

Calculating Target Heart Rate

Maximum Heart Rate Formula

Step One:

Find your maximum heart rate (HR max)

Example:

$$\begin{array}{r} 220 \\ - \boxed{20} \text{ Age} \\ \hline \boxed{200} \text{ HR max} \end{array}$$

$$\begin{array}{r} 220 \\ - \quad 20 \\ \hline 200 \end{array}$$

Step Two:

Find the lower end of your Target Heart Rate in beats/minute

$$\begin{array}{r} \boxed{200} \text{ HR max} \\ \times \quad 0.7 \\ \hline \boxed{140} \text{ beats/minute} \end{array}$$

$$\begin{array}{r} 200 \\ \times \quad 0.7 \\ \hline 140 \end{array}$$

Step Three:

Find the upper end of your Target Heart Rate in beats/minute

$$\begin{array}{r} \boxed{200} \text{ HR max} \\ \times \quad 0.85 \\ \hline \boxed{170} \text{ beats/minute} \end{array}$$

$$\begin{array}{r} 200 \\ \times \quad 0.85 \\ \hline 170 \end{array}$$

My Target Heart Rate range **140** to **170** beats/minute

Step Four:

Find the lower end of your Target Heart Rate in beats/10 seconds

$$\begin{array}{r} \boxed{23} \\ 6 \overline{) 140} \end{array}$$

$$\begin{array}{r} 23.33333 \\ 6 \overline{) 140} \end{array}$$

Step Five:

Find the upper end of your Target Heart Rate in beats/10 seconds

$$\begin{array}{r} \boxed{28} \\ 6 \overline{) 170} \end{array}$$

$$\begin{array}{r} 28.33333 \\ 6 \overline{) 170} \end{array}$$

My Target Heart Rate range **23** to **28** beats/10 seconds