Finding Target Heart Rate Zone

1. Get Maximum Heart Rate 220-age = MHR

2. Average 3 Resting Heart Rates = RH+RH+RH/3 = Average RHR (for best results) We are just taking one Resting Heart rate after 10 minutes.

3. MHR - RHR = Heart Rate Reserve

4. HRR × 6 = Training Range % (this is the lower end of your Target Heart Rate)

   HRR × 85 = Training Range % (this is the higher end of your Target Heart Rate)

5. Training Range % + RHR = your Target Heart Rate Zone (need to have two separate numbers for this)

   _______ for 60% of Max Heart Rate
   _______ for 85% of your Max Heart Rate

6. Divide the two number by 6 to attain a 10 second count. This will be used when you are not wearing a heart rate monitor. These two numbers is what you will be comparing your 10 second count to.

   _______ for 60%
   _______ for 85%