

Target Heart Rate Training Zones



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Karvonen Formula

INPUT VALUES:

RESTING HEART RATE*

AGE

WEIGHT MANAGEMENT

Heart Rate should be between 55% and 70% of Maximum Heart Rate (MHR)

| | | |
|---|---------|---------|
| BASE NUMBER | 220 | 220 |
| MINUS AGE | - _____ | - _____ |
| EQUALS PREDICTED MAX HEART RATE | = _____ | = _____ |
| MINUS RESTING HEART RATE | - _____ | - _____ |
| EQUALS HEART RATE RESERVE | = _____ | = _____ |
| MULTIPLIED BY TARGET PERCENTAGE | x 55% | x 70% |
| WHICH IS EQUAL TO | = _____ | = _____ |
| ADD BACK IN RESTING HEART RATE | + _____ | + _____ |
| EQUALS TARGET HEART RATE ZONE (IN BEATS PER MINUTE) | = _____ | = _____ |

CARDIOVASCULAR FITNESS

Heart Rate should be between 70% and 85% of Maximum Heart Rate (MHR)

| | | |
|---|---------|---------|
| BASE NUMBER | 220 | 220 |
| MINUS AGE | - _____ | - _____ |
| EQUALS PREDICTED MAX HEART RATE | = _____ | = _____ |
| MINUS RESTING HEART RATE | - _____ | - _____ |
| EQUALS HEART RATE RESERVE | = _____ | = _____ |
| MULTIPLIED BY TARGET PERCENTAGE | x 70% | x 85% |
| WHICH IS EQUAL TO | = _____ | = _____ |
| ADD BACK IN RESTING HEART RATE | + _____ | + _____ |
| EQUALS TARGET HEART RATE ZONE (IN BEATS PER MINUTE) | = _____ | = _____ |

For the most accurate resting heart rate, measure your heart rate for a full minute three consecutive mornings prior to getting up and use the average.