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# Forerunner<sup>®</sup> 745

## GPS Running and Triathlon Smartwatch

**NEW PRODUCT ANNOUNCEMENT**

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**MARKETING MEMO**

September 16, 2020

# Forerunner<sup>®</sup> 745 GPS Running and Triathlon Smartwatch

NEW PRODUCT ANNOUNCEMENT



## PRODUCT OVERVIEW:

Chase down new PRs with Forerunner 745. This GPS running watch is made for runners and triathletes like you who need detailed training stats and on-device workouts plus smartwatch functions such as music, contactless payments<sup>1</sup> and more. Preloaded activity profiles for cycling and swimming let you round out your training routine, and the multisport profile consolidates data for your brick workouts. Tap into advanced physio features such as heat and altitude acclimation, training load focus and race predictor to meet your goals. Sync music from select streaming services<sup>2</sup> to store on your watch for phone-free listening while you run.

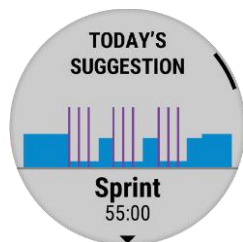


# Forerunner<sup>®</sup> 745 GPS Running and Triathlon Smartwatch

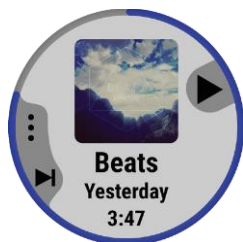
**NEW PRODUCT ANNOUNCEMENT**

## KEY FEATURES:

	<b>DURABLE YET WEARABLE</b>	Comfortable for training, racing and for everyday life, Forerunner 745 is our smallest and lightest full-featured running and triathlon smartwatch.
<b>IMPROVED</b>	<b>BUILT-IN SPORTS APPS</b>	Get built-in activity profiles for running, triathlon, cycling, pool and open water swimming, track running and more. For tri races and brick workouts, switch sports with just one button press.
	<b>ADVANCED PHYSIO FEATURES</b>	Performance monitoring features include VO2 max and training status with training load focus, a metric that tracks your mixture of training intensities.
<b>IMPROVED</b>	<b>RECOVERY TIME</b>	After each workout, the built-in recovery advisor will let you know how long to rest before another big effort while also accounting for all-day stress, sleep and daily activity outside of workouts.
	<b>ADVANCED PHYSIO MEASUREMENTS</b>	Offers performance measurements adjusted for heat and altitude, including acclimation status for both. Also tracks recovery time, aerobic and anaerobic training effect and more.
<b>NEW</b>	<b>DAILY SUGGESTED WORKOUTS</b>	For training guidance that takes you and your fitness level into account, get daily run and ride recommendations based on your current training load and training status.
	<b>ADVANCED WORKOUTS</b>	Whether you are training for an Ironman or a marathon you can create your own workout.
	<b>GARMIN COACH</b>	Training for a 5K, 10K or half-marathon? Download a Garmin Coach adaptive training plan - for free!
	<b>SYNC TRAINING PLANS</b>	Get your indoor and outdoor training plans from Garmin Connect™ or sync seamlessly to your Forerunner from other apps including TrainingPeaks® and Trainer Road.
	<b>CREATE COURSES</b>	Create courses in our Garmin Connect app or plan them on other platforms such as Strava and Komoot, then automatically sync them to your Forerunner.
	<b>MUSIC ON YOUR WRIST</b>	Sync your playlists from select music streaming services <sup>2</sup> - such as Deezer, Amazon Music and Spotify® - right to your watch. Forerunner 745 can store up to 500 songs.
	<b>GARMIN PAY™</b>	Lets you make convenient payments with your watch <sup>1</sup> , so you can leave your cash and cards at home.
	<b>RUNNING DYNAMICS</b>	When used with a compatible accessory <sup>4</sup> , Forerunner 745 measures crucial running metrics such as cadence, stride length, ground contact time and balance and more.
	<b>RACE PREDICTOR</b>	This specialized tool takes into account your fitness level and training history to help you work toward your race goal and see the impact of training on your predicted finish time.
	<b>MULTI-GNSS</b>	Access multiple global navigation satellite systems (GPS, GLONASS and Galileo) to track in more challenging environments than GPS alone.
	<b>SAFETY AND TRACKING FEATURES</b>	Includes incident detection <sup>9</sup> during select activities and assistance, both of which send your real-time location to emergency contacts.
	<b>WELLNESS TRACKING</b>	Includes health monitoring <sup>3</sup> such as wrist-based heart rate, all-day stress tracking, relaxation breathing timer, Body Battery™ energy monitor and more.
	<b>CONNECTED FEATURES</b>	Includes smart notifications <sup>6</sup> , weather and more when connected to a compatible smartphone
	<b>CONNECT IQ™ STORE</b>	Check out the Connect IQ store, where you can add personality to Forerunner 745 by downloading apps, widgets, watch faces and more. It's easy and - even better - it's free.
	<b>BATTERY LIFE</b>	Get up to 1 week of battery life in smartwatch mode and 6 hours in GPS mode with music. Use UltraTrac™ mode to make sure you've got enough juice to outlast your longest race.



