



Forerunner® 201

Part Number: 010-00328-00

The Forerunner 201 offers athletes a personal training device with GPS that measures speed, distance, pace and calories burned, and runs on a rechargeable lithium-ion battery. After you run, connect your Forerunner 201 to your computer to store and analyze your workout.

Train Hard

The Forerunner 201 is packed with workout-enhancing features that make your training that much easier. You can set alarms that sound when you reach a certain distance or time or when you exceed a certain pace. Start a new lap automatically after a preset distance with Auto Lap®. Using Auto Pause®, the 201 stops the timer automatically when you slow down or stop during your workout.

Meet Your Virtual Training Partner

Use Forerunner's unique training tool, Virtual Partner®, to help you meet your training goals. Simply enter the distance and time or pace/speed you want to maintain during your workout. Virtual Partner appears on the Forerunner as a tiny runner that "runs" alongside of you, displaying your goal pace compared to your current pace — so you can see at a glance whether you're keeping up or falling behind. To complete your workout and meet your goal, just stay ahead of the Virtual Partner.

Track Your Progress

As an added benefit, you can analyze and store data from your workouts using free Garmin Training Center® software, which lets you analyze data with interactive graphs that chart your pace, time and distance. Overlay your run on a map so you can pinpoint specific areas and see how elevation and other factors affect your performance. Or, upload your workout data to MotionBased.com, Garmin's web-based application that provides in-depth analysis of your workouts, online mapping and route sharing that will take your training to the next level.

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Physical & Performance:

Unit dimensions, WxHxD: 3.26" x 1.71" x 0.7" (8.28 x 4.35 x 1.8 cm)

Display size, WxH: 1.44" x 0.92" (3.65 x 2.34 cm)

Display resolution, WxH: 100 x 64 pixels

Weight: 2.75 oz (78 g)

Battery: rechargeable lithium-ion

Battery life: 15 hours, typical

Water resistant: yes (IPX7)

GPS-enabled: yes

High-sensitivity receiver: no

RoHS version available: yes

Maps & Memory:

Basemap: no

Ability to add maps: no

Accepts data cards: no

Lap history: 5000 laps

Waypoints/favorites/locations: 100

Routes: 0

Features:

Heart rate monitor: no

Bike speed/cadence sensor: no

Foot pod: no

Automatic sync (automatically transfers data to your computer): no

Garmin Connect™ compatible (online community where you analyze, categorize and share data): yes (coming soon)

Garmin Training Center® software compatible: yes

Virtual Partner® (train against a digital person): yes

Courses (compete against previous workouts): 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): no

Multi-sport (changes sport mode with a press of a button): no

Advanced workouts (create custom, goal-oriented workouts): no

Simple workouts (input time, distance and calorie goals): yes

Pace alert (triggers alarm if you vary from preset pace): yes

Time/distance alert (triggers alarm when you reach goal): yes

Interval training (set up exercise and rest intervals): yes

Heart rate-based calorie computation: no

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

Sport watch: no