



Forerunner® 101

Part Number: 010-00329-05

The Forerunner 101 offers athletes and recreational runners and walkers an entry-level personal training device with GPS. It measures speed, distance, pace and calories burned, and it runs on 2 AAA batteries.

Meet Your Virtual Training Partner

Use Forerunner's unique training tool, Virtual Partner®, to help you meet your training goals. Simply enter the distance and time or pace/speed you want to maintain during your workout. Virtual Partner appears on the Forerunner as a tiny runner that "runs" alongside of you, displaying your goal pace compared to your current pace — so you can see at a glance whether you're keeping up or falling behind. To complete your workout and meet your goal, just stay ahead of the Virtual Partner.

Track Your Progress

Forget daily logbook entries. The Forerunner 101 stores up to two years' worth of lap history in memory. You can retrieve lap data for previous workouts by date, week or month, so you can see how much progress you've made in your training.

Find Your Way Home

If you want to work out away from home or in an unfamiliar area, the Forerunner 101 also doubles as a navigator. You can save the location of your home, hotel or other point, see your current position on a map, and follow an electronic breadcrumb trail back to your starting point.

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Physical & Performance:

Unit dimensions, WxHxD: 3.26" x 1.71" x 0.91" (8.28 x 4.35 x 2.3 cm)

Display size, WxH: 1.44" x 0.92" (3.65 x 2.34 cm)

Display resolution, WxH: 100 x 64 pixels

Weight: 2.6 oz (74 g)

Battery: 2 AAA batteries (not included)

Battery life: 14-15 hours, typical

Water resistant: yes (IPX7)

GPS-enabled: yes

High-sensitivity receiver: no

RoHS version available: yes

Maps & Memory:

Basemap: no

Ability to add maps: no

Accepts data cards: no

Lap history: 5000 laps

Waypoints/favorites/locations: 100

Routes: 0

Features:

Heart rate monitor: no

Bike speed/cadence sensor: no

Foot pod: no

Automatic sync (automatically transfers data to your computer): no

Garmin Connect™ compatible (online community where you analyze, categorize and share data): no

Garmin Training Center® software compatible: no

Virtual Partner® (train against a digital person): yes

Courses (compete against previous workouts): no

Auto Pause® (pauses and resumes timer based on speed): yes

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): yes

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

Time/distance alert (triggers alarm when you reach goal): yes

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

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: no