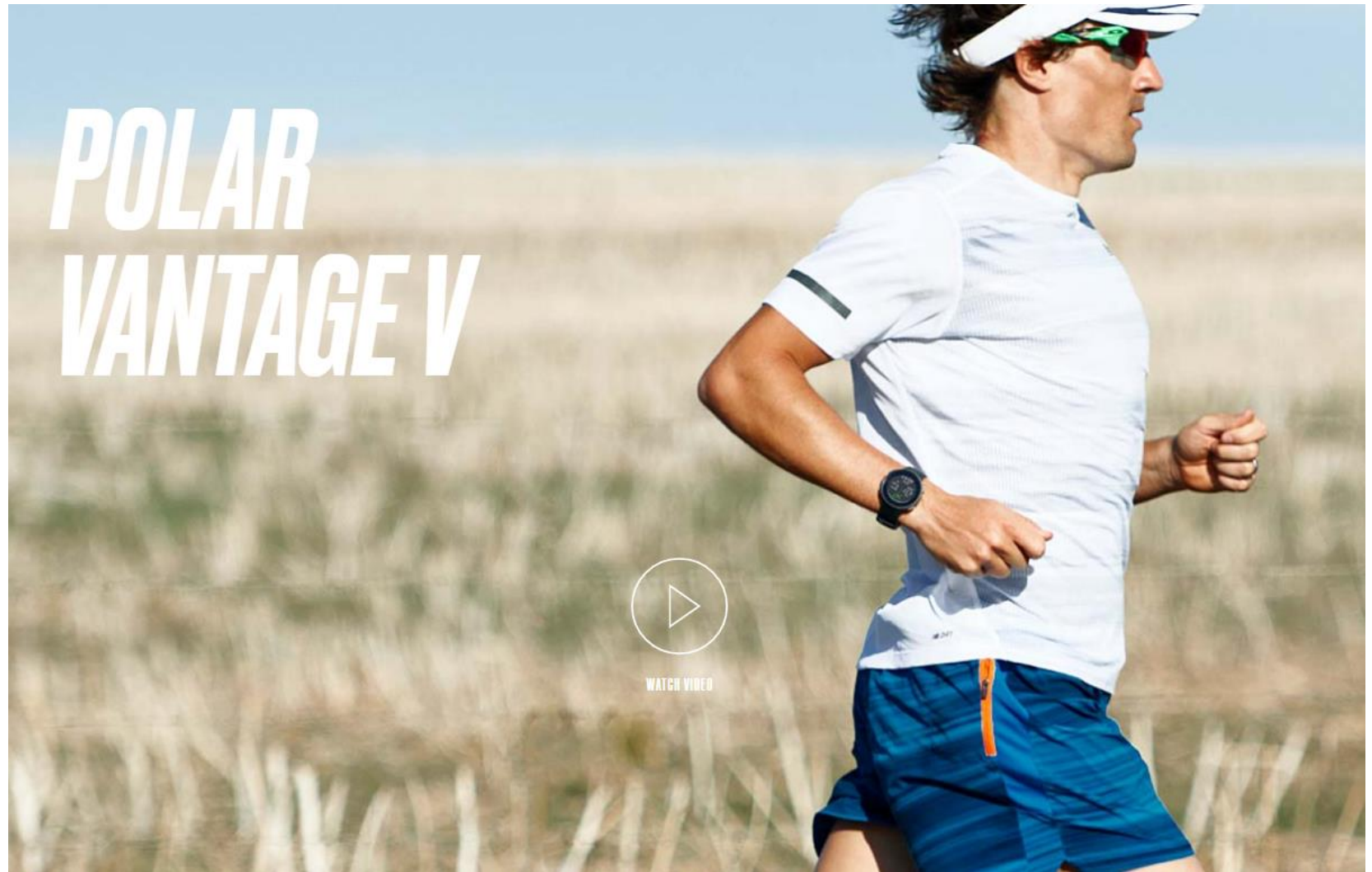


POLAR®

POLAR VANTAGE V



WATCH VIDEO





PREMIUM GPS MULTISPORT WATCH FOR MULTISPORT & TRIATHLON TRAINING

Train smarter and discover the winner within you with Polar Vantage V, a premium multisport watch designed for pro athletes – and for anyone who trains like a pro. If you're looking for a high-end waterproof companion with ultra-long battery life for triathlon or marathon training, Polar Vantage V is the perfect match.





CUTTING-EDGE SPORTS TECH

With the latest wearable tech innovations, the Polar Vantage V gives you all the accurate data you would need to maximise your performance.

TOP SOLUTIONS FOR HEART RATE MONITORING

Polar Vantage V works with different heart rate tracking solutions, to provide you with an optimal heart rate monitoring method for your sports.

MONITOR YOUR RUNNING POWER

Polar Vantage V measures running power from the wrist - no additional foot pods or sensors needed.

WINNING DESIGN MEETS MILITARY-LEVEL DURABILITY

Polar Vantage V has won design awards and passed several military standard tests, including extreme temperatures, drop and humidity.



MORE THAN A SPORTS WATCH

When you train with Polar Vantage V, you get access to the full Polar ecosystem where everything is connected. All your training data is conveniently available on one platform in Polar Flow.

You can also automatically sync your training data to other services such as Strava or TrainingPeaks.

THE ULTIMATE TRAINING PLATFORM

With extensive training planning and analysis tools, an automatic training diary, progress reports and much more, Polar Flow will help you achieve all your training goals.

DATA FOR YOUR COACH TOO

Share all your training data with your coach, get instant feedback and plan your season together with your coach with the free Polar Flow for Coach service.



OPTIMISE YOUR TRAINING

If you want to train like a pro, you need to recover like a pro. Polar Vantage V helps you find the right balance between training and rest and stay injury-free with a uniquely holistic training load and recovery tracking solution.

