

# Garmin Forerunner 945 LTE Specifications

| General                                         |                                                                                                                                                                                                        |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| LENS MATERIAL                                   | Corning® Gorilla® Glass DX                                                                                                                                                                             |
| BEZEL MATERIAL                                  | fiber-reinforced polymer                                                                                                                                                                               |
| QUICKFIT™ WATCH BAND COMPATIBLE                 | yes (22 mm compatible)                                                                                                                                                                                 |
| STRAP MATERIAL                                  | silicone                                                                                                                                                                                               |
| PHYSICAL SIZE                                   | 44.4 x 44.4 x 13.9 mm<br>Fits wrists with a circumference of 128-218 mm                                                                                                                                |
| COLOR DISPLAY                                   | ✓                                                                                                                                                                                                      |
| DISPLAY SIZE                                    | 1.2" (30.4 mm) diameter                                                                                                                                                                                |
| DISPLAY RESOLUTION                              | 240 x 240 pixels                                                                                                                                                                                       |
| DISPLAY TYPE                                    | sunlight-visible, transfective memory-in-pixel (MIP)                                                                                                                                                   |
| WEIGHT                                          | 49 g                                                                                                                                                                                                   |
| BATTERY LIFE                                    | Smartwatch Mode: Up to 2 weeks<br>GPS mode with music: Up to 12 hours<br>GPS mode with music and LTE LiveTrack: Up to 7 hours<br>GPS mode without music: Up to 35 hours<br><a href="#">See Details</a> |
| <a href="#">WATER RATING</a>                    | 5 ATM                                                                                                                                                                                                  |
| MEMORY/HISTORY                                  | 200 hours of activity data                                                                                                                                                                             |
| Clock Features                                  |                                                                                                                                                                                                        |
| TIME/DATE                                       | ✓                                                                                                                                                                                                      |
| GPS TIME SYNC                                   | ✓                                                                                                                                                                                                      |
| AUTOMATIC DAYLIGHT SAVING TIME                  | ✓                                                                                                                                                                                                      |
| ALARM CLOCK                                     | ✓                                                                                                                                                                                                      |
| TIMER                                           | ✓                                                                                                                                                                                                      |
| STOPWATCH                                       | ✓                                                                                                                                                                                                      |
| SUNRISE/SUNSET TIMES                            | ✓                                                                                                                                                                                                      |
| Health Monitoring                               |                                                                                                                                                                                                        |
| WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND) | ✓                                                                                                                                                                                                      |
| DAILY RESTING HEART RATE                        | ✓                                                                                                                                                                                                      |
| ABNORMAL HEART RATE ALERTS                      | yes (high and low)                                                                                                                                                                                     |
| RESPIRATION RATE (24X7)                         | ✓                                                                                                                                                                                                      |
| PULSE OX BLOOD OXYGEN SATURATION                | yes (spot-check, and optional all-day acclimation and in sleep)                                                                                                                                        |
| FITNESS AGE                                     | yes (in app)                                                                                                                                                                                           |
| BODY BATTERY™ ENERGY MONITOR                    | ✓                                                                                                                                                                                                      |
| ALL-DAY STRESS                                  | ✓                                                                                                                                                                                                      |
| RELAXATION REMINDERS                            | ✓                                                                                                                                                                                                      |
| RELAXATION BREATHING TIMER                      | ✓                                                                                                                                                                                                      |
| SLEEP                                           | yes (Advanced)                                                                                                                                                                                         |

