

Forerunner® 35

Pearls of Wisdom – By “Garmin Gary” Rosenberg



The Forerunner 35 is Garmin's newest running watch that has wrist based heart rate and is a step up from the Forerunner 25.

MSRP: \$199.99

New Features added from Forerunner 25:

- Vibration alerts
- Battery life of 13 hours in GPS mode. 9 days in standard mode
- Higher resolution display
- Intervals: Basic interval workouts can be setup on the watch
- Additional Activity profiles: Running Outdoor, Indoor, Bike, Cardio and Walk

Features:

- Simple to use GPS watch with 2 screens of 3 customizable fields. The customizable field choices are:
 - Time, Lap Time, Distance, Lap Distance, Pace, Lap Pace, Average Pace, Calories, Heart Rate, Heart Rate Zone and Cadence).
- **Activity Tracker**
 - Counts steps, distance and calories and alerts you with “Move!” if you haven’t moved for at least 1 hour
 - An Auto Goal will be set based on the users profile and can change daily to keep the user motivated
- **Smart Notifications:** Ability to receive texts, emails, phone calls, calendar alerts as well as any other notification that pops up on your smartphone
- **Heart Rate** Screen which provide current wrist-based heart rate plus average resting heart rate
- **Steps** screen provides how many steps have been taken through that point of the day compared to the goal
- **Calories** screen which shows total calories burned plus it is broken down into active and resting calories
- **Intensity Minutes** screen shows how many intensity minutes have been done for the current week
- **Alerts** can be setup for Time, Distance, Calories or Heart Rate
- **Modes (only one of the modes below can be done at one time):**
 - **Free**
 - This is the standard mode you would use
 - **Run/Walk Alert**
 - Setup how many minutes you want to run, how many minutes you want to walk, turn this feature on and you will be alerted throughout every run

- **Virtual Pacer**
 - After you set the pace you want to run and turn this alert on, you will be alerted if you fall outside of a range of the set pace. Unlike the Virtual Partner, which will continuously update how far ahead or behind you are by time and distance, this will only alert you when you fall in or out of the range for the set pace. What this means is that you can be alerted for an entire run that you are behind pace but if you run the last part of the run on pace you will be alerted that you are on pace
- **Intervals**
 - Simple intervals can be created which means the interval has to be the same throughout the entire workout and the recovery has to be the same throughout the entire workout. An example would be 10 x .50 miles with 1 minute rest
- **Auto Pause**
 - If this feature is turned on, when you come to a stop the watch will be paused (the same as when you hit stop) and when you start back up it will start again. This is best used when you are running in an area where you may have to stop often
- **Auto Lap:** This can be set to 1 mile for run or 1 or 5 miles for Bike. If in metric than 1K for run and 1K or 5K for Bike. Or it can be turned off completely
- **Live Track:** Allows the user to be tracked in real time with updates every minute
- **Music Controls** with compatible smartphones
- **Waterproof to 50M:** Although you can swim with this watch, it will not give you any swim data other than time
- **Pace/Speed**
 - Either Pace or Speed can be selected
 - For Pace, you have the option of Current, Lap or Average Pace
 - For Speed, you have the option of Current, Lap and Average Speed
- **Personal Records (PRs)**
 - Your fastest mile, 5k, 10k, half marathon, marathon and longest run are stored on the watch. When you get a new PR, you are informed after the run
- **Auto uploads and automatic software updates** (without having to connect to a computer)

Optional Accessories:



Foot Pod: MSRP \$69.99



Heart Rate Monitor: MSRP \$60



Premium HRM: MSRP \$69.99



Bike Speed & Cadence Sensor: MSRP \$69.99

Videos:

Introducing the Forerunner 35:

https://www.youtube.com/watch?v=SP7G3qL_W5g

Forerunner 35: Unboxing Your GPS Running Watch with Wrist-based Heart Rate:

<https://www.youtube.com/watch?v=1QqJ1ghSweU>

Forerunner 35: Getting Started:

<https://www.youtube.com/watch?v=tD7yppqEpUo>

Forerunner 35: Pairing with Your Smartphone:

<https://www.youtube.com/watch?v=2bCrKNxi3sc>

Forerunner 35: Easy-to-use GPS Running Watch with Wrist Heart Rate:

<https://www.youtube.com/watch?v=qlxaABlLojs>

Forerunner 35: Run Your Heart Out:

https://www.youtube.com/watch?v=86U5jsWI_Bs

