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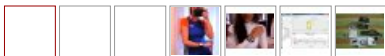
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by Garmin

(1,556 customer reviews)

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Standard

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Technical Details

Style Name: **Standard**

- High-Sensitivity, Watch-Like GPS Receiver That Provides Exceptional Signal Reception
- 1 Piece Training Assistant That Provides Athletes With Precise Speed, Distance & Pace Data
- Includes Training Center Software, Which Allows Users To Download Workout Data For A Detailed Analysis
- Used For Multiple Sports Such As Cycling, Cross- Country Skiing & Windsurfing
- Data Acquired May Also Be Analyzed With Motionbased, Which Provides Online Mapping & Route Sharing

[> See more technical details](#)

Product Details

Style Name: **Standard****Product Dimensions:** 4 x 4 x 4 inches ; 3.4 pounds**Shipping Weight:** 2 pounds ([View shipping rates and policies](#))**Shipping:** Currently, item can be shipped only within the U.S.**ASIN:** B000CSWCQA**Item model number:** 010-00467-00**Average Customer Review:** (1,556 customer reviews)**Amazon Bestsellers Rank:** #18 in Electronics ([See Top 100 in Electronics](#))#1 in [Electronics](#) > [GPS & Navigation](#) > [Sports & Outdoor GPS](#) > [Running GPS Units](#)#1 in [Electronics](#) > [GPS & Navigation](#) > [Handheld GPS](#)**Date first available at Amazon.com:** December 19, 2005Would you like to [update product info](#), [give feedback on images](#), or [tell us about a lower price](#)?

Product Description

Style Name: **Standard**

Amazon.com Review

Amazon.com Review Just when you thought Garmin had cornered the market on powerful, affordable, and effective wrist-mounted GPS devices, here comes the Forerunner 305. The release of this device is a major achievement from a design and technology perspective. This isn't just marketing-speak; the Forerunner 305 is the most accurate, most reliable wrist-mounted performance and GPS tracking tool we've ever tested. Yes, it's that good. While no device this compact can do everything (yet), the 305 pushes the boundaries of what is possible from something strapped around your wrist. The 305 model includes wireless heartrate monitoring and it can also be connected to Garmin's wireless bicycle [speed and cadence sensor](#). If you don't need these features, consider the lower-priced [Forerunner 205](#).

View Garmin's Forerunner [demonstration video](#).

Design

The 305's design is a radical departure from Garmin's previous generation of wrist mounted GPS devices, which reached a pinnacle with the Garmin [Forerunner 301](#). While the 301 delivered accurate heart rate monitoring, good performance tracking, and decent GPS reception, it didn't quite deliver in the design department. The form factor was bulky and wearing it wasn't much different than duct taping a full-sized GPS device to your wrist.

Not so with the 305. Garmin's engineers obviously burned the midnight oil and have come up with a waterproof design that, while certainly not as small as a sports watch, feels just as comfortable. The curved casing allows the unit's antenna to face the sky when you're running, while the widescreen display is perfectly positioned for viewing when you need it. And the display certainly deserves a few kudos. While it's smaller than the display found on previous Forerunners, its resolution is far higher, offering incredible clarity and crispness.

Garmin has smartly given the 305 a simple button layout and the buttons have a nice tactile feel with good pressure response. The right side houses the menu selection and enter buttons, while the left houses a power/backlight button and a mode button. This simple and elegant solution is a big improvement over the sometimes confusing button functionality of previous Forerunners. [View button layout](#).

The underside of the 305 is pretty nondescript, except for a row of contacts that interface with the included charging and data cradle. The cradle is small and unobtrusive and its single mini-USB port connects to either an included AC adapter, or a USB cable that connects to your PC. In addition to data transfer with the USB cable, you can also charge the 305's embedded lithium-ion battery via a powered USB connection from your computer.