|                                                                              |                                                          |
|------------------------------------------------------------------------------|----------------------------------------------------------|
| <b>SLEEP SCORE AND INSIGHTS</b>                                              | ✓                                                        |
| <b>HYDRATION</b>                                                             | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| <b>WOMAN'S HEALTH</b>                                                        | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| <b>Sensors</b>                                                               |                                                          |
| <b>GPS</b>                                                                   | ✓                                                        |
| <b>GLONASS</b>                                                               | ✓                                                        |
| <b>GALILEO</b>                                                               | ✓                                                        |
| <b>GARMIN ELEVATE™ WRIST HEART RATE MONITOR</b>                              | ✓                                                        |
| <b>BAROMETRIC ALTIMETER</b>                                                  | ✓                                                        |
| <b>COMPASS</b>                                                               | ✓                                                        |
| <b>GYROSCOPE</b>                                                             | ✓                                                        |
| <b>ACCELEROMETER</b>                                                         | ✓                                                        |
| <b>THERMOMETER</b>                                                           | ✓                                                        |
| <b>PULSE OX BLOOD OXYGEN SATURATION MONITOR</b>                              | ✓                                                        |
| <b>Daily Smart Features</b>                                                  |                                                          |
| <b>CONNECTIVITY</b>                                                          | Bluetooth®, ANT+®, Wi-Fi®, LTE (with subscription)       |
| <b>CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)</b> | ✓                                                        |
| <b>SMART NOTIFICATIONS</b>                                                   | ✓                                                        |
| <b>TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)</b>             | ✓                                                        |
| <b>CALENDAR</b>                                                              | ✓                                                        |
| <b>WEATHER</b>                                                               | ✓                                                        |
| <b>CONTROLS SMARTPHONE MUSIC</b>                                             | ✓                                                        |
| <b>PLAYS AND CONTROLS WATCH MUSIC</b>                                        | ✓                                                        |
| <b>MUSIC STORAGE</b>                                                         | Up to 1000 songs                                         |
| <b>FIND MY PHONE</b>                                                         | ✓                                                        |
| <b>FIND MY WATCH</b>                                                         | ✓                                                        |
| <b>VIRB® REMOTE</b>                                                          | ✓                                                        |
| <b>SMARTPHONE COMPATIBILITY</b>                                              | iPhone®, Android™                                        |
| <b>PAIRS WITH GARMIN CONNECT™ MOBILE</b>                                     | ✓                                                        |
| <b>GARMIN PAY™</b>                                                           | ✓                                                        |
| <b>Safety and Tracking Features</b>                                          |                                                          |
| <b>LIVETRACK</b>                                                             | ✓                                                        |
| <b>SPECTATOR MESSAGING</b>                                                   | yes (with LTE subscription)                              |
| <b>GROUP LIVETRACK</b>                                                       | ✓                                                        |
| <b>LIVE EVENT SHARING</b>                                                    | ✓                                                        |
| <b>INCIDENT DETECTION DURING SELECT ACTIVITIES</b>                           | ✓                                                        |
| <b>ASSISTANCE</b>                                                            | ✓                                                        |
| <b>ASSISTANCE PLUS</b>                                                       | yes (with LTE subscription; coverage details)            |
| <b>Tactical Features</b>                                                     |                                                          |
| <b>DUAL GRID COORDINATES</b>                                                 | ✓                                                        |

## Activity Tracking Features

|                                                                                                      |                               |
|------------------------------------------------------------------------------------------------------|-------------------------------|
| STEP COUNTER                                                                                         | ✓                             |
| MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT) | ✓                             |
| AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)                                 | ✓                             |
| CALORIES BURNED                                                                                      | ✓                             |
| FLOORS CLIMBED                                                                                       | ✓                             |
| DISTANCE TRAVELED                                                                                    | ✓                             |
| INTENSITY MINUTES                                                                                    | ✓                             |
| TRUEUP™                                                                                              | ✓                             |
| MOVE IQ™                                                                                             | ✓                             |
| GARMIN CONNECT™ CHALLENGES APP                                                                       | yes (optional Connect IQ app) |

## Gym & Fitness Equipment

|                                 |                                                                                                                       |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| AVAILABLE GYM ACTIVITY PROFILES | Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Breathwork, Pilates and Yoga |
| CARDIO WORKOUTS                 | ✓                                                                                                                     |
| STRENGTH WORKOUTS               | ✓                                                                                                                     |
| YOGA WORKOUTS                   | ✓                                                                                                                     |
| PILATES WORKOUTS                | ✓                                                                                                                     |
| AUTOMATIC REP COUNTING          | ✓                                                                                                                     |

