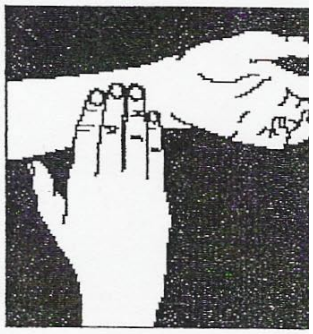
DETERMINING YOUR TRAINING HEART RATE RANGE

Objective: Students will determine their Training Heart Rate Range using the Karvonen Method.

Training Heart Rate [THR)] =(maximal heart rate* [MHR] - resting HR) x Intensity %= Working HR

Resting HR= count your pulse at rest for 60 seconds

When estimating your target heart rate range, you must first establish two factors:



1. Your Age: _____

2. Your Resting Heart Rate [RHR]: _____

Use the above numbers in the following formula:

A. 220 - _____ = _____
[your age] [estimated maximal heart rate (MHR)]

B. _____ - _____ = _____
(MHR) (resting HR) (heart rate reserve/ HRR)

C. _____ X .60= _____ + _____= _____
(HR reserve) (lower intensity) (resting HR) (lower target heart rate)

D. _____ X .90= _____ + _____= _____
(HR reserve) (higher intensity) (resting HR) (higher target heart rate)

E. Target Heart Rate Range is _____ to _____.
(lower target HR) (higher target HR)