



## Forerunner® 305

Form meets function with Garmin's high-performance line of personal trainers — the Forerunner 305, [405](#) and [205](#). The Forerunner 305 includes a high sensitivity GPS receiver, new courses feature and robust wireless heart rate monitor for optimal performance.

### Lock On to Satellite Signals

Forerunner 305 sports a unique design that wraps the GPS antenna around part of the wrist for a better view of the sky, and its high sensitivity GPS receiver provides improved tracking under trees and near tall buildings. Forerunner 305

also sports a robust [ANT+™](#) wireless heart rate monitor with softer, more comfortable chest strap and superior battery life. It eliminates cross-talk with other devices to reliably measure and send heart rate data, and it helps you train in your optimal heart rate zone.

### Take It to the Next Level

Forerunner 305's courses feature lets you compete against previous workouts: you can compare your pace and heart rate to your past performance over the same run. You can also use Forerunner 305 to train for your next duathlon or triathlon with multi-sport workouts, a feature that lets you seamlessly transition between sports without resetting the unit, so you can use it for running, biking and more.

Train indoors and still track your distance, pace and calories burned with the optional [Foot Pod](#) accessory. This wireless sensor attaches to your running shoe and transmits distance and pace data to your Forerunner 305 so you can still use it when GPS reception is unavailable.

### Get the Data You Need

You can customize any of Forerunner 305's three main data screens — up to twelve data fields give you instant feedback on your workout. And, as with every Forerunner, each workout is stored in memory so you can review and analyze the data and see how you've improved over time.

### Track Your Progress

As an added benefit, you can plan, analyze and store data from your workouts through our online community, [Garmin Connect™](#), or our free [Garmin Training Center®](#) software. Conveniently upload your data to Garmin Connect for an in-depth analysis of your workouts, online mapping and route sharing that will take your training to the next level. With Garmin Training Center® software, you can analyze data with interactive graphs that chart your pace, time, distance and heart rate. Overlay your run on a map so you can pinpoint specific areas and see how elevation and other factors affect your performance. Endurance athletes can also use Forerunner with [TrainingPeaks.com](#), an easy-to-use web-based training system designed to help athletes train for any event.

Forerunner 305: You'll like the results