## Training, Planning and Analysis Features

|                                                                                                                                                                                                                   |                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| HR ZONES                                                                                                                                                                                                          | ✓                               |
| HR ALERTS                                                                                                                                                                                                         | ✓                               |
| HR CALORIES                                                                                                                                                                                                       | ✓                               |
| % HR MAX                                                                                                                                                                                                          | ✓                               |
| % HRR                                                                                                                                                                                                             | ✓                               |
| RECOVERY TIME                                                                                                                                                                                                     | ✓                               |
| AUTO MAX HR                                                                                                                                                                                                       | ✓                               |
| HRV STRESS TEST (MEASURES YOUR HEART RATE VARIABILITY WHILE STANDING STILL, FOR 3 MINUTES, TO PROVIDE YOU WITH AN ESTIMATED STRESS LEVEL; THE SCALE OF THIS IS 1 TO 100; LOW SCORES INDICATE LOWER STRESS LEVELS) | yes (with compatible accessory) |
| HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)                                                                                                                                                    | ✓                               |
| RESPIRATION RATE (DURING EXERCISE)                                                                                                                                                                                | yes (with compatible accessory) |
| GPS SPEED AND DISTANCE                                                                                                                                                                                            | ✓                               |
| CUSTOMIZABLE DATA PAGES                                                                                                                                                                                           | ✓                               |
| CUSTOMIZABLE ACTIVITY PROFILES                                                                                                                                                                                    | ✓                               |
| AUTO PAUSE®                                                                                                                                                                                                       | ✓                               |
| INTERVAL TRAINING                                                                                                                                                                                                 | ✓                               |
| IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)                                                                                                                    | ✓                               |
| ADVANCED WORKOUTS                                                                                                                                                                                                 | ✓                               |

|                                                                                                                          |   |
|--------------------------------------------------------------------------------------------------------------------------|---|
| DOWNLOADABLE TRAINING PLANS                                                                                              | ✓ |
| AUTO LAP®                                                                                                                | ✓ |
| MANUAL LAP                                                                                                               | ✓ |
| CONFIGURABLE LAP ALERTS                                                                                                  | ✓ |
| HEAT AND ALTITUDE ACCLIMATION                                                                                            | ✓ |
| VO2 MAX (RUN)                                                                                                            | ✓ |
| TRAINING STATUS (LETS YOU SEE IF YOU'RE TRAINING EFFECTIVELY BY TRACKING YOUR TRAINING HISTORY AND FITNESS LEVEL TREND.) | ✓ |
| TRAINING LOAD (YOUR TOTAL TRAINING LOAD FOR THE LAST 7 DAYS CALCULATED FROM ESTIMATED EPOC)                              | ✓ |
| TRAINING LOAD FOCUS                                                                                                      | ✓ |
| TRAINING EFFECT                                                                                                          | ✓ |
| TRAINING EFFECT (ANAEROBIC)                                                                                              | ✓ |
| PRIMARY BENEFIT (TRAINING EFFECT LABELS)                                                                                 | ✓ |
| IMPROVED RECOVERY TIME                                                                                                   | ✓ |
| DAILY SUGGESTED WORKOUTS                                                                                                 | ✓ |
| CUSTOM ALERTS                                                                                                            | ✓ |
| AUDIO PROMPTS                                                                                                            | ✓ |
| FINISH TIME                                                                                                              | ✓ |
| VIRTUAL PARTNER                                                                                                          | ✓ |
| RACE AN ACTIVITY                                                                                                         | ✓ |
| AUTO MULTISPORT ACTIVITIES                                                                                               | ✓ |
| MANUAL MULTISPORT ACTIVITIES                                                                                             | ✓ |
| COURSE GUIDANCE                                                                                                          | ✓ |
| GARMIN LIVE SEGMENTS                                                                                                     | ✓ |
| STRAVA LIVE SEGMENTS                                                                                                     | ✓ |
| ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)                                                                              | ✓ |
| TRENDLINE™ POPULARITY ROUTING                                                                                            | ✓ |
| TOUCH AND/OR BUTTON LOCK                                                                                                 | ✓ |
| HOT KEYS                                                                                                                 | ✓ |
| AUTO SCROLL                                                                                                              | ✓ |
| ACTIVITY HISTORY ON WATCH                                                                                                | ✓ |
| <a href="#">PHYSIO TRUEUP</a>                                                                                            | ✓ |

