



Forerunner® 50

Part Number: 010-00679-05

Jump start your training with Forerunner 50. This sleek sport watch is ideal for running, cycling¹ and other fitness activities, and is available with a wireless heart rate monitor or foot pod or both. Plus it automatically transmits workouts to your computer so you can analyze, store and share data using our online community, Garmin Connect™.

Get the Data You Need

Train inside or outdoors. The affordable Forerunner 50 provides you with instant workout data including training time, pace, distance, lap pace, lap time, lap distance, average and best pace, calories, maximum and average heart rate.² It also records both lap and detailed data. Available in 3 different versions (see versions tab), Forerunner 50 comes bundled with different accessories to help you track your progress for whatever moves you.

Listen to Your Heart

Forerunner 50 with wireless heart rate effectively tracks and records your heart rate while you work out, providing instant feedback about how hard your heart is working. The included digital heart rate monitor continuously tracks heart beats per minute which is wirelessly transmitted to the Forerunner 50. Even train in a certain heart rate zone to improve your fitness level. And well after your workout is done, Forerunner 50 is still working, wirelessly transmitting your training data to your PC.

Measure Speed and Distance

Forerunner 50 packaged with Garmin's wireless foot pod lets you track your running speed, distance and calories burned while on the treadmill or pavement. Just snap the foot pod into a clip on your shoe laces, and it's ready to send data to Forerunner 50 as soon as you start moving. After your workout, Forerunner 50 automatically transfers your data to your computer when within range.

Track Your Ride

When paired with an optional speed/cadence sensor, Forerunner 50 tracks the speed and distance of your cycling workouts. The wireless speed/cadence sensor attaches securely to your bike and measures your pedaling cadence and wheel speed as you ride. You can even use it to train indoors because the sensor attaches to your rear wheel.

Run, Sync, Store and Share

You've logged the miles and now you want to store them. With Garmin's innovative optional ANT+™ wireless technology, your workouts are automatically transferred to your computer when your device is within range. No cables, no hookups. The data's just there, ready for you to analyze, categorize and share through our online community, Garmin Connect, or our Garmin Training Center® software.

¹Bike mount and speed/cadence sensor are available as optional accessories

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Physical & Performance:

Unit dimensions, WxHxD: 1.7" x 2.3" x 0.8" (4.2 x 5.8 x 2.0 cm)

Display size, WxH: .9" x 0.7" (2.4 x 1.8 cm)

Weight: 1.5 oz (42.5 g)

Battery: coin cell battery (CR2032)

Battery life: 1 year

Water resistant: yes (30m)

GPS-enabled: no

High-sensitivity receiver: no

RoHS version available: yes

Maps & Memory:

Basemap: no

Ability to add maps: no

Accepts data cards: no

Lap history: 100 laps or up to 7 hours of data

Waypoints/favorites/locations: 0 (sport watch is not GPS-enabled)

Routes: 0 (sport watch is not GPS-enabled)

Features:

Heart rate monitor: yes (some versions)

Bike speed/cadence sensor: yes (optional)

Foot pod: yes (optional)

Automatic sync (automatically transfers data to your computer): yes

Garmin Connect™ compatible (online community where you analyze, categorize and share data): yes

Garmin Training Center® software compatible: yes

Virtual Partner® (train against a digital person): no

Courses (compete against previous workouts): no

Auto Pause® (pauses and resumes timer based on speed): no

Auto Lap® (automatically starts a new lap): yes

Auto Scroll (cycles through data pages during workout): no

Multi-sport (changes sport mode with a press of a button): no

Advanced workouts (create custom, goal-oriented workouts): no

Simple workouts (input time, distance and calorie goals): no

Pace alert (triggers alarm if you vary from preset pace): yes

Time/distance alert (triggers alarm when you reach goal): no

Interval training (set up exercise and rest intervals): yes (alarms only)

Heart rate-based calorie computation: no

Customizable screen(s): yes

Barometric altimeter: no

Unit-to-unit transfer (shares data wirelessly with similar units): no

Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters): no

Sport watch: yes