

PERFORMANCE



STAMINA METRICS

This [feature](#) helps you visualize the impact of your endurance training based on your fitness gains and training history.



TRAINING READINESS

From the moment you wake up, get a [readiness score](#) based on your sleep quality², recovery, training load and more, so you can determine if it's a good day to go hard — or take it easy.



TRAINING STATUS

Get [insight](#), and know whether you're training productively, peaking or strained.



GARMIN COACH

Reach your goals with [Garmin Coach](#) training plans for running, cycling, strength and fitness; some even adapt based on your health and fitness metrics.



VISUAL RACE PREDICTOR

Get an [estimate of what your pace could be](#) for a 5K, 10K, half marathon and marathon.



PACEPRO™ TECHNOLOGY

Plan [race-day strategy](#) with GPS-based pace guidance for a selected course or distance.



CLIMBPRO FEATURE

See [real-time information](#) on your current and upcoming climbs on downloaded courses.



GRADE-ADJUSTED ROLLING PACE

Get a continually updated average pace with grade adjustments.



PERFORMANCE METRICS

Gauge your performance with advanced training metrics such as [VO2 max](#), training load and more.



ENDURANCE SCORE

Measuring your ability to [sustain prolonged efforts](#), this feature helps you see how training from your athletic pursuits impacts your overall endurance.



HILL SCORE

Measure your capability for [running uphill](#), and evaluate your progress over time based on your VO2 max and training history.



DAILY SUGGESTED WORKOUTS

View your entire week of [daily suggested workouts](#), which adapt after every run or ride.



RECOVERY TIME

Know [how long you need to recover](#) before your next high-effort workout based on your latest training.



WRIST-BASED RUNNING DYNAMICS

View crucial running metrics such as cadence, stride length, ground contact time and more.



RUNNING ECONOMY

Measure your overall energy efficiency while running — using long-term running volume, stride length and step speed loss — when you pair your watch with the [HRM 600](#) monitor (sold separately).



RUNNING TOLERANCE

Better understand the impact each run has on your body, and get a recommended weekly maximum mileage so you can keep training effectively without taking on too much.



STEP SPEED LOSS

Improve your running form, and understand how much you slow down when your foot hits the ground when you pair your watch with the [HRM 600](#) monitor (sold separately).



PROJECTED RACE TIME

This race-time prediction is what your race time and pace could be if you keep training well all the way through to the race date entered.

ACTIVITIES



TRACK YOUR ACTIVITIES

Use preloaded activity profiles to get data and insight from your active pursuits. Even track team sport activities such as soccer, football, racquet sports and more.



TRIATHLON AND MULTISPORT PROFILES

Automatically record splits with built-in profiles for triathlons, duathlons, brick workouts and swim/runs, or you can create your own.



CROSS-TRAINING

Download the free HIIT, strength, cardio, yoga, Pilates and mobility workouts so you can switch up how you sweat.



ANIMATED WORKOUTS

Follow animated workouts for cardio, strength, yoga and Pilates on the watch screen.



BACKCOUNTRY SKI AND SNOWBOARD

Automatically track ascents and descents along with how much time you spend between runs.



RECREATIONAL DIVING

A 40-meter dive rating and leakproof metal buttons let you reach new depths with support for scuba and apnea dive activities.



SURF ACTIVITY

Record waves surfed, maximum speed reached, distance traveled and more. Use [Surfline Sessions™](#) technology to capture video of waves you ride in front of a Surfline® camera.



MTB DYNAMICS

Track the details of your ride with specialized [Grit®](#) and [Flow™](#) measurements.



ROWING ACTIVITY

Record indoor or outdoor [rowing](#) workouts. For indoor, V02 max helps gauge cardio fitness and training impact (requires a power meter-equipped rowing machine).



RUCKING ACTIVITY

Set a target metric, create a custom workout, and change pack weight during the [activity](#).



ARCHERY

Advanced shot timing and aiming metrics give archers real-time data and analysis to help improve their precision and accuracy.

NAVIGATION



OUTDOOR MAPS+

Get an [Outdoor Maps+](#) plan for premium mapping content, such as satellite imagery and enhanced topographic maps. More memory capacity means the fēnix 9 Pro smartwatch can download and store twice as many maps from Outdoor Maps+ as previous fēnix versions.



GARMIN TRAILS

Access thousands of trails, and send them directly to your compatible device for offline use with a [Garmin Connect+](#) plan in the [Garmin Connect™ app](#) or to Outdoor Maps+ in the [Garmin Explore™ app](#). Available in select areas. [Learn more.](#)



SATIQ™ TECHNOLOGY

Optimizes positional accuracy and battery life depending on your needs.