## Running Features

|                                                                                                                                                                         |                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| AVAILABLE RUN PROFILES                                                                                                                                                  | Running, Indoor and Outdoor Track Running, Treadmill Running, Trail Running, Virtual Running, Ultra Running |
| GPS-BASED DISTANCE, TIME AND PACE                                                                                                                                       | ✓                                                                                                           |
| RUNNING DYNAMICS                                                                                                                                                        | yes (with compatible accessory)                                                                             |
| VERTICAL OSCILLATION AND RATIO (THE DEGREE OF 'BOUNCE' IN YOUR RUNNING MOTION AND THE COST-BENEFIT RATIO WITH STRIDE LENGTH)                                            | yes (with compatible accessory)                                                                             |
| GROUND CONTACT TIME AND BALANCE (SHOWS HOW MUCH TIME, IN THE RUNNING MOTION, YOUR FOOT IS ON THE GROUND RATHER THAN IN FLIGHT AND LETS YOU CHECK YOUR RUNNING SYMMETRY) | yes (with compatible accessory)                                                                             |
| STRIDE LENGTH (REAL TIME)                                                                                                                                               | yes (with compatible accessory)                                                                             |

|                                                                                                                                   |                                 |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)                                                                           | ✓                               |
| PERFORMANCE CONDITION (AFTER RUNNING 6–20 MINUTES, COMPARES YOUR REAL-TIME CONDITION TO YOUR AVERAGE FITNESS LEVEL)               | ✓                               |
| LACTATE THRESHOLD (THROUGH ANALYSIS OF YOUR PACE AND HEART RATE, ESTIMATES THE POINT WHERE YOUR MUSCLES START TO RAPIDLY FATIGUE) | yes (with compatible accessory) |
| PACEPRO™ PACING STRATEGIES                                                                                                        | ✓                               |
| RUN WORKOUTS                                                                                                                      | ✓                               |
| RACE PREDICTOR                                                                                                                    | ✓                               |
| FOOT POD CAPABLE                                                                                                                  | ✓                               |

## Golfing Features

|                                                                                     |           |
|-------------------------------------------------------------------------------------|-----------|
| PRELOADED WITH 42,000 COURSES WORLDWIDE                                             | ✓         |
| YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)                      | ✓         |
| YARDAGE TO LAYUPS/DOGLEGS                                                           | ✓         |
| MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE) | Automatic |
| DIGITAL SCORECARD                                                                   | ✓         |
| STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)                   | ✓         |
| GARMIN AUTOSHOT™                                                                    | ✓         |
| AUTO COURSEVIEW UPDATES                                                             | ✓         |
| GREEN VIEW WITH MANUAL PIN POSITION                                                 | ✓         |
| HAZARDS AND COURSE TARGETS                                                          | ✓         |
| PINPOINTER                                                                          | ✓         |
| HANDICAP SCORING                                                                    | ✓         |
| TRUSWING™ COMPATIBLE                                                                | ✓         |
| ROUND TIMER/ODOMETER                                                                | ✓         |

