

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH



PRODUCT OVERVIEW

For dedicated runners chasing goals, there's Forerunner 570 — the GPS running smartwatch with our brightest AMOLED display, aluminum bezel and advanced training features. Available in two case sizes, — 42mm and 47mm — and 6 colors so you can choose the perfect option. Get ready for your race with personalized plans from Garmin Coach for running and now triathlons — select plans even adapt based on your performance and recovery. Use the training readiness feature to know when you're primed for a productive workout, and use training status to know if you're training productively. With multi-band GPS, you'll get superior positioning accuracy in challenging environments. Forerunner 570 has a built-in speaker and microphone so you can make or take calls from your wrist (when paired to your smartphone). Before heading to bed, check your evening report, which helps you prepare for the next day with reminders of sleep needs, tomorrow's workout, weather and more. You'll always be ready to hit the ground running with up to 11 days (47 mm size) of battery life in smartwatch mode and up to 18 hours in GPS mode.



NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

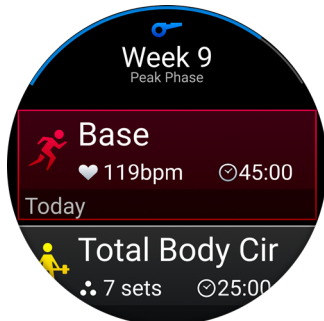
MAY 15, 2025

KEY FEATURES

IMPROVED

GARMIN COACH ADAPTIVE TRAINING

Train for an event, achieve a milestone, or improve your fitness with [Garmin Coach](#) training plans for running, triathlon, cycling or strength. Select plans even adapt daily for personalized workouts based on your performance, recovery and health metrics.



TRAINING READINESS

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



TRAINING STATUS

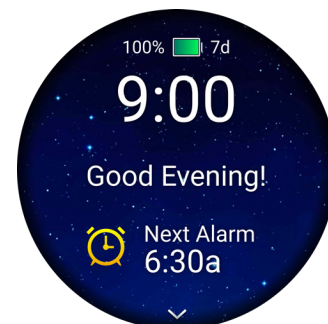
Using indicators such as HRV status, recent exercise history and VO2 max, get insight into training effectiveness with training status — and know whether you're training productively, peaking or strained.



NEW

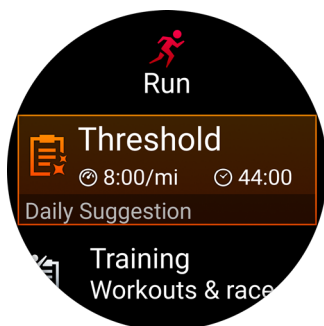
EVENING REPORT

Before you go to bed, you'll get an evening report to better prepare for the next day with a reminder of sleep need, tomorrow's workout, weather and events.



DAILY SUGGESTED WORKOUTS

Get workouts made specifically for you and based on your data. These [run recommendations](#) vary in intensity and adapt after every run to take into account performance and recovery.



NEW

BUILT-IN SPEAKER AND MICROPHONE

Make and take phone calls from your watch when it's paired to your smartphone. Plus, control watch functions with voice commands — or use your smartphone's voice assistant to respond to text messages and more.



NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

MAY 15, 2025

KEY FEATURES CONTINUED

AMOLED DISPLAY AND ALUMINUM BEZEL NEW	This is our brightest AMOLED touchscreen display with button controls and an aluminum bezel available in 42 mm and 47 mm sizes.
BATTERY FOR DAYS	Go the distance with up to 11 days of battery life in smartwatch mode for the 47 mm case size (up to 10 days for 42 mm).
SLEEP COACH	Get a sleep score and personalized coaching for how much sleep you need. Track sleep stages , and get insights to improve sleep quality ¹ .
MORNING REPORT	Wake up to your morning report with an overview of sleep, recovery and training outlook alongside HRV status, training readiness and weather ¹ .
SAFETY FEATURES	Safety and tracking features, including incident detection (during select outdoor activities) and assistance, let you send a message with your live location to emergency contacts ² .
BUILT-IN SPORTS APPS	This watch has 30+ built-in activity profiles, including running, triathlon, track run, cycling, open-water swimming and more.
TRIATHLON AND MULTISPORT PROFILES	Automatically record splits with built-in profiles for triathlons, duathlons, brick workouts and swimruns, or you can create your own.
MULTISPORT WORKOUTS NEW	Create custom step-by-step multisport workouts in Garmin Connect™ and send them to your watch to be executed seamlessly from sport to sport.
WRIST-BASED RUNNING DYNAMICS/POWER	This smartwatch measures crucial running metrics such as cadence, stride length, ground contact time, and more. It also measures running power so you can precisely manage your effort.
GARMIN PAY™	Pay on the go with Garmin Pay contactless payments.
MUSIC ON THE GO	Listen on the go with downloaded songs and playlists from Spotify, Amazon Music or Deezer (subscription required), and connect with your wireless headphones for phone-free listening.

