Product Specifications for Garmin Forerunner 945

Physical & Performance

GPS	Yes
Display resolution	240 x 240 pixels
Weight	50 g
Display type	sunlight-visible, transflective memory-in-pixel (MIP)
Battery life	Smartwatch Mode: Up to 2 weeks GPS mode with music: Up to 10 hours GPS mode without music: Up to 36 hours
Display size	1.2" (30.4 mm) diameter

Maps & Navigation

Memory/History 200 hours of activity data

Features

Cardio workouts	Yes
Time/date	yes
% HRR	Yes
[Water rating](#)	5 ATM
Around Me mode	Yes
Closed Circuit Rebreather (CCR)	No
Automatically saves dive entry and exit locations	No
Training Effect (anaerobic)	Yes
TruSwing™ compatible	Yes
Customizable data pages	Yes
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	Yes
Anchor Alarm	No
Hazards and course targets	Yes
Drill logging (pool swim only)	Yes
Garmin AutoShot™	Yes
TracBack®	Yes
Auto scroll	Yes
Worldwide airport database(s)	No
Controls smartphone music	Yes
3-axis compass with HSI (horizontal situation indicator)	No

Ambient light sensor	No
Heat and altitude acclimation	Yes
Music Storage	Up to 1000 songs
Downloadable training plans	Yes
Countdown timer	No
HR zones	Yes
Point-to-point navigation	Yes
Lap Time Repeatability Score (LTR)	No
Finish time	Yes
Stat tracking (strokes, putts per round, greens and fairways hit)	Yes
Race an activity	Yes
Step counter	Yes
Run workouts	Yes
Nitrox support	No
Live Event Sharing	Android™ Only
Manual lap	Yes
Distance traveled	Yes
Compatible with Garmin Connect™ Mobile	Yes
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	Yes
Wirelessly receive flight plans from Garmin Pilot™	No
Future elevation plot	Yes
Gauge mode	No
Auto start/end dive	No
Measures shot distance (calculates exact yardage for shots from anywhere on course)	Automatic
Courses	Yes
Fitness Age	yes (in app)
Galileo	Yes
Manual multisport activities	Yes
Distance to destination	Yes
Smartphone compatibility	iPhone®, Android™
% HR max	Yes
Strength workouts	Yes
Audible alerts	No
Lens Material	Corning® Gorilla® Glass DX
Preloaded race tracks	No
Automatic club tracking compatible (requires accessory)	No

Calendar	Yes
Cycle Map (routable cycling-specific street map)	Yes
Find My Phone	Yes
Text response/reject phone call with text (Android™ only)	Yes
Compatible with Varia™ lights	Yes
Training Effect	Yes
Night vision mode	No
Barometric trend indicator with Storm Alert	Yes
Customizable activity profiles	Yes
HR calories	Yes
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	Yes
Hunt/fish calendar	yes (via Connect IQ™)
Alarm clock	Yes
LiveTrack	Yes
Dual grid coordinates	Yes
Assistance	yes (Smartphone Required)
Available cycling profiles	Biking, Indoor Biking, Mountain Biking
Strap material	silicone
Auto Lap®	Yes
Auto Pause®	Yes
Dive ascent/descent rate indicator	No
PlaysLike distance	No
Task timers (2, 5, 10, 15, 20 and 30 minutes)	No
Compatible with Varia Vision™ (head-mounted display)	Yes
Activity history on watch	Yes
Advanced workouts	Yes
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	Yes
Body Battery™ Energy Monitor	Yes
Tack assist mode	No
Multi-gas mode	No
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	Yes
Storm alert	Yes
Power meter compatible	Yes
Track timer	No

Quick Release Bands	No
Trendline™ Popularity Routing	Yes
Respiration rate (during exercise)	yes (with compatible accessory)
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)	yes (with compatible accessory)
XERO™ Locations	Yes
Yardage to F/M/B (distance to front, middle and back of green)	Yes
Gyroscope	Yes
Bezel Material	fiber-reinforced polymer
Auto max HR	Yes
Analog hands	No
Training load focus	Yes
Compass	Yes
FTP (Functional Threshold Power)	yes (with compatible accessory)
Thermometer	Yes
Course guidance	Yes
Orienteering	No
Depth sensor	No
Barometric altimeter	Yes
Area calculation	yes (via Connect IQ™)
GPS Time Sync	Yes
Race App	No
60-minute activity goal	No
Countdown start (pool swim only)	Yes
Bike lap and lap maximum power (with power sensor)	Yes
Automatic rep counting	Yes
Physical size	47 x 47 x 13.7 mm Fits wrists with a circumference of 130-220 mm
APNEA hunt mode	No
Full vector map	No
VIRB® Remote	Yes
Round timer/odometer	Yes
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only)	Yes
Pulse Ox	Yes