GPS Performance

The big news about the Forerunner 305 is that it features an integrated, high-sensitivity SiRFstar III GPS receiver. What does this mean? It means that the 305's ability to both track, and maintain a lock on, your position is better than anything before it. After an initial battery charge, the tester had the 305 on his wrist and was tracking speed and distance with GPS satellites within 3 minutes. The next time we used the 305, satellite acquisition was nearly instantaneous. A run through dense trees didn't faze the unit either; tracking remained true and steady. Performance on a bike was equally impressive. Whatever witchcraft has been cooked up by the designers of the SiRF technology, we like it!



The simple docking cradle makes charging and data connectivity a snap.

While the Forerunner 305 isn't billed as a GPS navigation device, it does have some rudimentary mapping, waypoint marking, and routing capabilities. In addition to marking locations along your journey, you can zoom in or out of a simple map that displays your current direction and path. There's also a "go to location" feature that routes you back to your starting location, or to any location you have defined. Once you have defined several locations, you can save this information as a route, allowing you to travel the same path in the future. As you'll see below, the 305's new "Courses" feature gives you new levels of control over how you define your favorite runs and rides.

Training Functions

The 305 is first and foremost a training tool, and its ability to organize a ton of data types into a user experience that is intuitive and simple is no small feat. Whiz-bang technology aside, if you can't use it and make it a natural part of your exercise routine, it's worthless. When it comes to these factors -- and here's the take home message on the 305 -- this device is successful where many other devices fail.

The heart and soul of the 305 can be found on the data screens, which give you real-time information about all aspects of your workout. In fact, the 305 can display a dizzying array of data, such as calories burned, distance, elevation, grade, and heading, as well as multiple lap and pace modes. The 305 adds the ability to track heartrate, lap heartrate, average heartrate, and heartrate zones via the included coded heartrate chest strap. With the purchase of a separate wireless cadence and speed meter, you can also track bike performance data.

Thankfully, the device makes it easy to define how much or how little data you want to view during a workout. You can arrange the data that's most important to you and then make that data appear front and center on the device. Indeed, within a few minutes of skimming the manual and fiddling with the device setup, you'll have your most important data displaying just the way you like it. The ability to display heartrate is a big plus, too, as it's a fairly good indicator of exercise output, fatigue, and fitness level. The 305 has all the heartrate functions you'd expect from a full-function monitor, including the ability to set target zones and alerts to maximize the effectiveness of your workouts.

Garmin's Virtual Partner function was cool feature of previous Forerunners and they've decided to keep a good thing going with the 305. If you're the type that performs best when you've got a competitor egging you on, you'll love this function, as it allows you to set up virtual running or biking companions that compete against you.

If you're looking for an complicated workout with a variety of intervals and intensity levels, or just a quick three-mile jog against your best time last week, the 305 has you covered. Navigating to the Workouts menu on the device yields three options: Quick Workouts, Interval, and Advanced Workout. A quick workout is just that; set the distance and time, distance and pace, or time and



The Virtual Partner function makes your workouts more competitive. [View larger](#).



Choose from three workout modes that help you target your training goals. [View larger](#).



The 305 features rudimentary mapping and location marking functions. [View larger](#).

pace of your planned workout and off you go. Interval workouts are just the same, but they allow you to add repetitions and rest between them. When you really want to get fancy with your exercise, you can step up to advanced workouts, which include goals for each workout step, as well as varied distances, times, and rest periods. You can use the Garmin Training Center software to set up these workouts and then upload them to the device.

Computer Connectivity and Software

Garmin has been outfitting their devices with USB connectivity for some time now -- a welcome move for those who struggled with serial port connections in the days of yore. Thanks to USB, the 305 integrates seamlessly with the Training Center software and we quickly had workout history uploaded and stored on the computer. Not only does Training Center--which is compatible with both PC and Mac--make it easy to track your performance, you can graph data such as heartrate alongside your speed and distance. Over time, this is a great way to view your fitness levels increase, and it also helps you see what types of workouts are necessary to strengthen your weaknesses. For instance, if you see your heartrate begin to spike after a certain distance, you know you need to increase your endurance workouts to train that area of fitness.