PRODUCT CONFIGURATIONS

SCHEDULE B: 8526910070
HTS: 8526.91.0040

AVAILABLE	INCLUDES	COUNTRY OF ORIGIN	MRP (USD)	MRP (CAD)
Now	Forerunner 570 GPS running watch, charge/data cable, documentation	Made in Taiwan. Cable made in Taiwan or China.	\$549.99	\$799.99

Forerunner 570 — 42 mm



Slate Gray Aluminum
with Translucent Black/
Black Band

SKU: 010-02970-00
UPC: 753759349806



Cloud Blue Aluminum
with Translucent White-
stone/Cloud Blue Band

SKU: 010-02970-01
UPC: 753759349813



Raspberry Aluminum with
Translucent Bone/Mango
Band

SKU: 010-02970-02
UPC: 753759349820



Slate Gray Aluminum
with Translucent Black/
Black Band

SKU: 010-02971-00
UPC: 753759349776



Amp Yellow Aluminum
with Translucent White-
stone/Turquoise Band

SKU: 010-02971-01
UPC: 753759349783



Indigo Aluminum with
Translucent Imperial
Purple/Indigo Band

SKU: 010-02971-02
UPC: 753759349790

NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

MAY 15, 2025

PRODUCT COMPARISON

		FORERUNNER 570	FORERUNNER 265	FORERUNNER 970	FORERUNNER 965
					
General					
Display type		AMOLED	AMOLED	AMOLED	AMOLED
Bezel material		Aluminum	Fiber-reinforced polymer	Titanium	Titanium
Lens material		Corning® Gorilla® Glass 3	Corning Gorilla Glass 3	Sapphire crystal	Corning Gorilla Glass 3 DX
Battery life	Smartwatch mode	Up to 11 days (42 mm up to 10 days)	Up to 15 days	Up to 15 days	Up to 23 days
	GPS activity	Up to 18 hours	Up to 24 hours	Up to 26 hours	Up to 31 hours
Weight		42 mm: 42 g; 47 mm: 50 g	47 g	53 g	56 g
Water rating		5 ATM	5 ATM	5 ATM	5 ATM
Memory		8 GB	8 GB	32 GB	32 GB
Flashlight				•	
Calls and texts ²		•		•	
Full-color mapping				•	•
Wi-Fi® connectivity		•	•	•	•
Group LiveTrack™ ²				•	•
HRV status		•	•	•	•
ECG app				•	
Multi-band GPS		•	•	•	•
Skin temperature tracking		•		•	
Past ovulation estimates		•		•	
Training					
Real-time stamina				•	•
Running tolerance				•	
Running economy				•	
Running dynamics		•	•	•	•
Running power		•	•	•	•
Step speed loss				•	
Auto Lap® by timing gates		•		•	
Suggested finish line		•		•	
Aerobic/Anaerobic training effect		•	•	•	•
Recovery time		•	•	•	•
Training status		•	•	•	•
Load ratio		•		•	•
VO2 max		•	•	•	•
Projected race time predictor		•		•	
Heat and altitude acclimation		•		•	•
Garmin Coach training plans		•	•	•	•
Garmin triathlon coach		•		•	

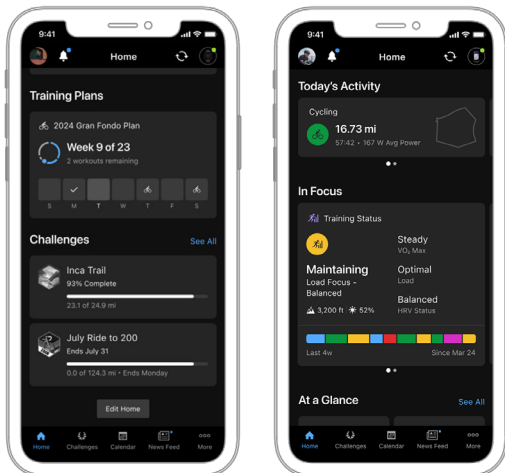
NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

