

S A M P L E

Computing Your Target Heart Rate Zone

NAME _____ DATE _____ CLASS _____

Purpose: To identify a target heart rate zone which is a safe and comfortable level of overload that should be maintained to achieve a training effect.

Procedure: Study the example provided before completing this activity.

| | EXAMPLE | LOWER LIMIT | FOR YOU | UPPER LIMIT |
|---|-------------------------------|-------------|----------|-------------|
| START WITH 220 | 220 | | 220 | 220 |
| SUBTRACT YOUR AGE | -16 | - | - | - |
| EQUALS MAXIMUM HEART RATE (MHR) | 204 | = | = | = |
| MAXIMUM TIMES HEART SHOULD BEAT/MIN. | | | | |
| SUBTRACT RESTING HEART RATE | -72 | - | - | - |
| MULTIPLY BY: 60% - INACTIVE (Lower Limit) | 132 X .60 | = | X .65 | = |
| 90% - VERY ACTIVE (Safe Upper Limit) | | | | X .85 |
| ADD RESTING HEART RATE | 79.20 +72 | = | = | = |
| | | + | + | + |
| EQUALS TARGET HEART RATE (THR) | 151 BEATS PER MINUTE | | | |
| | | | YOUR THR | |