

Name: _____

Date: _____

Target Heart Rate

Determining Your Target Heart Rate Zone

1. Determine your Resting Heart Rate: After 10 minutes of complete rest, measure your pulse without using your thumb either at your wrist or the side of your neck. Start with 0 and count your heart beats for 10 seconds. Take the number of beats and multiply by 6 to get a one minute heart rate or your beats per minute (bpm).

Resting Heart Rate (RHR) _____ bpm
(i.e. 12 beats in 10 seconds ($12 \times 6 = 72$ bpm RHR))

2. Determine your approximate Maximum Heart Rate (MHR): Subtract your age from 220.

Maximum Heart Rate (MHR): $220 - \text{age} = \text{bpm (MHR)}$
(i.e. $220 - 19 = 201$ bpm MHR)

3. Determine your Heart Rate Reserve (HRR): Subtract your Resting Heart Rate from your Maximum Heart Rate.

Heart Rate Reserve (HRR): $\text{MHR} - \text{RHR} = \text{bpm (HRR)}$
(i.e. $201 \text{ bpm} - 72 \text{ bpm} = 129$)

4. Determine your target heart rate. Training effects occur when heart rate is higher than resting heart rate by an amount that is 50%-85% of HRR. Multiply your heart rate reserve by 50% and 85% of HRR. Multiply your heart rate reserve by 50% and 85% and then add the results to your resting heart rate.

50% Training Intensity = $(\text{HRR} \times .50) + \text{RHR} = \text{bpm (LOW)}$
(i.e. $129(\text{HRR}) \times .50 + 72 \text{ RHR} = 136.5$ (low pulse rate))

85% Training Intensity = $(\text{HRR} \times .85) + \text{RHR} = \text{bpm (HIGH)}$
(i.e. $129(\text{HRR}) \times .85 + 72 \text{ RHR} = 181.65$ (high pulse rate))

TARGET HEART RATE ZONE = (low) to (high)