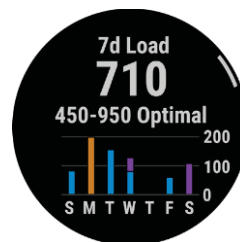
**DAILY SUGGESTED WORKOUTS**



**MUSIC**



**GARMIN PAY**



**TRAINING LOAD**



**SAFETY AND TRACKING**

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## PRODUCT COMPARISON:

FORERUNNER 645  
MUSIC



FORERUNNER 735XT



FORERUNNER 745



FORERUNNER 945



	FORERUNNER 645 MUSIC	FORERUNNER 735XT	FORERUNNER 745	FORERUNNER 945
<b>General</b>				
Size	42.5 x 42.5 x 13.5mm	44.5 x 44.5 x 11.9mm	43.8 x 43.8 x 13.3mm	47 x 47 x 13.7mm
MP3 music playback	•		•	•
Third-party music providers	•		•	•
Garmin Pay <sup>1</sup>	•		•	•
Auto multisport activities		•	•	•
Manual multisport activities		•	•	•
Pulse Ox <sup>5</sup>			•	•
Physio TrueUp	•		•	•
Advanced HR features	•	•	•	•
Barometric altimeter	•		•	•
Underwater wrist-based heart rate			•	•
<b>Training</b>				
Training effect (aerobic)	•	•	•	•
Training effect (anaerobic)	•		•	•
Training effect labels			•	•
Training status	•		•	•
Training load	•		•	•
Training load focus			•	•
VO2 max (run)	•	•	•	•
VO2 max (bike)		•	•	•
VO2 max heat & altitude adj.			•	•
Heat and altitude acclimation			•	•
Race predictor			•	•
Improved race predictor	•	•	•	•
Onboard maps			•	•
Advanced Running Dynamics	•	•	•	•
Open Water and Pool Swim with Advanced Metrics		•	•	•
Pair with power meter for cycling FTP		•	•	•
<b>Safety &amp; Tracking</b>				
LiveTrack <sup>6</sup> feature	•	•	•	•
Group live track <sup>6</sup>			•	•
Incident detection <sup>6</sup>	•		•	•
Assistance <sup>6</sup>			•	•
<b>Awareness &amp; Connectivity</b>				
Varia™ smart bike lights	•	•	•	•
Varia rearview radar	•	•	•	•
Vector™ power meters		•	•	•
Running Dynamics Pod	•	•	•	•
HRM-Dual™	•	•	•	•
HRM-Pro™	•	•	•	•

# Forerunner® 745 GPS Running and Triathlon Smartwatch

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**PRODUCT CONFIGURATIONS:** Forerunner 745, USB Cable, Documentation

**FORERUNNER 745:**



DESCRIPTION	SKU	UPC
Forerunner 745 Negro	010-02445-10	753759261405



DESCRIPTION	SKU	UPC
Forerunner 745 Verde	010-02445-11	753759261412



DESCRIPTION	SKU	UPC
Forerunner 745 Rojo	010-02445-12	753759261429



DESCRIPTION	SKU	UPC
Forerunner 745 Blanco	010-02445-13	753759263942

RRP:					
EUR	GBP	NOK	SEK	DKK	FIN EUR
€499.99	£449.99	5999.00	5899.00	4099.00	549.00

**ACCESSORIES:**

DESCRIPTION	SKU	UPC	RRP	
745 replacement band - Black	010-11251-9B	753759261450	€29.99	Stay stylish and sport-ready with these adjustable, quick release bands for your compatible Garmin watch.
745 replacement band - Magma Red	010-11251-9C	753759261467	€29.99	Stay stylish and sport-ready with these adjustable, quick release bands for your compatible Garmin watch.
745 replacement band – Neo Tropic	010-11251-9D	753759261474	€29.99	Stay stylish and sport-ready with these adjustable, quick release bands for your compatible Garmin watch.
745 replacement band - Whitestone	010-11251-9E	753759261481	€29.99	Stay stylish and sport-ready with these adjustable, quick release bands for your compatible Garmin watch.
<b>NEW</b> HRM-Pro™ monitor	010-12955-00	753759242145	€129.99	Equipped with BLUETOOTH® technology & ANT+® connectivity, this monitor provides the most advanced running and swim metrics to our high-end Forerunner running watches.
HRM-Dual™ monitor	010-12883-00	753759223137	€69.99	Equipped with BLUETOOTH® technology & ANT+® connectivity, connects to smartphones, GPS watches, bike computers and online training apps.
HRM-Swim™ monitor	010-12342-00	753759142193	€99.99	The HRM-Swim heart rate monitor provides all your heart rate data while in the water.

For additional compatible bands, please visit [Garmin.com](https://www.garmin.com).

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## PACKAGING SPECIFICATIONS:

FORERUNNER 745	
<b>Gift box dimensions (WxHxD):</b>	2.7" x 5.6" x 2.4" (6.9 cm x 14.1 cm x 6.2 cm)
<b>Gift box weight:</b>	7.1 oz (202 g)
<b>Master carton dimensions (WxHxD):</b>	15.0" x 12.0" x 12.4" (38.1 cm x 30.5 cm x 31.5 cm)
<b>Master carton weight:</b>	22.8 lbs (10.3 kg)
<b>Master carton quantity</b>	40



<sup>1</sup> [View current supported country, payment network and issuing bank information](#)

<sup>2</sup> Requires premium subscription with a third-party music provider

<sup>3</sup> [Activity tracking accuracy](#)

<sup>4</sup> When used with [Running Dynamics Pod](#) or [HRM-Run™](#) or [HRM-Tri™](#) monitors (sold separately)

<sup>5</sup> This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](#). Pulse Ox not available in all countries

<sup>6</sup> When paired with a [compatible smartphone](#). For safety and tracking features requirements and limitations, see [Garmin.com/safety](#).

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