

Garmin Forerunner 245 Music GPS Running Smartwatch (Renewed)

QUICK BUYER GUIDE



Runners needing GPS tracking, music storage, and advanced performance metrics

At a Glance Specs



BATTERY LIFE

**7 days in smartwatch mode,
6 hours in GPS mode with
music**



MUSIC STORAGE

**Syncs with Spotify and other
services for on-wrist
playback**



DIMENSIONS

**1.7 x 1.7 x 0.5 inches with
1.28-ounce weight**



GPS COMPATIBILITY

**Requires Running Dynamics
Pod or HRM-Run/TRI for
advanced metrics**



SCREEN SIZE

**1.2-inch round display with
240x240 pixel resolution**







CONNECTIVITY

**Bluetooth pairing with
smartphone for incident
alerts**







Who It Is For

-  Runners tracking outdoor routes with GPS
-  Athletes using music for motivation during workouts
-  Users needing adaptive training plans
-  People requiring incident detection alerts



Who It Is Not For

-  Runners without compatible dynamics pod
-  Users needing 10+ hours of GPS battery
-  People prioritizing 100+ GB storage
-  Those without Bluetooth-enabled phones

Trade Offs to Consider

- Limited storage vs. advanced metrics
- GPS battery life vs. smartwatch longevity
- Music playback vs. extended battery
- Basic interface vs. premium smartwatch features

Users Say

● POSITIVES

- ✓ Seamless Spotify integration for workouts
- ✓ Accurate GPS tracking for running routes

● COMPLAINTS

- ⚠ Battery drains quickly in GPS mode
- ⚠ Limited customization options

How It Compares

- Better than Forerunner 945 for music storage
- Less durable than Treadmill 2 for indoor use
- More expensive than Samsung Gear Watch
- Fewer features than Apple Watch Ultra



Choose This If...

- ✓ You need GPS and music for running
- ✓ You want adaptive training plans
- ✓ You prioritize incident detection alerts

✗ Skip This If...

- ✗ You require 10+ hours of GPS battery
- ✗ You need 100+ GB storage capacity
- ✗ You lack compatible dynamics accessories



Learn More



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[Garmin Forerunner 245 Music Review: 2026 Running Smartwatch with Music and GPS](#)



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