MAY 15, 2025

GARMIN CONNECT™ APP



- Once you sync your run with the Garmin Connect app, dig deep with detailed run metrics that show you how hard you pushed and how your training is impacting your fitness, as well as wellness data that gives a picture of your overall health.
- The “In Focus” section provides an in-depth look at your top stats, including sleep score, Body Battery™ energy monitoring, training status and more¹, while providing a weekly overview of your activity trends.
- Stay on track every day — whether you're training for a race or just staying fit. The new Garmin Connect app lets you customize your layout with the metrics that are most important to you.
- Fitness is better with friends. Compete in step and distance challenges, create groups, or cheer each other on with likes and comments.

PACKAGING SPECIFICATIONS



Gift box dimensions (WxHxD)	3.7" x 3.5" x 3.3" (9.3 x 8.9 x 8.3 cm)
Gift box weight	6.1 oz (174 g)
Master carton dimensions (WxHxD)	13.6" x 15.5" x 11.7" (34.5 x 39.4 x 29.7 cm)
Master carton weight	20.22 lbs (9.17 kg)
Master carton quantity	48

PRODUCT COPY

Product copy for Forerunner 570 can be downloaded from the [Dealer Resource Center](#).

FEATURE/BENEFIT VIDEO



NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

MAY 15, 2025

RECOMMENDED ACCESSORIES

HRM 600



SKU: 010-13383-01 (XS-S)
SKU: 010-13383-00 (M-XL)
UPC: 753759349745 (XS-S)
UPC: 753759349738 (M-XL)

The HRM 600 premium heart rate monitor is built for data-driven performance athletes looking for accurate heart rate and HRV data plus running dynamics.

MRP: \$169.99 USD

HRM-FIT™



SKU: 010-13314-00
UPC: 753759326524

Purpose-built for women, HRM-Fit is the heart rate monitor you need to capture the important metrics — all with a comfortable clip-on design.

MRP: \$149.99 USD

USB-C® CABLE



SKU: 010-13278-01
UPC: 753759340599

Connect this cable to your USB-C AC adapter (sold separately) to recharge your compatible device.

MRP: \$24.99 USD

QUICK RELEASE NYLON BAND



SKU: 010-13261-10 (20 mm)
UPC: 753759303396 (20 mm)
SKU: 010-13261-20 (22 mm)
UPC: 753759303402 (22 mm)

Stay stylish and sport-ready with these adjustable, quick release bands for your compatible Garmin watch.

MRP: \$39.99 USD

WATCH BANDS

	COLOR	SKU	MSRP (USD)	
20 mm	TRANSLUCENT BLACK/BLACK BAND	010-11251-AQ	\$39.99	
	TRANSLUCENT WHITESTONE/CLOUD BLUE	010-11251-AR	\$39.99	
	TRANSLUCENT BONE/MANGO	010-11251-AS	\$39.99	
22 mm	TRANSLUCENT BLACK/BLACK	010-11251-AT	\$39.99	
	TRANSLUCENT WHITESTONE/TURQUOISE	010-11251-AU	\$39.99	
	TRANSLUCENT IMPERIAL PURPLE/INDIGO	010-11251-AV	\$39.99	

NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

MAY 15, 2025

MERCHANDISING

DUMMY UNITS



SKU: 010-M2970-00



SKU: 010-M2970-01



SKU: 010-M2970-02



SKU: 010-M2971-00



SKU: 010-M2971-01



SKU: 010-M2971-02

ACRYLIC PEDESTAL



This display is designed for small, narrow spaces and should be used inside a glass case. When featuring multiple products, pedestals may be merchandised side by side. Use with a dummy unit and a bracket and small product card, both ordered separately.

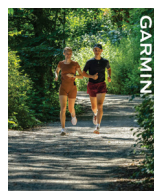
SKU: **M00-10769-00**

Size: **2.9" W x 2.9" D x 0.7" H**

TRAY KIT SYSTEM



This display is great for small spaces and should be used inside a glass case. It displays up to 2 Garmin dummy units on each tray kit. For larger product assortments, tray kits may be merchandised side by side. Use with dummy units, small product cards, common features product cards, brackets, graphic back panels and trays, all ordered separately.



