

# Forerunner® 970

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What You'll Love	
<a href="#">Sleep score and insights</a>	✓
Battery life (smartwatch mode)	Up to 15 days
Built-in mapping	✓
<a href="#">Pulse Ox blood oxygen</a>	yes (spot-check, and optional all-day acclimation and in sleep)
LED flashlight	✓
Garmin Pay™	✓
Multi-band GPS	✓
Music storage	✓
Make calls and send texts via voice	yes (with paired compatible smartphone)
<a href="#">Training readiness</a>	✓
<a href="#">Training status</a>	yes (improved)
Display type	AMOLED (optional always-on mode)
Touchscreen	✓
<a href="#">Water rating</a>	5 ATM
General	
Strap material	silicone
Lens Material	Sapphire Crystal
Bezel Material	titanium
QuickFit® watch band compatible	yes (22 mm)
Physical size	47 x 47 x 12.9 (mm)
	Fits wrists with a circumference of 135-205 mm
Weight	56 g
Built-in speaker/microphone	✓
Display Size	1.4" (35.3 mm) diameter
Display resolution	454 x 454 pixels
Color display	✓
Large font option	✓
<a href="#">Battery type</a>	Lithium ion

<b>Battery life</b>	<b>Smartwatch mode: Up to 15 days</b>
	<b>GPS-Only GNSS mode: Up to 26 hours</b>
	<b>SatIQ (AutoSelect) GNSS mode: Up to 23 hours</b>
	<b>All-Systems GNSS mode + Multi-Band: Up to 21 hours</b>
	<b>GPS-Only GNSS mode with music: Up to 14 hours</b>
	<b>SatIQ (AutoSelect) GNSS mode with music: Up to 13 hours</b>
	<b>All-Systems GNSS mode + Multi-Band with music: Up to 12 hours</b>
	<a href="#">See Details</a>
<b>Charging method</b>	<b>Garmin proprietary plug charger</b>
<b>Memory/History</b>	<b>32 GB</b>
<b>Clock Features</b>	
<b>Time/date</b>	✓
<b>GPS Time Sync</b>	✓
<b>Automatic daylight saving time</b>	✓
<b>Alarm clock</b>	✓
<b>Smart wake alarm</b>	✓
<b>Timer</b>	✓
<b>Stopwatch</b>	✓
<b>Sunrise/sunset times</b>	✓
<b>Health &amp; Wellness Monitoring</b>	
<a href="#">Wrist-based heart rate (constant, every second)</a>	✓
<a href="#">Resting heart rate</a>	✓
<a href="#">Abnormal heart rate alerts</a>	<b>yes (high and low)</b>
<a href="#">Respiration rate</a>	✓
<a href="#">Fitness age</a>	✓
<a href="#">Body Battery™ energy monitor</a>	✓
<a href="#">All-day stress</a>	✓
<b>Relaxation reminders</b>	✓
<a href="#">Relaxation breathing timer</a>	✓
<b>Meditation</b>	✓
<b>Breathwork</b>	✓
<a href="#">Sleep</a>	<b>yes (advanced)</b>

Sleep coach	✓
Breathing variations	✓
Nap detection	✓
<a href="#">Hydration</a>	yes (in Garmin Connect™ and optional Connect IQ™ widget)
<a href="#">Women's health</a>	yes (in Garmin Connect™ and optional Connect IQ™ widget)
Health snapshot	✓
Skin temperature	✓
Jet lag adviser	✓
Health status	✓
<b>Sensors</b>	
GPS	✓
GLONASS	✓
Galileo	✓
QZSS	✓
BeiDou	✓
SatIQ™ Technology	✓
Garmin Elevate™ wrist heart rate monitor	✓
Pulse Ox Blood Oxygen Saturation Monitor	✓
Barometric altimeter	✓
Compass	✓
Gyroscope	✓
Accelerometer	✓
Thermometer	✓
Ambient light sensor	✓
<b>Daily Smart Features</b>	
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Connect IQ™ (downloadable watch faces, data fields and apps)	✓
On-device Connect IQ™ Store	✓
Smart Notifications	✓
Text response/reject phone call with text (Android™ only)	✓
View images from notifications on watch (Android™ only)	✓
Morning report	✓

Evening report	✓
Calendar	✓
Weather forecasts	✓
Realtime settings sync with Garmin Connect™ mobile	✓
Battery saver (customizable low power watch)	✓
Controls smartphone music	✓
Plays and controls watch music	✓
Find My Phone	✓
Find My Watch	✓
Find My Phone during GPS activity	✓
Compatible with Garmin Messenger app	✓
<a href="#">Smart trainer control</a>	✓
Pairs with Garmin Connect™ Mobile	✓
Smartphone compatibility	iPhone®, Android™
Stocks	yes (optional Connect IQ app)
Bluetooth phone calling and voice assistant support	✓
Voice command	✓
Red shift mode	✓
Garmin Share	✓
Passcode	✓
Calculator	✓
<b>Workout and Training Plans</b>	
Daily Suggested Workout - Running (Pace and Heart Rate Based)	✓
Daily Suggested Workout - Cycling (Pace and Heart Rate Based)	✓
Garmin Running Coach	✓
Garmin Running Coach Experts	✓
Garmin Cycling Coach	✓
Garmin Coach - Prebuilt Cycling Plans	✓
Garmin Coach - Strength	✓
Garmin Triathlon Coach	✓
Multisport workouts	✓
Cardio workouts	✓
Strength workouts	✓

