

# Forerunner 55 Running Smartwatch, White

**Model:** 010-02562-01

**Manufacturer:** Garmin

**MSRP:** \$199.99



- Up to 2 week battery life in smartwatch mode
- Built-in GPS tracks distance, pace and intervals
- Wrist-based Heart Rate
- Garmin Coach - expert coaches and free training plans
- Personalized training guidance
- PacePro technology
- Cadence alerts
- Recovery time feature
- Built-in sports apps
- Fitness age
- Respiration and Women's Health tracking
- Receive smart notifications
- Assistance and incident detection features
- Water resistant to 50 M
- White silicone band
- Case size: 42 x 42 x 11.6mm
- Band fits wrists 126-203mm in circumference