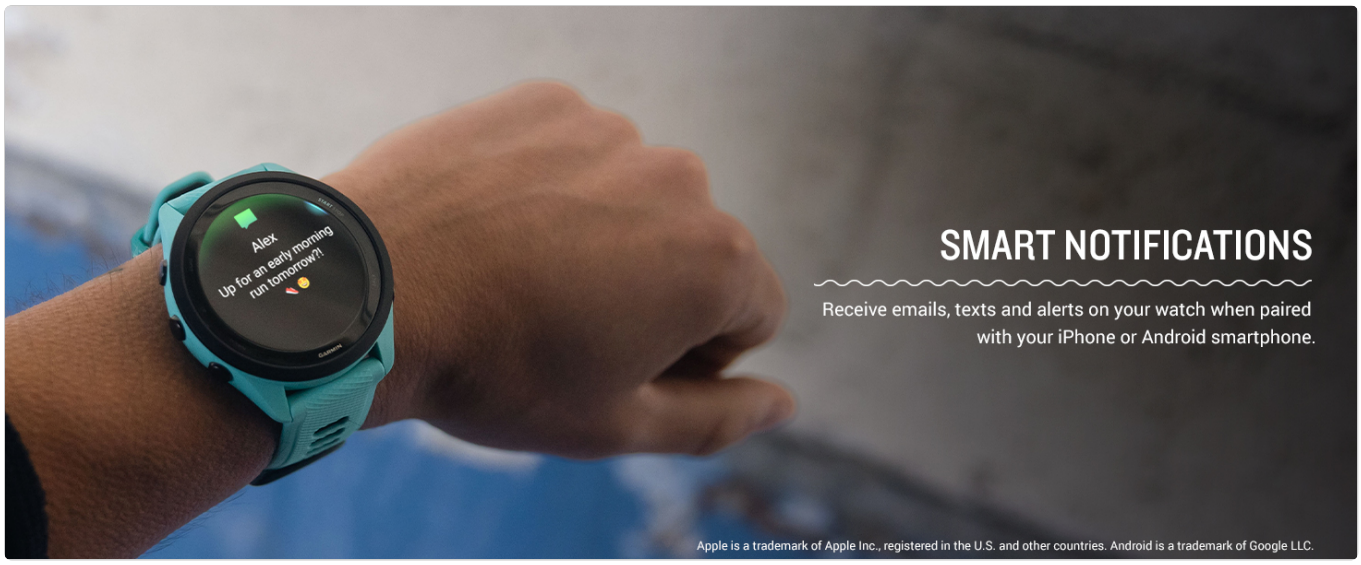


Image: A runner wearing the Forerunner 265 in an industrial area, illustrating safety features.

Battery Life

The Forerunner 265 offers impressive battery performance:

- Up to 13 days in smartwatch mode.
- Up to 20 hours in GPS mode.

Actual battery life may vary depending on usage, settings, and environmental conditions.

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Video: Discussion on the battery life performance of the Garmin Forerunner 265.

Maintenance

General Care

- **Cleaning:** Regularly clean your watch and band, especially after intense workouts or exposure to sweat, salt water, or chemicals. Rinse with fresh water and dry thoroughly.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Harsh Chemicals:** Do not use harsh cleaners, solvents, or abrasive materials that could damage the device.

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Video: Information regarding the comfort and lightweight design of the Garmin Forerunner 265.

Troubleshooting

Common Issues and Solutions

- **Device Not Powering On:** Ensure the device is fully charged. If it still doesn't power on, try connecting it to a computer via the USB cable.
- **GPS Not Connecting:** Ensure you are in an open area with a clear view of the sky. Allow a few minutes for the device to acquire satellite signals.
- **Heart Rate Inaccuracy:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the optical heart rate sensor on the back of the device.

- **Syncing Issues:** Ensure Bluetooth is enabled on your smartphone and the Garmin Connect app is open and running in the background. Try restarting both your watch and smartphone.

For more detailed troubleshooting, refer to the official Garmin support website or contact customer service.

Specifications

Feature	Detail
Product Dimensions	1.81 x 1.81 x 0.51 inches
Item Weight	1.66 ounces (47 Grams)
Item Model Number	010-02810-01
Batteries	1 Lithium Ion batteries required (included)
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	8 GB
Operating System	GarminOS
Special Features	Morning Report; Race Adaptive Training Plans; Daily Suggested Workouts; Training Readiness, Training Status; HRV Status; Garmin Coach; Recovery Time; Sleep Monitoring and Sleep Score
Battery Capacity	7 Amp Hours
Connectivity Technology	Bluetooth, USB, Wi-Fi
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	Built-in GPS
Shape	Round

Warranty and Support

For warranty information and customer support, please refer to the documentation included with your product or visit the official Garmin website. Garmin provides resources for product registration, software updates, and technical assistance.

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

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