

Garmin Forerunner 255 GPS Running Smartwatch – Advanced Insights & Long Battery Life

QUICK BUYER GUIDE



Runners seeking health tracking, training insights, and long battery life

At a Glance Specs

 **BATTERY LIFE**
14 days in smartwatch mode, 30 hours in GPS mode

 **DISPLAY**
Full-color always-on screen with sunlight visibility

 **GPS**
Built-in GPS for outdoor route tracking

 **CONNECTIVITY**
Bluetooth and USB for data sync

 **STORAGE**
4 GB internal memory for activity data

 **DIMENSIONS**
1.8 x 1.8 x 0.5 inches, 1.7 ounces



Who It Is For

- ✓ Runners tracking health metrics and training progress
- ✓ Athletes needing race-specific performance insights
- ✓ Fitness enthusiasts with daily workout goals
- ✓ Users prioritizing long battery life over frequent charging



Who It Is Not For

- ✗ Swimmers requiring waterproof durability
- ✗ Users wanting app-only fitness tracking
- ✗ Those needing frequent battery recharging
- ✗ Individuals prioritizing smartphone app integration



Trade Offs to Consider

- Limited app integration compared to smartphones
- No waterproof rating for aquatic activities
- Battery life trade-off between GPS and smartwatch modes
- Fewer advanced health metrics than premium models

How It Compares

- Competes with Garmin Forerunner 955 for advanced metrics
- Outperforms Apple Watch Ultra in GPS battery life
- Lacks waterproofing compared to Samsung Galaxy Watch
- Fewer third-party app integrations than Fitbit

Choose This If...

- ✓ Need health tracking and training insights
- ✓ Prioritize long battery life for outdoor use
- ✓ Want daily workout suggestions and race analysis
- ✓ Seek reliable GPS performance for runs

Skip This If...

- ✗ Require waterproof durability for swimming
- ✗ Need frequent smartphone app integration
- ✗ Prioritize app-based fitness tracking
- ✗ Want advanced health metrics beyond HRV



Learn More



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[Garmin Forerunner 255 Review: 2026 GPS Running Smartwatch for Runners](#)



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