GRAPHIC FOR TRAY KIT

SKU: **M00-01034-00**

Size: **7" W x 9" H**



SMALL TRAY 7" W x 6" D

SKU: **M00-00527-00**

Size: **7" W x 6" D**

ACRYLIC NONPOWERED FREESTANDING DISPLAY WITH WHEELS



This display ships as one full piece with wheels; is nonpowered and great for small, narrow spaces; and includes a lock and key. These displays are fully customizable and fit a variety of Garmin products. It displays up to 12 Garmin dummy units. Use with dummy units, small product cards, common features product cards, brackets and pedestals, all ordered separately.

Contact your inside sales rep or order administration representative to place an order for the display if you meet the order requirements.

SKU: **M00-00982-00**

Size: **16" W x 15" D x 68.5" H** (approximately)

Delivered by FedEx Freight

Weight on pallet: **150 lbs** (approximately)

Dimensions on pallet: **48" W x 40" D x 80" H** (approximately)

BLUE WEDGE MAGNETIC GRAPHIC

SKU: **M00-00909-00**

Size: **14.35" W x 16" H**

NEW PRODUCT ANNOUNCEMENT

FORERUNNER® 570

ADVANCED GPS RUNNING SMARTWATCH

MAY 15, 2025

MERCHANDISING CONTINUED

INTERCHANGEABLE MERCHANDISING COMPONENTS THAT CAN BE USED ON THE PEDESTALS, TRAY KITS AND ACRYLIC NONPOWERED FREESTANDING DISPLAY

SMARTWATCH BRACKET

SKU: **M00-10751-00**
Size: **1.5" W x 4.0" H**



SMALL PRODUCT CARDS



FORERUNNER 570 42MM
SKU: **M00-01018-00**
Size: **2" H x 2.5" W**



FORERUNNER 570 47MM
SKU: **M00-01019-00**
Size: **2" H x 2.5" W**

TRAY KIT/ACRYLIC DISPLAY COMMON FEATURES PRODUCT CARD - SMARTWATCH

SKU: **M00-00977-00**
Size: **6.75" L x 4.0" H**



GARMIN BRANDED FREESTANDING/COUNTERTOP LIGHT BOX DISPLAYS

Showcase a wide range of Garmin products with these displays featuring a bright light box graphic. They can be customized by ordering dummy units, live demo smartwatch units (with Sales Director's pre-approval), coordinating brackets, product cards, common features product cards and light box graphics. You can feature up to 7 units on the freestanding display and up to 3 units on the countertop display.

Contact your inside sales rep or order administration representative to place an order for the display if you meet the order requirements.

Freestanding Light Box Display:
24" W x 62.98" H x 23.166" D

Countertop Light Box Display:
12" W x 18.08" H x 14" D



GARMIN BRANDED GRAY FREESTANDING/COUNTERTOP VIDEO DISPLAYS

Order these components to update your freestanding or countertop display: dummy units, brackets, SD™ card, product card and graphics. Contact your inside sales rep or order administration representative to place an order for the update components.



¹See Garmin.com/ataccuracy.

²When paired with your smartphone; see Garmin.com/ble. For safety and tracking feature requirements and limitations, see Garmin.com/safety.

SPOTIFY and the Spotify logo are among the registered trademarks of Spotify AB. Amazon Music and all related logos are trademarks of Amazon.com, Inc. or its affiliates. Corning and Gorilla are registered trademarks of Corning Incorporated. Wi-Fi is a registered trademark of the Wi-Fi Alliance. USB-C is a registered trademark of USB Implementers Forum.

Engineering enhancements are ongoing and may not be reflected in the pictures, videos and specifications.

Please note: The ECCNs and Classification numbers provided represent the opinion of Garmin International, Inc. of the proper classifications for the products today (based on the original software and/or original hardware). Classifications are subject to change. Under the U.S. export regulations, the U.S. Government assigns your organization or client, as exporter/importer of record, the responsibility for determining the correct classification of any item at the time of export/import. Depending on the products, the customer, or the country of destination, an export license may be required by the Department of Commerce prior to shipment. The Department of Commerce's Bureau of Industry and Security (former Bureau of Export Administration) website (<http://www.bis.doc.gov>) provides information that might be useful to you in determining whether you need to obtain a license for a particular shipment. To be clear, if an item described above does require a validated export license, it would be the exporter's responsibility to obtain this license prior to exportation.

Final artwork is subject to change from images shown in the merchandising section. For more information on merchandising, please visit the [Dealer Resource Center](http://Garmin.com/dealer).