

Garmin Forerunner 165 Smart Sport Watch - Black + Slate Gray | 2YR Protection

QUICK BUYER GUIDE



Runners seeking GPS tracking and adaptive training insights

At a Glance Specs



DISPLAY SIZE
1.2-inch AMOLED touchscreen



BATTERY LIFE
11 days in smartwatch mode



GPS FEATURES
Built-in GPS with 25+ sports apps



TRAINING TOOLS
Adaptive workouts and recovery insights



PROTECTION PLAN
2-year extended warranty included



CONNECTIVITY
Bluetooth pairing with Garmin Connect



Who It Is For

- ✓ Runners needing GPS tracking
- ✓ Users wanting adaptive training plans
- ✓ Those requiring 24/7 health monitoring
- ✓ People needing long battery life



Who It Is Not For

- ✗ Swimmers requiring waterproofing
- ✗ Users needing multiple watch faces
- ✗ Those without a smartphone
- ✗ People needing waterproofing beyond 50m



Trade Offs to Consider

- Limited swim-specific tracking
- Fewer customizable watch faces
- Requires smartphone for full features
- No waterproofing beyond 50m



Users Say

● POSITIVES

- ✓ Accurate GPS for outdoor runs
- ✓ Adaptive training plans work well
- ✓ Battery lasts through multi-day events

● COMPLAINTS

- ⚠ Limited swim tracking features
- ⚠ Dependent on smartphone for updates



How It Compares

- Similar to Forerunner 945 for running metrics
- Battery life matches Apple Watch Ultra
- Training features rival Garmin Fenix 7
- Protection plan comparable to Fitbit Charge 5



Choose This If...

- ✓ Need GPS-based training insights
- ✓ Prioritize long battery life
- ✓ Want 24/7 health tracking
- ✓ Value included extended warranty



Skip This If...

- ✗ Require swim-specific features
- ✗ Need multiple watch face options
- ✗ Plan to use in water deeper than 50m
- ✗ Want standalone functionality



Learn More



Read our Review

[Garmin Forerunner 165 Review: GPS Running Watch for 2026](#)



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