



## Forerunner® 405

Part Number: 010-00658-10



Long runs, tempo runs, speed drills. You expect a lot from your body...and from your training gear. Meet Forerunner 405. This GPS-enabled sport watch tracks your training, then wirelessly sends your data to your computer. The ultimate in training technology, its sleek design features a touch bezel that lets you quickly scroll and select features on the run.

### Watch Results

Loaded with serious training features, Forerunner 405 continuously monitors your time, distance, pace, calories and heart rate (when paired with heart rate monitor). Each run is stored in memory so you can review and analyze the data to see how you've improved. You can even download recorded courses to compete against previous workouts or race a Virtual Partner®. Customize Forerunner's data screens for instant feedback while you train.

### Use with Ease

Sport watch and personal trainer — Forerunner 405 gives you the best of both worlds in a sleek, stylish package. This high performance watch is easy to use and comfortable to wear when not training. Simply tap the touch bezel to change screens without fumbling for a button. Forerunner 405 comes in two color options — black or green — to fit your style.

### Run, Sync, Store and Share

Once you've logged the miles, innovative ANT+™ wireless technology automatically transfers data to your computer when the Forerunner is in 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 optional Garmin Training Center® software. You can wirelessly send workouts from your computer to Forerunner, too.

### Share Wirelessly

With Forerunner 405 you can share your locations, advanced workouts and courses wirelessly with other Forerunner 405 users. Now you can send your favorite workout to your buddy to try, or compete against a friend's recorded course. Sharing data is easy. Just select "transfer" to send your information to nearby units.

### Track Heart Rate

Forerunner 405 is available with or without a heart rate monitor (see the versions tab) to help you make the most out of your training. Versions with a digital heart rate monitor continuously track heart beats per minute. Train in a certain heart rate zone to improve your fitness level or compare your pace and heart rate to past performance on the same run.

### Cross-Train

Take your training inside with the versatile Forerunner 405. Pair it with an optional foot pod to track your speed, distance and running cadence indoors when a GPS signal is unavailable. This new design clips onto your laces for easy removal and automatically turns on when you start moving. You can also add a speed/cadence bike sensor to track the speed and distance of your cycling workouts.

### Lock Onto Satellite Signals

Forerunner 405 sports a unique design that gives the GPS antenna a better view of the sky, so it can get a stronger signal during your run. And its high-sensitivity GPS receiver provides improved tracking under trees and near tall buildings.

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## Physical & Performance:

Unit dimensions, WxHxD: 1.88" x 2.78" x 0.646" (4.8 x 7.1 x 1.6 cm)

Display size, WxH: 1.06" (2.7 cm) diameter

Display resolution, WxH: 124 x 95 pixels

Weight: 2.11 oz (60 g)

Battery: rechargeable lithium-ion

Battery life: 2 weeks in power save mode; 8 hours in training mode

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: 0

## 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): 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): no

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 (for advanced workouts only)

Time/distance alert (triggers alarm when you reach goal): yes (for advanced workouts only)

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): yes

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

Sport watch: yes