Product Comparison

	fēnix® 5S Plus	fēnix® 5 Plus	fēnix® 5X Plus
	$499.99 USD and Up	$499.99 USD and Up	$649.99 USD and Up
	Smaller-sized multisport GPS smartwatch with wrist-based heart rate, maps, music and Garmin Pay™ contactless payments	Premium multisport GPS smartwatch with wrist-based heart rate, maps, music and Garmin Pay™ contactless payments	Ultimate multisport GPS smartwatch with wrist-based heart rate, Pulse Ox Acclimation, maps, music and Garmin Pay™ contactless payments

Show Only Differences

▼ General

	fēnix® 5S Plus	fēnix® 5 Plus	fēnix® 5X Plus
Lens Material	domed chemically strengthened glass or sapphire crystal	domed chemically strengthened glass or sapphire crystal	domed sapphire crystal
Bezel Material	stainless steel	stainless steel or titanium	stainless steel or titanium
Case material	fiber-reinforced polymer with metal rear cover	fiber-reinforced polymer with metal rear cover	fiber-reinforced polymer with metal rear cover
QuickFit™ watch band compatible	included (20 mm)	included (22 mm)	included (26 mm)
Strap material	silicone, suede or steel	silicone, leather or titanium	silicone, suede or steel
Physical size	42 x 42 x 15.4 mm Fits wrists with the following circumference: Silicone band: 145-217 mm Suede band: 153-208 mm Metal band: 153-213 mm	47 x 47 x 15.8 mm Fits wrists with the following circumference: Silicone band: 163-249 mm Leather band: 166-229 mm Metal band: 166-242 mm	51 x 51 x 17.5 mm Fits wrists with the following circumference: Silicone band: 163-250 mm Leather band: 163-231 mm Metal band: 166-242 mm
Display size	1.2" (30.4 mm) diameter	1.2" (30.4 mm) diameter	1.2" (30.4 mm) diameter
Display resolution	240 x 240 pixels	240 x 240 pixels	240 x 240 pixels
Display type	sunlight-visible, transflective memory-in-pixel (MIP)	sunlight-visible, transflective memory-in-pixel (MIP)	sunlight-visible, transflective memory-in-pixel (MIP)
Weight	65 g	86 g Titanium version: 76 g	96 g Titanium version: 87 g
Battery life	Smartwatch: Up to 7 days GPS: Up to 11 hours GPS and Music: Up to 4.5 hours	Smartwatch: Up to 12 days GPS: Up to 18 hours GPS and Music: Up to 8 hours	Smartwatch: Up to 20 days GPS: Up to 32 hours GPS and Music: Up to 13 hours

	UltraTrac™ mode: Up to 25 hours	UltraTrac™ mode: Up to 42 hours	UltraTrac™ mode: Up to 70 hours
Water rating	10 ATM	10 ATM	10 ATM
Color display	✅	✅	✅
Memory/History	16 GB	16 GB	16 GB

▼ Clock Features

Time/date	✅	✅	✅
GPS Time Sync	✅	✅	✅
Automatic daylight saving time	✅	✅	✅
Alarm clock	✅	✅	✅
Timer	✅	✅	✅
Stopwatch	✅	✅	✅
Sunrise/sunset times	✅	✅	✅

▼ Sensors

GPS	✅	✅	✅
GLONASS	✅	✅	✅
Galileo	✅	✅	✅
Garmin Elevate™ wrist heart rate monitor	✅	✅	✅
Barometric altimeter	✅	✅	✅
Compass	✅	✅	✅
Gyroscope	✅	✅	✅
Accelerometer	✅	✅	✅
Thermometer	✅	✅	✅
Pulse Ox			yes (with Acclimation)

