

Target Heart Rate

The **Target Heart Rate (THR)** is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout. To determine your THR, you must first calculate your Maximum Heart Rate (MHR). The calculation is:

$$220 - \text{age in years} = \text{MHR}$$

To find the THR zone, you would then multiply the MHR by .60 for the low end of the range and by .90 for the high end of the range.

$$\text{MHR}(220 - \text{age in years}) \times .60 = \text{low end of the range}$$

$$\text{MHR}(220 - \text{age in years}) \times .90 = \text{high end of the range}$$

For maximum benefit, your heart rate should stay between these two numbers during your workout.

Example for someone with a Maximum Heart Rate of 204 (age 16, estimating MHR as $220 - \text{age}$):

$$60\% \text{ intensity: } (220 - (\text{age} = 16)) \times 0.60 \rightarrow 122 \text{ bpm}$$

$$90\% \text{ intensity: } (220 - (\text{age} = 16)) \times 0.90 \rightarrow 184 \text{ bpm}$$

This person should keep their heart rate between 122 and 184 beats per minute during their workout to get the most benefit.

Target Heart Rate Worksheet

Name: _____

Period: _____

For healthy persons, the *Target Heart Rate* (THR) is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout. This theoretical range varies based mostly on age; however, a person's physical condition, sex, and previous training also are used in the calculation. The basic formula is 220 minus your age.

Maximum Heart Rate formula $220 - \text{age} =$ _____

60% formula is _____ (MHR) $\times .6 =$ _____ (Low end of THR)

90% formula is _____ (MHR) $\times .9 =$ _____ (High end of THR)

Target Heart Rate between _____ (Low end of THR) and _____ (High end of THR)

Find your heart rate by finding your pulse on the inside of your wrist, on the thumb side, using the first two fingers (not your thumb) to press lightly over the blood vessels on your wrist. Count the number of beats for 6 seconds and multiply by 10 or count the number of beats for 10 seconds and multiply by 6.

Beginning Heart Rate _____

In this worksheet you will find out the effects of different physical activities on your heart rate. Perform each of the activities in the order shown. After each activity, record your heart rate on the line provided. Allow one to two minutes of recovery time between each activity.

- 1) Standing in place for two minutes: _____
- 2) Lie down and take a 5-10 minute nap (no talking or electronic devices please): _____
- 3) Walk in place for 3 minutes: _____
- 4) Jog for 1 minute at a medium pace: _____
- 5) Run for 1 minute at a fast pace: _____
- 6) Walk 1 lap around the track: _____
- 7) Static stretching for 5 minutes: _____

1. Which of the activities did you think was the hardest for you to do? _____
2. Which was the easiest? _____
3. Was there a relationship between your pulse rate and the intensity of the exercise? If so, what was it? _____
4. If you had to choose one of these exercises for a 20-minute daily workout, which one would you choose? Why? _____