In a first for the Forerunner series, the Training Center software also lets you define courses on your computer that you can upload to the device. When course information is combined with uploaded workout information, the Forerunner becomes a complete guide, telling you where to go, when to make a turn, and what kind of workout to do when you're on the road or path. Back on the computer, the software's ability to overlay workout data on maps of the course makes it easy to see where the course offers up the tough hills and the easy recovery spots. Plus, the ability to track historical performance on a given course is a great way to measure your improvement.

The 305 is also fully compatible with Garmin's MotionBased service, which takes your training to another level by connecting your data with the Internet. While we weren't able to use the service, the promise of sharing courses, maps, workouts, and performance data with other users is intriguing. And if you're a serious endurance athlete, you'll be glad to know that the 305 is also compatible with TrainingPeaks.com, an easy-to-use web based training system designed to help athletes train for any event.

Pros

- Radically new design is better in every way
- Amazing accuracy and fast satellite acquisition time
- So simple to set up and use, you will actually use it

Cons

- Okay, it's bigger than a sport's watch -- but so much more powerful

What's in the Box

Forerunner 305, Garmin Training Center CD-ROM, heart rate monitor, docking cradle, expander strap, A/C charger, USB cable, owner's manual, quick start guide.

Product Description

Package Includes: Forerunner 305, Heart rate monitor, docking cradle, expander strap, AC charger, PC/USB interface cable, Quick start guide, Garmin Training Center CD & owner's manual

The Garmin Forerunner 305 GPS System combines form and function. This combination running partner and personal trainer is designed for athletes of all levels. It features a high-sensitivity GPS receiver, new courses feature, and robust ANT wireless heart rate monitor for optimal performance. The super-sensitive GPS tracks your every move, even working on tree-covered trails and near tall buildings. The heart device monitors your heart rate, speed, distance, pace and calories burned so you can train smarter, more effectively. These taskmasters will continually push you to do your personal best. Courses feature lets you download recorded courses and compete against previous workouts Auto Pause pauses and resumes training timer GPS features - GPS with high-Sensitivity SiRFstarIII architecture Wireless communication between system devices via ANT protocol Display Size(WxH) - 1.3 x 0.8 (33 x 20.3 mm) Lap Memory - 1,000 laps Rechargeable internal lithium ion battery - lasts 10 hours (typical use) Waterproof - Submersible in one meter of water for up to 30 mins. Alerts - Time, distance, pace and heart rate Physical Size(WxHxD) - 2.1 x. 7 x 2.7 (53.3 x 17.8 x 68.6 mm) Weight - 2.72 oz. (77 g)

Heart rate monitor features - Transmission Range - approximately 3m (9.8ft) 3V CR2032 battery - lasts 3 years (1 hour per day) Physical size(WxHxD) - 13.7 x 1.4 x 0.5 (348 x 35.6 x 12.7 mm) Weight - . 74 oz (21 grams)

[See all Product Description](#)

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Garmin Forerunner 305 GPS Receiver With Heart Rate Monitor

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Customer Reviews

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(1,556 customer reviews)

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Excellent workout tool, May 3, 2006

By **PAZMAN** (Chicago, IL United States) - [See all my reviews](#)

This review is from: [Garmin Forerunner 305 GPS Receiver With Heart Rate Monitor \(Electronics\)](#)

I like this thing quite a lot. I've had it for about three weeks, and have used it on 12 workouts so far. I use it primarily for running, with biking a secondary usage. The main reason I wanted it was for the instantaneous readout of distance, running pace and heart rate, the latter needed for the speed work I want to do this running season.