▼ Connectivity

Connectivity	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	✅	✅	✅
Smart notifications	✅	✅	✅
Text response/reject phone call with text (Android™ only)	✅	✅	✅
Calendar	✅	✅	✅
Weather	✅	✅	✅
Controls smartphone music	✅	✅	✅
Plays and controls watch music	✅	✅	✅
Music Storage	Up to 1000 songs	Up to 1000 songs	Up to 1000 songs
Find My Phone	✅	✅	✅
Find My Watch	✅	✅	✅
VIRB® Camera Remote	✅	✅	✅
Smartphone compatibility	iPhone®, Android™	iPhone®, Android™	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	✅	✅	✅

Garmin Pay™	✓	✓	✓

▼ Safety and Tracking Features

LiveTrack	✓	✓	✓
Group LiveTrack	✓	✓	✓

▼ Activity Tracking Features

Step counter	✓	✓	✓
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	✓	✓	✓
Auto goal (learns your activity level and assigns a daily step goal)	✓	✓	✓
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	✓	✓	✓
Calories burned	✓	✓	✓
Floors climbed	✓	✓	✓
Distance traveled	✓	✓	✓
Intensity minutes	✓	✓	✓
TrueUp™	✓	✓	✓
Move IQ™	✓	✓	✓
Fitness Age	yes (in app)	yes (in app)	yes (in app)
All-day Stress Tracking	✓	✓	✓

▼ Gym & Fitness Equipment

Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts	✓	✓	✓
Strength workouts	✓	✓	✓
Automatic rep counting	✓	✓	✓

▼ Training, Planning and Analysis Features

GPS speed and distance	✓	✓	✓
Customizable data pages	✓	✓	✓
Customizable activity profiles	✓	✓	✓
Auto Pause®	✓	✓	✓
Interval training	✓	✓	✓
Advanced workouts	✓	✓	✓
Downloadable training plans	✓	✓	✓
Auto Lap®	✓	✓	✓
Manual lap	✓	✓	✓
Configurable lap alerts	✓	✓	✓
V02 max	✓	✓	✓

Feature			
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	✓	✓	✓
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	✓	✓	✓
Training Effect (aerobic)	✓	✓	✓
Training Effect (anaerobic)	✓	✓	✓
Customizable alerts	✓	✓	✓
Audio prompts	✓	✓	✓
Finish time	✓	✓	✓
Virtual Partner	✓	✓	✓
Race an Activity	✓	✓	✓
Auto multisport activities	✓	✓	✓
Manual multisport activities	✓	✓	✓
Course guidance	✓	✓	✓
Segments (Live, Garmin)	✓	✓	✓
Strava features (Beacon, live segments)	✓	✓	✓
Round-trip course creator (running/cycling)	✓	✓	✓
Trendline™ Popularity Routing	✓	✓	✓
Touch and/or button lock	✓	✓	✓
Hot keys	✓	✓	✓
Auto scroll	✓	✓	✓
Activity history on watch	✓	✓	✓
Physio TrueUp	✓	✓	✓

▼ Heart Rate Features

Feature			
HR zones	✓	✓	✓
HR alerts	✓	✓	✓
HR calories	✓	✓	✓
% HR max	✓	✓	✓
% HRR	✓	✓	✓
Recovery time	✓	✓	✓
Auto max HR	✓	✓	✓
HRV stress test (measures your heart rate variability while standing still, for 3 minutes, to provide you with an estimated stress level; the scale of this is 1 to 100; low scores indicate lower stress levels)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Records heart rate while swimming	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	✓	✓	✓

▼ Running Features

Feature			
Available run profiles	Running, Treadmill Running, Trail Running	Running, Treadmill Running, Trail Running	Running, Treadmill Running, Trail Running
	✓	✓	✓

GPS-based distance, time and pace	✅	✅	✅
Running dynamics	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Stride length (real time)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Cadence (provides real-time number of steps per minute)	✅	✅	✅
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	✅	✅	✅
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Run workouts	✅	✅	✅
Race predictor	✅	✅	✅
Foot pod capable	✅	✅	✅