DYNAMIC ROUND-TRIP ROUTING

Enter how far you want to go, and get suggested routes that will bring you back. If you break off course, your watch will map a new one that hits the same mileage.



ABC SENSORS

[Navigate](#) your next trail with an altimeter, barometer and 3-axis electronic compass.



MULTICONTINENT TOPO MAPS

TopoActive maps from around the world keep your explorations on track. Download additional maps via Wi-Fi® connectivity.



NEXTFORK MAP GUIDE

Navigate with a quick glance, and see the distance to the next intersection and the trail name.



UP AHEAD FEATURE

[Get at-a-glance awareness](#) for selected POI checkpoints ahead — such as aid stations — during a race.



COURSES WITH TURN-BY-TURN DIRECTIONS

Create or find existing courses in the Garmin Connect smart-device app, or sync from your favorite third-party platforms and get turn-by-turn directions.



SKIVIEW™ MAPS

View run names and difficulty ratings for more than 2,000 preloaded [ski resorts](#) worldwide.



GOLF COURSE MAPS

Get preloaded full-color [CourseView maps](#) for more than 43,000 golf courses around the world.

HEALTH



MORNING REPORT

Get a customizable overview of your sleep, training outlook, HRV status, weather and more as soon as you wake up.



EVENING REPORT

Prepare for tomorrow before bed with a reminder of sleep need, tomorrow's workout, weather and events.



HRV STATUS

Gain a better understanding of your overall health, recovery and training performance while you sleep.



WRIST-BASED HEART RATE

The watch constantly samples your heart rate⁴ to help you gauge how hard you work during activities.



GARMIN ECG APP

The ECG app³ uses sensors to record the electrical signals that control how your heart beats. It analyzes that recording to detect signs of an irregular heart rhythm called atrial fibrillation (AFib).



PULSE OX SENSOR

Track your blood oxygen saturation while you're awake or asleep, and gain awareness of how you're adapting to altitude⁴.



SLEEP COACH

Get a sleep score and personalized coaching for how much sleep you need. Track sleep stages, and get insights to improve sleep quality².



NAP DETECTION

Automatically track or log your naps to see how they benefit your body and to check the recommended time and duration they should be.



BREATHING VARIATIONS

Track shifts in your breathing patterns as you sleep⁴. These shifts could be related to environment, alcohol or potential sleep disorders such as sleep apnea.



SMART WAKE ALARM

The smart wake alarm gently vibrates to wake you at the optimal time.



JET LAG ADVISER

Help to minimize the effects of jet lag with guidance on light exposure, sleep schedule and exercise.



BODY BATTERY™ ENERGY MONITORING

Track your body's energy levels to find the best times for activity and rest².



STRESS TRACKING

See if you're having a calm, balanced or stressful day.



HEALTH SNAPSHOT

Log a 2-minute session to record key health stats, then generate a report to share with your healthcare provider.



RESPIRATION TRACKING

See how you're breathing throughout the day and night.



HYDRATION TRACKING

Log your daily fluid intake as a reminder to stay hydrated.



ALTITUDE AND HEAT ACCLIMATION

See how you're holding up to the current elevation or heat based on your health metrics.



MOBILITY

Increase your flexibility and strength with downloadable mobility workouts and an activity profile.

CONNECTIVITY



GARMIN CONNECT APP

See your health and fitness information, connect with friends, and more. The Garmin Connect app is your go-to tool for tracking and sharing your data.



SMART NOTIFICATIONS

Receive emails, texts and alerts on your smartwatch when paired with your iPhone® or Android™ smartphone.



WORKS WITH WHATSAPP

Stay up to date on WhatsApp while keeping your phone in your pocket. Read, reply and react to your messages right from your watch⁵. The app is available in the [Connect IQ™ Store](#).



MUSIC

With 64 GB of storage memory, you can download up to 7,000 songs from your Spotify, Deezer or Amazon Music accounts for phone-free listening (subscription may be required).



GARMIN PAY™ CONTACTLESS PAYMENTS

Breeze through checkout lines or transit systems with [participating providers](#).



GARMIN SHARE

Use this feature to easily share saved locations, courses and workouts with friends' compatible Garmin devices.



SAFETY AND TRACKING FEATURES

If you feel unsafe or if your watch senses that an incident occurred, your watch will [send a message](#) with your live location⁶.



STOCKS TRACKER

Keep track of up to 50 of your favorite stocks⁷ — right from your wrist.



CONNECT IQ STORE

Add watch faces, data fields and apps from your paired smartphone.



POWER MANAGER

View how various settings and sensors impact your watch's battery life.