<b>HIIT workouts</b>	✓
<b>Yoga workouts</b>	✓
<b>Pilates workouts</b>	✓
<b>On-screen workout animations</b>	✓
<b>On-screen workout muscle maps</b>	✓
<b>Activity Profiles</b>	
<b>Gym</b>	<b>Strength, HIIT, Cardio, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Jump Roping</b>
<b>Multisport</b>	<b>Triathlon, Duathlon, Brick, Pool Triathlon, Swimming/Running</b>
<b>Wellness</b>	<b>Walking, Pilates, Yoga, Indoor Walking, Mobility</b>
<b>Indoor running</b>	<b>Treadmill Running, Indoor Track Running, Virtual Running</b>
<b>Outdoor running</b>	<b>Running, Outdoor Track Running, Trail Running, Ultra Running, Obstacle Racing</b>
<b>Outdoor recreation</b>	<b>Hiking, Rucking, Mountaineering, Indoor Climbing, Bouldering, Hunting, Horseback Riding, Golfing, Disc Golf, Archery</b>
<b>Cycling</b>	<b>Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking, Cyclocross, BMX</b>
<b>Swim</b>	<b>Pool Swimming, Open Water Swimming</b>
<b>On the Water</b>	<b>Stand Up Paddleboarding, Rowing, Kayaking, Fishing, Boating, Sailing, Sail Racing, Snorkeling, Sailing Expedition</b>
<b>Motor sports</b>	<b>Motorcycling, Overlanding, Motocrossing, ATVing, Snowmobiling</b>
<b>Racket sports</b>	<b>Tennis, Pickleball, Badminton, Squash, Table Tennis, Padel, Platform Tennis, Racquetball</b>
<b>Snow &amp; winter</b>	<b>Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, XC Skate Skiing, Backcountry Skiing, Ice Skating, Snowshoeing</b>
<b>Team sports</b>	<b>Basketball, Volleyball, Field Hockey, Ice Hockey, Football/Soccer, American Football, Lacrosse, Rugby, Ultimate Disc, Cricket, Softball, Baseball</b>
<b>In the ring</b>	<b>Boxing, Mixed Martial Arts</b>
<b>Other activity profiles</b>	<b>Inline skating</b>
<b>Safety and Tracking Features</b>	
<b>Incident Detection during select activities</b>	✓
<b>Incident detection alert on phone for wearables</b>	✓
<b>Assistance</b>	✓
<b>Live Event Sharing</b>	<b>Android™ Only</b>

Activity Tracking Features	
Step counter	✓
Move alerts (displays on device after a period of inactivity)	✓
Auto goal (learns your activity level and assigns a daily step goal)	✓
<a href="#">Calories burned</a>	✓
Floors climbed	✓
Distance traveled	✓
<a href="#">Intensity minutes</a>	✓
TrueUp™	✓
Move IQ™	✓
Garmin Connect™ Challenges app	yes (optional Connect IQ app)
Automatic rep counting	✓
Training, Planning and Analysis Features	
Customizable data pages	✓
Downloadable training plans	✓
Course guidance	✓
<a href="#">HR zones</a>	✓
<a href="#">HR alerts</a>	✓
<a href="#">HR calories</a>	✓
<a href="#">% HR max</a>	✓
<a href="#">% HRR</a>	✓
<a href="#">Recovery time</a>	✓
<a href="#">Auto max HR</a>	✓
Race glance/widget	✓
<a href="#">HRV status</a>	✓
<a href="#">HR broadcast (broadcasts HR data over ANT+® to paired devices)</a>	✓
<a href="#">Respiration rate (during exercise)</a>	yes (with compatible accessory)
GPS speed and distance	✓
Customizable activity profiles	✓
Auto Pause® automatic timer halt	✓
Interval training	✓
Improved interval (includes open repeats, intervals data page, rest screen and auto detection)	✓

Advanced workouts	✓
Power Modes - customizable in-activity battery settings	✓
HRM running pace and distance	✓
Auto Lap® interval tracking feature	✓
Manual lap	✓
Rest timer	✓
Configurable lap alerts	✓
<a href="#">Heat and altitude acclimation</a>	✓
<a href="#">VO2 Max (Run)</a>	✓
<a href="#">VO2 Max (Trail Run)</a>	✓
<a href="#">Realtime stamina</a>	✓
Endurance score	✓
Load ratio	✓
<a href="#">Training load</a>	✓
Training load focus	✓
<a href="#">Training effect</a>	✓
<a href="#">Training effect (anaerobic)</a>	✓
Primary benefit (Training Effect labels)	✓
<a href="#">Improved recovery time</a>	✓
Custom alerts	✓
Voice alerts	✓
Multisport auto transition	✓
Finish time	✓
Virtual Partner	✓
Race an Activity	✓
Manual multisport activities	✓
Garmin Live Segments	✓
Strava Live Segments	✓
Round-trip course creator (running/cycling)	✓
<a href="#">Trendline™ Popularity Routing</a>	✓
Touch and/or button lock	✓
Shortcuts	✓
Auto scroll	✓
Activity history on watch	✓