The core functionality (distance and heart rate monitoring) works perfectly. There's none of the signal drops I've had with other heart monitors. Once the satellites are initially acquired, I've only had one dropout when I was outside. The initial acquisition of the satellites can be quirky and can take some time. The accuracy (according to the readout) is +/- 25ft, depending on how many satellites can be found. I've compared the distance measurement on the GPS with a known, measured distance on one of the trails I run on (the Chicago lakefront path). The GPS always increments a mile when I'm within 5 or 10 feet of the mile marker sign on the path. Well, I guess that's the least I should expect from a \$350 GPS unit! Of course it's bigger than a normal running stopwatch, but that hasn't bothered me at all. The heart rate strap is also very comfortable and well-designed.

The display is crisp and has one outstanding feature: The information presented on the various pages can be completely user-customized. The default screen layout is rather poor, but in just a few steps I could replace it with the information I wanted to see while I run. There are almost 40 different data fields you can choose from for display. Examples: current pace, average lap pace, average run pace, heartrate, distance.

The only disappointment is the point-in-time (instantaneous) pace measurement: It varies wildly during a run. I see swings as big as +/- 3 minutes/mile. I'm a marathoner and I know my pace is fairly consistent during a run. I just looked at my run today, and according to the data the first mile varied from 5:57/mile to 12:06 mile. I suspect the problem is either in the averaging algorithm (too short a distance?), or in the uncertainty that results from different satellites coming in and out of view. The variations seem to get worse under tree cover compared with an open area. Luckily there's a lap-average pace that can be presented, and at least that value is useful and more accurate. The bottom line is that you can't look at the watch and say "right now I'm running 9 mins/mile". There is the ability to specify a pace smoothing factor, but I have it maxed out and still see the variations. The elevation readout also seems inaccurate, but that isn't important to me.

Upload of workout data to the PC software (Training Center) is transparent. The PC software is very good for presenting time/distance/pace/heartrate/calorie

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Garmin Forerunner 305 For Bicycle Use

Although the Forerunner 305 is advertised as more for runners, I purchased it primarily for use on my bicycles. [Read more](#)

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Garmin Forerunner is great

I have had great luck with most Garmin products. I don't see the need to spend twice as much money to buy the next model up, when I only wear it for running. [Read more](#)

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good product

I am able to keep track of where my heart rate is while developing a customized outdoor exercise program to fit my health needs.

Published 1 day ago by widefootmom

Exactly what I needed

I am training for my first 1/2 marathon and needed a way to watch my training progress and stay on track for the big day.

[Read more](#)

Published 4 days ago by Jeffrey Noel

data. However the maps it shows are very crude. I've worked a bit with one of the online, subscription services (MotionBased). That looks really good and provides some additional functionality beyond the included Training Center software, although I still haven't decided if it's worth the \$\$\$ yet for long-term data storage. MotionBased allows export to Google Earth, and it's tremendously cool to see your running path superimposed on a satellite image. You can recharge the unit through the USB port on your computer, although it's slower than using the dedicated recharger.

I had hoped that owning this device would prove motivational for me, and indeed it has. I can't imagine running or biking without it. Updating my training log is trivial now: Plug this thing into my computer, and it's done. My hope is that a future software update will do something about the pace calculation (maybe a few additional levels of smoothing?). If so, the Forerunner 305 would earn 5 stars+++.

Positives:

Flawless heart rate sampling
Great distance measuring and lap-average pace calculation
Seamless integration with a PC
Fully-automatic training log update
User-customizable display

Negatives;

Wildly-varying pace readout.

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379 of 381 people found the following review helpful:

All I hoped for!, August 28, 2006

By [M. Leuzinger](#) - [See all my reviews](#)

This review is from: **Garmin Forerunner 305 GPS Receiver With Heart Rate Monitor (Electronics)**

With a few one-star reviews, I was a bit hesitant to order this. Now, after two weeks of use (10 runs of 2 to 2.5 miles each), I have no regrets with the purchase whatsoever.

