

It's time for a sports watch that works as hard as you do. The Forerunner 405 has a slim, sleek look for everyday wear, but it comes to life when it's time to train. While you run, this GPS-enabled wonder accurately tracks distance, pace, heart rate (some bundles) and calories, and displays it all on the easy-to-read screen. Tap the touch bezel to change screens without fumbling for a button. Race your Virtual Partner® on a course, or use it to maintain a steady pace as you run. Indoors, turn off the GPS and pair the Forerunner 405 with the optional foot pod to track your workout. Once you've logged the miles, innovative ANT™ wireless technology automatically transfers workouts to your computer when your device is within range. No cables, no hookups. The data's just there, ready for you to analyze, categorize and share through our online community, Garmin Connect™.

Watch your training take off





Set time, pace and distance goals and train against a Virtual Partner



Forerunner 405 displays heart rate and zone data¹



See where you're headed with the Navigation feature



View workout data using Garmin Connect™

• Training features

Training data: Can display training time, pace, distance, lap pace, lap time, lap distance, average pace, elevation and calories and much more

Customizable screens: Choose the workout data you want to see while you train

Lap history: Automatically records up to 1000 laps; stores approximately two years of data. Download histories to your PC using included software

Watch features: Dual time, date, alarm

USB ANT™ stick: Plugs into computer's USB port. Automatically sends and receives workout data when Forerunner 405 is within range, approximately 3 meters, and stores it in Garmin Connect™ (web-based) or Garmin Training Center® (software)

Courses: Download recorded courses and compete against previous workouts

Auto Pause®: Automatically pauses the training timer when you slow down below a specified resting pace; timer resumes when you start running again

Auto Lap®: Automatically triggers a lap when you reach a specified distance or location. Allows you to run anywhere and still get accurate performance data

Auto scroll: Cycles through data pages during a workout

Advanced workouts: Set up workouts with specific durations and targets (speed or heart rate)

Simple workouts: Allows you to input training goals based on time, distance and calories

Virtual Partner®: Displays an animated training partner who will run at the set pace, so you can see if you are keeping up or falling behind. Adjust your pace as you run to stay motivated.

Interval training: Allows you to set up exercise and rest intervals based on time or distance, plus number of reps

• Navigation features

Receiver: High-sensitivity GPS receiver

Antenna: Built-in patch; points to the sky when wrist is in motion for best reception

Mark location: Mark and save up to 100 locations

Find location: Navigate to stored locations

• Physical

Display: Round 4-level gray FSTN, 124 x 95 pixels

Size: 1.88"W x 2.78"L x 0.646" D

Battery Life: Two weeks in power saver mode, 8 hours with GPS on

Weight: 62 grams

Case: Water resistant to IEC 60529 IPX7 standards

Temp range: -4° to 140°F (-20°C to 60°C)

Touch bezel: Innovative touch-based controls

• Analyze workouts

Garmin Connect™: Web-based application from Garmin that provides more in-depth analysis of your workouts. Garmin Connect™ provides an online training log and interactive mapping, plus you can post and share courses with fellow athletes.

• Heart rate features¹

Display: Shows heart rate (beats per minute) and zone (between 1 and 5)

Heart rate workout: Set target heart zone and hear an alert when you move out of the zone

• Accessories

Standard: AC adapter
USB ANT™ stick
Charging clip
Quick start guide

Optional: Wireless heart rate monitor (can be purchased with Forerunner or separately)
Foot pod
GSC™ 10 speed/cadence sensor
Bike mount

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Specifications are preliminary and subject to change without notice.



Available in two color options, with or without heart rate
Measures time, distance, pace, elevation and calories burned

Compatible with GSC™ 10 speed and cadence sensor,
to monitor pedaling cadence when cycling

Foot pod available to measure distance without GPS signal,
great for indoors

¹ Heart rate features available when paired with heart rate monitor