<a href="#">Physio TrueUp</a>	✓
Unified training status	✓
<b>Running Features</b>	
GPS-based distance, time and pace	✓
Running dynamics	✓
Step speed loss	yes (with compatible accessory)
<a href="#">Vertical oscillation and ratio</a>	✓
<a href="#">Ground contact time and balance</a>	yes (GCT balance with accessory)
<a href="#">Stride length (real time)</a>	✓
<a href="#">Cadence (provides real-time number of steps per minute)</a>	✓
Running Tolerance	✓
Running Economy	yes (with compatible accessory)
<a href="#">Running power</a>	✓
Grade-adjusted pace	✓
<a href="#">Performance condition</a>	✓
<a href="#">Lactate threshold</a>	✓
<a href="#">PacePro™ Pacing Strategies</a>	✓
Run workouts	✓
Hill score	✓
Trail run auto climb	✓
<a href="#">Race predictor</a>	✓
Course- and weather-specific race predictor	✓
Projected race time and pace	✓
Foot pod capable	✓
Run/Walk/Stand detection	✓
<b>Golfing Features</b>	
<a href="#">Preloaded with 43,000 courses worldwide</a>	✓
Yardage to F/M/B (distance to front, middle and back of green)	✓
Yardage to layups/doglegs	✓
Measures shot distance (calculates exact yardage for shots from anywhere on course)	automatic
<a href="#">Digital scorecard</a>	✓
Stat tracking (strokes, putts per round, greens and fairways hit)	✓

<a href="#">Garmin AutoShot™</a>	✓
Auto CourseView updates	✓
<a href="#">Green View with manual pin position</a>	✓
Hazards and course targets	✓
<a href="#">PinPointer</a>	✓
<a href="#">Handicap scoring</a>	✓
Round timer/odometer	✓
<a href="#">CT10 Automatic club tracking compatible (requires accessory)</a>	✓
Pairs with Garmin Golf app	✓
Tournament legal	✓
<b>Outdoor Recreation</b>	
Point-to-point navigation	✓
Bread crumb trail in real time	✓
Back to start	✓
TracBack®	✓
UltraTrac mode	✓
Explore Nearby	✓
Up Ahead	✓
NextFork™ navigation	✓
Elevation profile	✓
Distance to destination	✓
Barometric trend indicator with Storm Alert	✓
<a href="#">ClimbPro™ Ascent Planner</a>	✓
Vertical speed	✓
Total ascent/descent	✓
Rest Timer (Ultra Run only)	✓
Auto rest	✓
Future elevation plot	✓
Preloaded road and trail maps	✓
Preloaded ski resort maps	✓
Downloadable cartography support	✓
GPS coordinates	✓
Sight 'N Go	✓

Projected waypoint	✓
Sun and moon information	✓
Expedition GPS Activity	✓
<b>Cycling Features</b>	
Courses	✓
Bike lap and lap maximum power (with power sensor)	✓
Race an activity	✓
Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	✓
<a href="#">FTP (Functional Threshold Power)</a>	yes (with compatible accessory)
Power curve and % FTP workouts	✓
Cycle Map (routable cycling-specific street map)	✓
<a href="#">MTB Grit &amp; Flow</a>	✓
Advanced cycling dynamics	✓
Compatible with Vector™ and Rally™ (power meters)	✓
Compatible with Varia Vision™ (head-mounted display)	✓
Compatible with Varia™ radar (rear-facing radar)	✓
Compatible with Varia™ lights	✓
Compatible with Varia headlight camera	✓
Speed and cadence sensor support (w/sensor)	✓
Power meter compatible	✓
Power guide	✓
<b>Swimming Features</b>	
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	✓
Pool swim metrics (lengths, distance, pace, stroke count, swim efficiency (SWOLF), calories)	✓
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only)	✓
Drill logging (pool swim only)	✓
Basic rest timer (up from 0) (pool swim only)	✓
"Repeat on" rest timer (pool swim only)	✓
Auto rest (pool swim only)	✓
Time and distance alerts	✓
Pacing alerts (pool swim only)	✓

<b>Countdown start (pool swim only)</b>	✓
<b>Pool swim workouts</b>	✓
<b>Critical swim speed</b>	✓
<b>Underwater wrist-based heart rate</b>	<b>yes (with HRM-Swim, HRM-Pro, HRM-Pro Plus or HRM 600)</b>
<b>Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)</b>	