▼ Golfing Features

Preloaded with 41,000 courses worldwide	✅	✅	✅
Yardage to F/M/B (distance to front, middle and back of green)	✅	✅	✅
Yardage to layups/doglegs	✅	✅	✅
Measures shot distance (calculates exact yardage for shots from anywhere on course)	Automatic	Automatic	Automatic
Digital scorecard	✅	✅	✅
Stat tracking (strokes, putts per round, greens and fairways hit)	✅	✅	✅
Garmin AutoShot™	✅	✅	✅
Auto CourseView updates	✅	✅	✅
Green View with manual pin position	✅	✅	✅
Hazards and course targets	✅	✅	✅
TruSwing™ compatible	✅	✅	✅
Round timer/odometer	✅	✅	✅

▼ Outdoor Recreation Features

Available outdoor recreation profiles	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical

Feature			
Point-to-point navigation	✓	✓	✓
Bread crumb trail in real time	✓	✓	✓
Back to start	✓	✓	✓
TracBack®	✓	✓	✓
UltraTrac mode	✓	✓	✓
Around Me mode	✓	✓	✓
Elevation profile	✓	✓	✓
Distance to destination	✓	✓	✓
Barometric trend indicator with Storm Alert	✓	✓	✓
ClimbPro™ Ascent Planner	✓	✓	✓
Trail run auto climb	✓	✓	✓
Vertical speed	✓	✓	✓
Total ascent/descent	✓	✓	✓
Future elevation plot	✓	✓	✓
Preloaded topographical maps	✓	✓	✓
Downloadable cartography support	✓	✓	✓
Compatible with BaseCamp™	✓	✓	✓
GPS coordinates	✓	✓	✓
Projected waypoint	✓	✓	✓
Sight 'N Go	✓	✓	✓
Area calculation	yes (via Connect IQ™)	yes (via Connect IQ™)	yes (via Connect IQ™)
Hunt/fish calendar	yes (via Connect IQ™)	yes (via Connect IQ™)	yes (via Connect IQ™)
Sun and moon information	yes (via Connect IQ™)	yes (via Connect IQ™)	yes (via Connect IQ™)
Dual grid coordinates	✓	✓	✓
XERO™ Locations	✓	✓	✓

▼ Cycling Features

Feature			
Available cycling profiles	Biking, Indoor Biking, Mountain Biking, Triathlon	Biking, Indoor Biking, Mountain Biking, Triathlon	Biking, Indoor Biking, Mountain Biking, Triathlon
Courses	✓	✓	✓
Bike lap and lap maximum power (with power sensor)	✓	✓	✓
Race an activity	✓	✓	✓
Time/distance alerts (triggers alarm when you reach goal)	✓	✓	✓
FTP (Functional Threshold Power)	yes (with compatible accessory)	yes (with compatible accessory)	yes (with compatible accessory)
Cycle Map (routable cycling-specific street map)	✓	✓	✓
Compatible with Vector™ (power meter)	✓	✓	✓
Power meter compatible (displays power data from compatible third-party ANT+™-enabled power meters)	✓	✓	✓
Compatible with Varia Vision™ (head-mounted display)	✓	✓	✓
Compatible with Varia™ radar (rear-facing radar)	✓	✓	✓

Compatible with Varia™ lights	✅	✅	✅
Speed and cadence sensor support (with sensor)	yes (ANT+® and Bluetooth® Smart sensors)	yes (ANT+® and Bluetooth® Smart sensors)	yes (ANT+® and Bluetooth® Smart sensors)

▼ Swimming Features

Available swim profiles	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming, Open Water Swimming, Swimming/Running
Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)	✅	✅	✅
Stroke type detection (freestyle, backstroke, breaststroke, butterfly)	✅	✅	✅
Swim efficiency (SWOLF)	✅	✅	✅
Drill logging	✅	✅	✅
Pool swim workouts	✅	✅	✅
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, calories)	✅	✅	✅
Heart rate (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)	yes (with HRM-Tri™ and HRM-Swim™)