



Forerunner 620

White/Orange

Part Number: 010-01128-00



Advanced Running Watch with Recovery Advisor

- Touchscreen GPS running watch with high-resolution color display that tracks distance, pace and heart rate
- Calculates your recovery time and VO2 max estimate when used with heart rate
- HRM-Run™ monitor adds data for cadence, ground contact time and vertical oscillation
- Connected features: automatic uploads to Garmin Connect, live tracking, social media sharing
- Compatible with free training plans from Garmin Connect

It's the next best thing to having your own personal running coach. Forerunner 620 features recovery advisor, race predictor and VO2 max estimate so you can train smarter. When used with the HRM-Run monitor¹, the 620 also gives you feedback on your running form by showing your cadence, ground contact time and vertical oscillation. For indoor training, the built-in accelerometer tracks distance, so you don't need a separate foot pod.

It Knows Your Potential

Forerunner 620 can estimate your VO2 max, your body's maximal oxygen consumption. Knowing your VO2 max is a great way to measure your physical fitness and improve your performance. When used with a heart rate monitor, the 620 crunches data, including your running speed, beats per minute and heart rate variability to estimate your VO2 max. The number itself indicates the maximum volume of oxygen you can consume per minute, per kilogram of body weight at your max performance.

A color gauge on the watch shows how your VO2 max data compares to other runners of your gender and age range. Based on your VO2 max estimate, the 620 can predict your race times for several distances. This can give you a time target for your next race, assuming you've completed proper training.

Rest Day or Run Day

With Forerunner 620, you don't have to guess how much recovery time you need between workouts. It knows your physiology based on your heart rate data, so it factors this against your last workout and then shows how much time before you are fully recovered and ready for your next hard running workout.

When wearing HRM-Run, the 620 provides a recovery check, which is a real-time indication of your state of recovery within the first several minutes of your run. When you've completed a run, the recovery time shows how long before you should attempt another hard work out. Color coding on the gauge makes it easy to interpret — green means you're good to go. When you see red and a recovery time of more than 3 days, you might consider taking a rest day or just doing a light recovery run.

Following Your Form

The 620 is the first GPS running watch that provides feedback on your running form by reporting multiple metrics. When used with the HRM-Run monitor, the 620 reports your cadence, vertical oscillation and ground contact time. These metrics are called running dynamics, and they affect your running economy.

The HRM-Run has an accelerometer, which measures your torso movement as you run to compute these metrics. Cadence is the total number of steps you take per minute, left and right foot combined. Vertical oscillation is the degree of "bounce" in your running motion, measured in centimeters. Ground contact time is just like it

sounds — the amount of time your foot spends on the ground during each running step, measured in milliseconds. A color gauge makes it easy to see how your running dynamics compare to other runners.

Get Connected

Forerunner 620 can send your data wirelessly to Garmin Connect. It can transfer the data through the Garmin Connect Mobile app on your smartphone. You can also set up one or more Wi-Fi hot spots, and the 620 will automatically sync with Garmin Connect when in range.

It also features live tracking, which allows your friends and fans to follow along and see your stats in real time. Pair your phone with the 620 throughout your run to use LiveTrack. You can also share your victories by posting updates through social media with the Garmin Connect Mobile app. And, for real-time coaching as you run, the 620 is compatible with free training plans at Garmin Connect. By regularly connecting your watch to Garmin Connect, you'll also benefit from a faster GPS fix due to satellite data that will be sent to your device automatically.

Physical & Performance:

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|---------------------------|--|
| Unit dimensions, WxHxD | 1.8" x 1.8" x 0.5" (4.5 x 4.5 x 1.2 cm) |
| Display size, WxH | 1.0" (2.54 cm) diameter |
| Display resolution, WxH | 180 x 180 pixels |
| Touchscreen | Yes |
| Weight | 1.5 oz. (43.6 g) |
| Battery | rechargeable lithium-ion |
| Battery life | up to 6 weeks in watch mode; up to 10 hours in training mode |
| Water resistant | Yes (50m) |
| GPS-enabled | Yes |
| High-sensitivity receiver | Yes |

Maps & Memory:

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|-------------------------------|----------------------------|
| Basemap | No |
| Ability to add maps | No |
| Accepts data cards | No |
| History | 200 hours of activity data |
| Waypoints/favorites/locations | 0 |
| Routes | 0 |

Features & Benefits:

| | |
|--|---------------------|
| Heart rate monitor | Yes (Some versions) |
| Bike speed/cadence sensor | No |
| Foot pod | Yes (optional) |
| Automatic sync (automatically transfers data to your computer) | Yes |

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|---|---|
| Garmin Connect™ compatible (online community where you analyze, categorize and share data) | Yes |
| Virtual Partner® (train against a digital person) | Yes |
| Virtual Racer™ (compete against other activities) | No |
| Courses (compete against previous activities) | No |
| Auto Pause® (pauses and resumes timer based on speed) | Yes |
| Auto Lap® (automatically starts a new lap) | Yes |
| Auto Scroll (cycles through data pages during workout) | Yes |
| Multi-sport (changes sport mode with a press of a button) | No |
| Advanced workouts (create custom, goal-oriented workouts) | Yes |
| Pace alert (triggers alarm if you vary from preset pace) | Yes |
| Time/distance alert (triggers alarm when you reach goal) | Yes |
| Vibration alert: (choose between alert tones and/or vibration alert) | Yes |
| Interval training (set up exercise and rest intervals) | Yes |
| Heart rate-based calorie computation | Yes |
| Training Effect (measures impact of an activity on your aerobic fitness) | Yes |
| Customizable screen(s) | Yes |
| Barometric altimeter | No |
| Unit-to-unit transfer (shares data wirelessly with similar units) | No |
| Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters) | No |
| Temperature (displays and records temperature while you ride) | No |
| Sport watch | Yes |
| Additional | <p>V02 max estimate: yes Recovery advisor: yes Race predictor: yes Running dynamics: yes Watch functions include date and alarm. Run/walk feature: yes</p> |

What's in the Box:

- Forerunner 620 GPS watch (White/Orange)
- Charging/data cradle
- Manuals