GLONASS	Yes
Records heart rate while swimming	yes (with HRM-Tri™ and HRM-Swim™)
Reminder alerts	No
Projected waypoint	Yes
ClimbPro™ Ascent Planner	Yes
Sunrise/sunset times	Yes
Find My Watch	Yes
PacePro™ Pacing Strategies	Yes
Speed and cadence sensor support (with sensor)	yes
Preloaded topographical maps	Yes
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	yes (with compatible accessory)
Cadence (provides real-time number of steps per minute)	Yes
GPS speed and distance	Yes
Chores	No
Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Indoor Rowing and Yoga
All-day Stress Tracking	Yes
Unit-to-unit route/location sharing	No
Incident Detection during select activities	yes (Smartphone Required)
Foot pod capable	Yes
Move IQ™	Yes
Sun and moon information	yes (via Connect IQ™)
Live Delta Time	No
Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	yes (with HRM-Tri™ and HRM-Swim™)
Pool swim workouts	Yes
Toe-to-Toe™ Challenges	No
Back to start	Yes
Automatic daylight saving time	Yes
Virtual Partner	Yes
Smart notifications	Yes
Available swim profiles	Pool Swimming, Open Water Swimming
Green View with manual pin position	Yes
Round-trip course creator (running/cycling)	Yes

Chronograph	No
Weather	Yes
Pool swim metrics (lengths, distance, pace, stroke count, swim efficiency (SWOLF), calories)	Yes
Interval training	Yes
Multiple time zones with Zulu/UTC	No
Touch-targeting (touch target on display to see the distance to any point)	No
Single-gas mode	No
Strava Live Segments	Yes
Race predictor	Yes
Trimix support	No
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Recovery time	Yes
Preloaded with 41,000 courses worldwide	Yes
Sync dive log to Garmin Connect™ and Garmin Connect™ Mobile	No
Color display	Yes
Garmin Pay™	Yes
Compatible with BaseCamp™	Yes
Rewards (coins)	No
Virtual starting line	No
Built-in barometer and tide tables	No
Altimeter with adjustable baro setting	No
Connext avionics connectivity	No
Auto CourseView updates	Yes
Available outdoor recreation profiles	Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking
Automatic sync (automatically transfers data to Garmin Connect)	No
Intensity minutes	Yes
Auto goal (learns your activity level and assigns a daily step goal)	Yes
Auto multisport activities	Yes
Stride length (real time)	yes (with compatible accessory)
Stopwatch	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes

Running dynamics	yes (with compatible accessory)
HRV stress test (measures your heart rate variability while standing still, for 3 minutes, to provide you with an estimated stress level; the scale of this is 1 to 100; low scores indicate lower stress levels)	yes (with compatible accessory)
Basic rest timer (up from 0) (pool swim only)	Yes
Downloadable cartography support	Yes
V02 max	Yes
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	yes (with compatible accessory)
GPS coordinates	Yes
[Physio TrueUp](#)	Yes
Last race summary	No
Compatible with Vector™ (power meter)	Yes
Garmin Live Segments	Yes
Unlock new step icons	No
HR alerts	Yes
Hot keys	Yes
"Repeat on" rest timer (pool swim only)	Yes
Phone-free text messaging	No
Accelerometer	Yes
Yardage to layups/doglegs	Yes
Handicap scoring	No
GPS-based distance, time and pace	Yes
Worldwide NAVAID and Intersection database(s)	No
Calories burned	Yes
Touch and/or button lock	Yes
Advanced Vector support	Yes
Trail run auto climb	Yes
Configurable lap alerts	Yes
Audio prompts	Yes
Timer	Yes
NEXRAD on moving map	No
TrueUp™	Yes
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	Yes
UltraTrac mode	Yes
Vertical speed	Yes

Available run profiles	Running, Indoor Track Running, Treadmill Running, Trail Running
Touchscreen	No
Floors climbed	Yes
Bread crumb trail in real time	Yes
Elevation profile	Yes
Digital scorecard	yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Custom targets	No
PinPointer	No
Plays and controls watch music	Yes
QuickFit™ watch band compatible	yes (22 mm)
Sight 'N Go	No
Tempo Training	No
Garmin Elevate™ wrist heart rate monitor	Yes
APNEA mode	No
Waypoint information page	No
SwingTempo	No
Group LiveTrack	Yes
Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	Yes
Moving Map with aviation airports, navaids, roads, bodies of water and more	No
Automatic altitude adjustment	No
In-flight Pulse Ox	No
Compatible with Varia™ radar (rear-facing radar)	Yes
Race an Activity	Yes
Primary benefit (Training Effect labels)	Yes
Custom alerts	Yes
Auto lap splits	No
Multiple bike profiles	No
Total ascent/descent	Yes