



Forerunner® 305

Part Number: 010-00467-00

Form meets function with Garmin's high-performance line of personal trainers — the Forerunner 305, 405 and 205. The Forerunner 305 includes a high sensitivity GPS receiver, new courses feature and robust wireless heart rate monitor for optimal performance.

Lock On to Satellite Signals

Forerunner 305 sports a unique design that wraps the GPS antenna around part of the wrist for a better view of the sky, and its high sensitivity GPS receiver provides improved tracking under trees and near tall buildings. Forerunner 305 also sports a robust ANT+™ wireless heart rate monitor with softer, more comfortable chest strap and superior battery life. It eliminates cross-talk with other devices to reliably measure and send heart rate data, and it helps you train in your optimal heart rate zone.

Take It to the Next Level

Forerunner 305's courses feature lets you compete against previous workouts: you can compare your pace and heart rate to your past performance over the same run. You can also use Forerunner 305 to train for your next duathlon or triathlon with multi-sport workouts, a feature that lets you seamlessly transition between sports without resetting the unit, so you can use it for running, biking and more.

Train indoors and still track your distance, pace and calories burned with the optional Foot Pod accessory. This wireless sensor attaches to your running shoe and transmits distance and pace data to your Forerunner 305 so you can still use it when GPS reception is unavailable.

Get the Data You Need

You can customize any of Forerunner 305's three main data screens — up to twelve data fields give you instant feedback on your workout. And, as with every Forerunner, each workout is stored in memory so you can review and analyze the data and see how you've improved over time.

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 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: 2.1" x 2.7" x 0.7" (5.33 x 6.86 x 1.78 cm)

Display size, WxH: 1.3" x 0.8" (3.3 x 2.0 cm)

Display resolution, WxH: 160 x 100 pixels

Weight: 2.72 oz (77 g)

Battery: rechargeable lithium-ion

Battery life: 10 hours, typical

Water resistant: yes (IPX7)

GPS-enabled: yes

High-sensitivity receiver: yes

RoHS version available: yes

Maps & Memory:

Basemap: no

Ability to add maps: no

Accepts data cards: no

Lap history: 1000 laps

Waypoints/favorites/locations: 100

Routes: 50

Features:

Heart rate monitor: yes

Bike speed/cadence sensor: yes (some versions)

Foot pod: yes (optional)

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): yes

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