



Forerunner® 301

Part Number: 010-00375-00

Get results in a heartbeat with the Forerunner 301. This versatile personal trainer adds a digital, coded heart rate monitor to the list of Forerunner features and supports multiple sport profiles for running, biking and other sports — perfect for any athlete who wants to see tangible results.

Get in Your Zone

The Forerunner 301's heart rate monitor continuously tracks and records your heart rate so you can see whether you're training too hard or not hard enough. What's more, Forerunner 301 also displays your current heart rate zone, a range of heart beats per minute that helps you gauge the intensity of your workout and train more effectively. After a few intense runs, Forerunner's AutoLearn™ feature calculates your heart rate zones and automatically adjusts them as your fitness level improves.

Cross-Train with Ease

Forerunner 301 has three separate sport modes for running, biking and another activity. Just press and hold the mode button to switch between sports and record your run, ride, hike or other workout. You can also use Forerunner 301 to train for your next duathlon or triathlon with the multi-sport setting. This feature lets you seamlessly transition between sports without resetting the unit, so you can include running, biking and another sport, all in the same workout.

Track Your Progress

As an added benefit, you can plan, analyze and store data from your workouts using free Garmin Training Center® software, which lets you store and analyze data with interactive graphs that chart your pace, time, distance and heart rate. Overlay your run on a map so you can pinpoint specific areas and see how elevation and other factors affect your performance. Or, upload your workout data to MotionBased.com, Garmin's web-based application that provides in-depth analysis of your workouts, online mapping and route sharing that will take your training to the next level. Endurance athletes can also use the Forerunner with TrainingPeaks.com, an easy-to-use web based training system designed to help athletes train for any event.

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Physical & Performance:

Unit dimensions, WxHxD: 3.26" x 1.71" x 0.7" (8.28 x 4.35 x 1.8 cm)

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

Display resolution, WxH: 100 x 64 pixels

Weight: 2.75 oz (78 g)

Battery: rechargeable lithium-ion

Battery life: 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: 10

Features:

Heart rate monitor: yes

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): yes (coming soon)

Garmin Training Center® software compatible: yes

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): yes

Multi-sport (changes sport mode with a press of a button): yes

Advanced workouts (create custom, goal-oriented workouts): yes

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