I haven't had any of the problems reported by any of the one-star reviewers. It syncs to the satellite in a reasonable* amount of time, seems to track my pace very well, tracks distance well, and the heart rate monitor seems WAY more accurate than the dedicated exercise machines at my local gym.

*by reasonable, it does take a minute or two to sync to the satellites each time. That's the only thing I could possibly think of improving, but it's not a big deal. Being the super-impatient person I am, I often turn on the watch, set it on my front porch, go back in and change into my running outfit, and by the time I come back out it's ready to go.

I haven't seen the pacing issues others have reported. I'm a beginning runner... but if I keep a solid pace... it reports about 10mins/mile... if I push a little harder... about 9mins/mile... if I let up... about 11mins/mile. It seems very consistent over my entire 2-2.5 mile run.

I have a 2.1 mile run where I've done the same exact route about 6 times... and when I compare the maps of each run... they overlap almost exactly.

I have thyroid and heart issues, and this watch gives me the confidence to know I'm not exceeding my max hr for too long (I can easily get into the 180's) and gives me the feedback and stats to keep me motivated.

Last but not least, I've bought dozens and dozens of items from Amazon over the years, and this is the first review I've taken the time to write - hope that gives you an indication of how happy I am with this product. ;-)

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Runner

The 305 is accurate and easy to use. It has good battery life and gives a good warning when battery needs recharging. [Read more](#)

Published 4 days ago by G

So Far So Good

The was a gift for my husband and his comments follow: I was concerned about the size of the unit since I have a small wrist but it was not an issue. [Read more](#)

Published 5 days ago by Janet A Johnson

Very satisfied with the purchase

I have had some reservations after reading the worst reviews (that it is too big on the wrist, the speed is erratic, it takes too long to get the maps etc.). [Read more](#)

Published 5 days ago by Canadian Artist

Motivated

The Garmin has motivated me to run more often. It's turned running into something of a numbers game for me - I love being able to constantly see my pace and distance and... [Read more](#)

Published 8 days ago by jessica

Excellent Training Tool!

I love this thing! I just received mine on Saturday December 4th. I charged it up and took it on a run the next morning.

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Published 8 days ago by Ken D.

Garmin 305

Great for training! I spent a couple of months researching something that would tell me my distance and pace on various training routes - it does all of that and more [Read more](#)

Published 8 days ago by kristine

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219 of 219 people found the following review helpful:

Better than 405 & Polar...GOOGLE EARTH alone is worth the upgrade!!!, May 27, 2009

By [Y. R. Wu "The will to win is nothing without ..."](#) (Ann Arbor, Michigan) - [See all my reviews](#)

I use mine for cycling and running, the direct link to see your workouts mapped on GOOGLE EARTH is FANTASTIC!!!! (the included software is far more stable than the junk Polar included with their HRM's.

Heart rate strap with replaceable battery is coded and comfortable. It's better in my opinion than the Polar products (of which I've owned three)

This is much better than the Forerunner 201 which I previously owned (locks on satellites 10 times faster) and I'd avoid the 405 unless you really want to use this watch as a normal day to day wristwatch (check out the 405 reviews)

One nice feature is being able to customize the display screens. Another review criticized the 305 for the numbers being too small to read while exercising. I don't have an issue but would point out that you can significantly increase the size of the display by simply displaying fewer fields.

My only complaint is that it's easy to leave it on and run the battery down - which is a bummer if you're just about to work out. I wish there was an "auto off" feature which would shut it down if it detects no movement or heart rate within an hour or so. Fortunately, with Li-Ion batteries, as little as a 10 minute charge gives you enough juice for a 90 minute run.

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Style Name: **Standard**

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Battery life	0	10 days ago
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Garmin 405 cx vs 305	4	1 month ago

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The Heart Rate Monitor community



Latest activity
15 hours ago

2,986 customers have contributed 716 products, 28 discussions and more...

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