

| | Forerunner® 310XT | Forerunner® 305 | Forerunner® 405 | Forerunner® 405CX |
|-----------------------------------------------------|-----------------------------|--------------------------|----------------------------------------------------|----------------------------------------------------|
| MapWorld Price | \$475; with HR \$565 | \$395 | \$545 | \$595 |
| Unit dimensions, WxHxD | 5.4 x 5.6 x 1.9 cm | 5.33 x 6.86 x 1.78 cm | 4.8 x 7.1 x 1.6 cm | 4.8 x 7.1 x 1.6 cm |
| Weight | 72 g | 77 g | 60 g | 61 g |
| Battery | rechargeable lithium-ion | rechargeable lithium-ion | rechargeable lithium-ion | rechargeable lithium-ion |
| Battery life | 20 hours, typical | 10 hours, typical | 2 weeks or 8 hours | 3 weeks or 8 hours |
| GPS-enabled | yes | yes | yes | yes |
| Water resistant | yes (50m) | yes (IPX7) | yes (IPX7) | yes (IPX7) |
| High-sensitivity receiver | yes | yes | yes | yes |
| Lap history | 1000 laps | 1000 laps | 1000 laps | 1000 laps |
| Waypoints/favorites/locations | 100 | 100 | 100 | 100 |
| Routes | 0 | 50 | 0 | 0 |
| Heart rate monitor | yes (optional) | yes | yes (some versions) | yes |
| Bike speed/cadence sensor | yes (optional) | yes (some versions) | yes (optional) | yes (optional) |
| Foot pod | yes (optional) | yes (optional) | yes (optional) | yes (optional) |
| Automatic sync | yes | no | yes | yes |
| Garmin Connect™ compatible | yes | yes | yes | yes |
| Garmin Training Center® software compatible | yes | yes | yes | yes |
| Virtual Partner® | yes | yes | yes | yes |
| Courses | yes | yes | yes | yes |
| Auto Pause® | yes | yes | yes | yes |
| Auto Lap® | yes | yes | yes | yes |
| Auto Scroll | yes | yes | yes | yes |
| Multi-sport | yes | yes | no | no |
| Advanced workouts | yes | yes | yes | yes |
| Simple workouts | no | yes | yes | yes |
| Pace alert | yes-advanced only | yes | yes-advanced only | yes-advanced only |
| Time/distance alert | yes | yes | yes-advanced only | yes-advanced only |
| Vibration alert | yes | no | no | no |
| Interval training | yes | yes | yes | yes |
| Heart rate-based calorie computation | yes | no | no | yes |
| Customizable screen(s) | yes | yes | yes | yes |
| Unit-to-unit transfer wirelessly with similar units | no | no | yes | yes |
| Power meter compatible | yes | no | no | no |
| Sport watch | no | no | yes | yes |
| | | | Watch functions include dual time, date and alarm. | Watch functions include dual time, date and alarm. |