

Forerunner®235

Wrist-based Optical Heart Rate Technology

GPS + GLONASS with Extended Predicted Orbit

Acquires location faster when regularly synced with Garmin Connect™

Audio Prompts

Receive audio prompts from your connected smartphone, including laps and lap times.

Large Screen

Viewable screen area is 44% larger than Forerunner 220, but the same physical size.

Vibration alerts

Bluetooth connection with compatible smartphone

- Live Track - Invite others to view your activity live
- Upload Activities to Garmin Connect wirelessly
- Smart Notifications - Emails, texts, call alerts, calendar reminders and more
- Control the music app on your smartphone

VO2 Max Estimates

- Estimates VO2 max
- Recovery time
- Predicts your race times for several distances

Activity Tracking

Indoor/Outdoor training

Pace & Run/Walk alerts

Custom workouts for interval training & Training Plan Support

Connect IQ Support

Download additional watch faces, widgets, apps and data fields.

Water Rating: 5ATM

Battery Life

- 11 hrs training mode with GPS + wrist-based HR
- 9 days in watch/HR/activity tracking mode

