

# Forerunner®630

## **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 Touch Screen Display**

Viewable screen area is 44% larger than Forerunner 620, but the same physical size.

## **Vibration alerts**

## **Bluetooth connection with compatible smartphone**

Live Track, upload to Garmin Connect, smart notifications, control smartphone's music app

## **Activity Tracking**

## **Indoor/Outdoor training**

## **Pace & Run/Walk alerts**

## **Speed/Cadence sensor support**

## **Virtual Partner, Race an activity, Custom workouts & Training Plan Support**

## **Connect IQ Support**

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

## **With an ANT+ HRM**

VO2-max, Recovery Advisor, Race Predictor

## **Paired with HRM-Run™**

Vertical Oscillation, Ground Contact Time/Balance, Cadence, Stride Length, Vertical Ratio

**Physiological Measurements-** Provides metrics associated with stress, performance as it relates to previous activities & lactate threshold

Lactate Threshold, Performance Condition, Stress Score

## **Water Rating: 5ATM**

## **Battery Life**

- 16 hrs training mode with GPS
- 4 weeks in watch/activity tracking mode



Both Forerunners are available with and without the HRM Run

**GARMIN**