

# DECEMBER 2024 SMARTWATCH AND CYCLING COMPUTER FEATURE UPDATE



In an ongoing effort to improve our products and provide enhanced features to existing users, we are excited to announce our next feature update for smartwatches and cycling computers. The update provides improved functionality and new features for a variety of our fitness and outdoor products.

The free software updates have begun rolling out and will continue to do so over the coming weeks. Customers can update their smartwatch or cycling computer by enabling automatic updates from their devices.

Please see the below for a few featured highlights found in this update as well as a detailed reference table at the end of the document.

## NEW FEATURES

Notable features in this software release include:

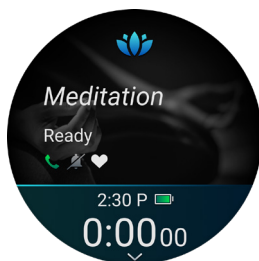
### LACTATE THRESHOLD AUTO-DETECTION

You can now get your lactate threshold heart rate, pace and power with your wrist-based heart rate monitor<sup>1</sup> — without doing high-intensity efforts. This feature can help inform your training zones for more targeted workout intensities.



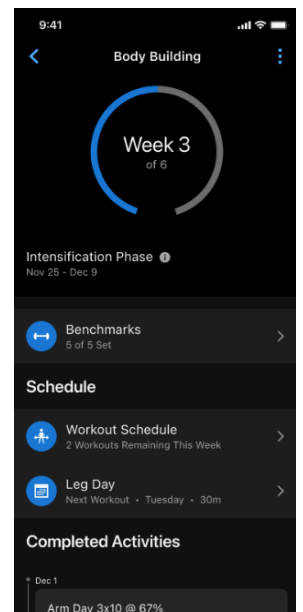
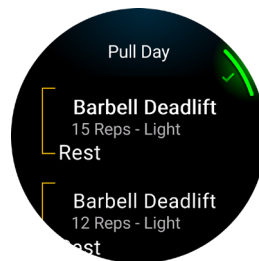
### MEDITATION ACTIVITY

Help reduce stress, anxiety and more with meditation practices.



### GARMIN COACH STRENGTH TRAINING PLANS

Get targeted strength training plans to optimize your body's performance and increase your endurance. Whether you're looking to build muscle or simply increase your fitness level, these plans are tailored for all types of athletes.



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## COMPARISON

	GARMIN COACH STRENGTH TRAINING PLANS	WORKOUT EXECUTION SCORE IMPROVEMENTS	LACTATE THRESHOLD AUTO DETECTION	FTP AUTO DETECTION	MEDITATION ACTIVITY
fēnix® 7/Pro series, epix™ (Gen 2)/Pro series, Enduro™ 2, tactix® 7 series, MARQ® (Gen 2), quatix® 7/Pro, D2™ Mach 1/Pro			●	●	
fēnix® E/8 series and Enduro™ 3	●	●	●	●	●
Forerunner® 165 Series					(Music only)
Forerunner® 255/265 series	●	●	●		(255 Music only)
Forerunner® 955/965 series	●	●	●	●	●
Venu® 3, vivoactive® 5	●				●
Edge® 540/840/1040/1050 series		●		●	
Edge® Explore 2		●			

### KEY

- New feature with the November 2024 software release
- Product already has this feature

<sup>1</sup> See [Garmin.com/ataccuracy](https://www.garmin.com/ataccuracy)