KNOW HOW YOU TRAIN

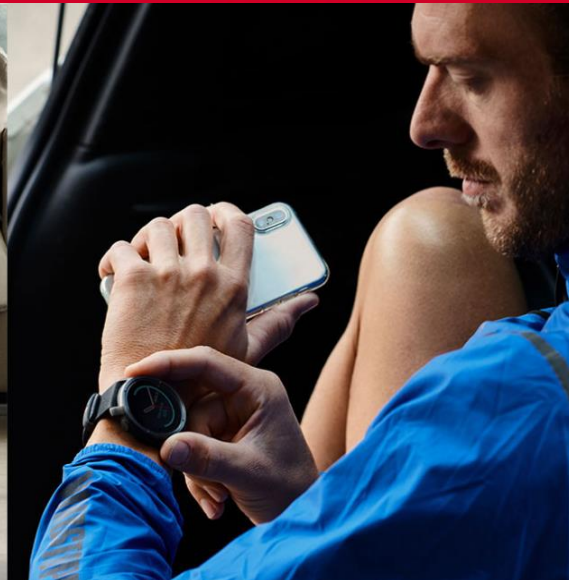
The new Training Load Pro™ gives you a comprehensive view on how your training sessions strain your body in different ways.

PREVENT OVERTRAINING AND INJURIES

See whether your body is ready for training and get recovery feedback with Recovery Pro™.



POLAR.



TECH SPECS

Measurements

46 x 46 x 13 mm

Materials

Extreme high strength stainless steel case. Glass fibre reinforced polymer back cover.

Battery

320 mAh Li-pol battery. Battery life up to 40hrs in training mode (GPS and wrist-based heart rate) or up to 7 days in watch mode with continuous heart rate tracking.

Connectivity

Bluetooth Low Energy. Custom USB cable for charging and data synchronisation.

UI languages

English, German, French, Italian, Dutch, Norwegian, Spanish, Portuguese, Swedish, Finnish, Danish, Polish, Russian, Turkish, Indonesian, Czech, Japanese, Chinese (simplified)

Weight

66 g with wristband, 44 g without wristband.

Display

Always on colour touch display. Laminated Gorilla glass lens with anti-fingerprint coating. Size 1.2", resolution 240 x 240.

GPS & Barometer

Integrated GPS, GLONASS, Galileo & QZSS. Assisted GPS for fast fix times. Barometric altitude, incline, ascent and descent.

Watch

Time & date. Vibrating alarm with snooze.

Sensors

Compatible with all standard BLE heart rate sensors and running cadence and power sensors as well as cycling speed, cadence and power sensors.

Wristbands

Durable and comfortable silicone.

Sizing:

S: wrist circumference 130-185 mm

M/L: wrist circumference 155-210 mm

Water resistant

Waterproof (WR50)

Durability

Tested against military standards (MIL-STD-810G).



POLAR FLOW

POLAR FLOW

Plan your training

Plan all your training from individual workouts to full season plans.

Analyse your results

Get to the heart of your performance with the extensive training analysis tools.

Share with your coach

Share your training data with your coach or PT with the free Polar Flow for Coach service.

Get social

Share your highlights, join groups and let the Polar Flow community help you on your way to your goals.

CONNECTIVITY

Connect with online sports communities

Strava
TrainingPeaks
MyFitnessPal
Endomondo
Nike+ Run Club

[READ MORE](#)

FEATURES



Advanced wrist-based heart rate

Polar Vantage V tracks heart rate with the Precision Prime™ sensor fusion technology.*



Training Load Pro

Quantify the strain of your training session and see how your training strains the different parts of your body.



Running Index

Get an estimate of your running VO2max and see how your running performance is developing.



Recovery Pro™

See how recovered your body is and get recovery feedback.



Running Power

Get more comprehensive insight into the intensity of your running sessions.



Smart Calories

Know exactly how many calories you've burned based on your weight, height, age, gender, your individual maximum heart rate (HRmax) and how hard you're training.



Nightly Recharge™

See how well you recover from your day during the night.



Sleep Plus Stages™

Follow your sleep stages and get insights to your sleep quality.



Continuous Heart Rate

Get a comprehensive view on how your heart behaves during your day. Continuous heart rate monitoring gives you even more accurate calorie burn and activity data and tells you the lowest and highest heart rate of your day.



Training Benefit

Get motivating feedback immediately after training describing the effect of the session.



Running Programme

Get a personal and adaptive training plan that fits you and your goals.



Serene™ breathing exercise

Relax your body and calm down your mind with the help of a guided breathing exercise.

FEATURES



Sport profiles

Polar Vantage V supports over 130 different sports. Add your favourite sports to your sports watch in Polar Flow.



Phone notifications

Stay connected with notifications from your phone. Get alerts for incoming calls, messages, emails, calendar events and more.



FitSpark™ daily training guide

Get ready-made daily workouts that match your recovery, readiness and training history.



Swimming metrics

Follow your progress in the pool – Polar Vantage V automatically detects your heart rate, swimming style, distance, pace, strokes and rest times. Distance and strokes get tracked also in open water swimming.

Strava Live Segments

Make your runs and rides more exciting with Strava Live Segments. Get alerts about nearby segments, see real-time performance data during a segment and check your results right after you finish.



Fitness Test

Test your fitness level easily in just 5 minutes without breaking a sweat.

IN THE BOX

POLAR VANTAGE V

Polar Vantage V pro multisport watch
Charging cable
Polar Vantage V user manual
Information note

POLAR VANTAGE V WITH H10 HEART RATE SENSOR

Polar Vantage V pro multisport watch
Charging cable
Polar H10 heart rate sensor
Polar Vantage V user manual
Information note