## Outdoor Recreation

|                                             |                                                                                              |
|---------------------------------------------|----------------------------------------------------------------------------------------------|
| AVAILABLE OUTDOOR RECREATION PROFILES       | Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking |
| POINT-TO-POINT NAVIGATION                   | ✓                                                                                            |
| BREAD CRUMB TRAIL IN REAL TIME              | ✓                                                                                            |
| BACK TO START                               | ✓                                                                                            |
| TRACBACK®                                   | ✓                                                                                            |
| ULTRATRAC MODE                              | ✓                                                                                            |
| AROUND ME MODE                              | ✓                                                                                            |
| ELEVATION PROFILE                           | ✓                                                                                            |
| DISTANCE TO DESTINATION                     | ✓                                                                                            |
| BAROMETRIC TREND INDICATOR WITH STORM ALERT | ✓                                                                                            |
| CLIMBPRO™ ASCENT PLANNER                    | ✓                                                                                            |
| TRAIL RUN AUTO CLIMB                        | ✓                                                                                            |
| VERTICAL SPEED                              | ✓                                                                                            |
| TOTAL ASCENT/DESCENT                        | ✓                                                                                            |
| FUTURE ELEVATION PLOT                       | ✓                                                                                            |
| PRELOADED TOPOGRAPHICAL MAPS                | ✓                                                                                            |

|                                  |                       |
|----------------------------------|-----------------------|
| PRELOADED ROAD AND TRAIL MAPS    | ✓                     |
| DOWNLOADABLE CARTOGRAPHY SUPPORT | ✓                     |
| COMPATIBLE WITH BASECAMP™        | ✓                     |
| GPS COORDINATES                  | ✓                     |
| AREA CALCULATION                 | yes (via Connect IQ™) |
| HUNT/FISH CALENDAR               | yes (via Connect IQ™) |
| PROJECTED WAYPOINT               | ✓                     |
| SUN AND MOON INFORMATION         | yes (via Connect IQ™) |
| XERO™ LOCATIONS                  | ✓                     |

## Cycling Features

|                                                                                               |                                                                               |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES) | ✓                                                                             |
| COURSES                                                                                       | ✓                                                                             |
| CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)                                              | ✓                                                                             |
| MTB GRIT & FLOW                                                                               | ✓                                                                             |
| AVAILABLE CYCLING PROFILES                                                                    | Biking, Indoor Biking, Mountain Trail Biking, eBiking, eMountain Trail Biking |
| BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)                                            | ✓                                                                             |
| RACE AN ACTIVITY                                                                              | ✓                                                                             |
| FTP (FUNCTIONAL THRESHOLD POWER)                                                              | yes (with compatible accessory)                                               |
| COMPATIBLE WITH VECTOR™ (POWER METER)                                                         | ✓                                                                             |
| POWER METER COMPATIBLE                                                                        | ✓                                                                             |
| ADVANCED VECTOR SUPPORT                                                                       | ✓                                                                             |
| COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)                                          | ✓                                                                             |
| COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)                                              | ✓                                                                             |
| COMPATIBLE WITH VARIA™ LIGHTS                                                                 | ✓                                                                             |
| SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)                                                   | ✓                                                                             |

## Swimming Features

|                                                                                                                 |                                                  |
|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| AVAILABLE SWIM PROFILES                                                                                         | Pool Swimming, Open Water Swimming, Swim running |
| OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES) | ✓                                                |
| POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)                    | ✓                                                |
| STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)                         | ✓                                                |
| DRILL LOGGING (POOL SWIM ONLY)                                                                                  | ✓                                                |
| BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)                                                                   | ✓                                                |
| "REPEAT ON" REST TIMER (POOL SWIM ONLY)                                                                         | ✓                                                |
| AUTO REST (POOL SWIM ONLY)                                                                                      | ✓                                                |
| TIME AND DISTANCE ALERTS                                                                                        | ✓                                                |
| PACING ALERTS (POOL SWIM ONLY)                                                                                  | ✓                                                |
| COUNTDOWN START (POOL SWIM ONLY)                                                                                | ✓                                                |

|                                                                                                                                             |                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| POOL SWIM WORKOUTS                                                                                                                          | ✓                                 |
| CRITICAL SWIM SPEED                                                                                                                         | ✓                                 |
| UNDERWATER WRIST-BASED HEART RATE                                                                                                           | ✓                                 |
| HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM) | yes (with HRM-Tri™ and HRM-Swim™) |
| <b>Kid Activity Tracking Features</b>                                                                                                       |                                   |
| TOE-TO-TOE™ CHALLENGES APP                                                                                                                  | yes (optional Connect IQ app)     |