Calculating Maximum Heart Rate & Training Zone

RHR (Resting Heart Rate)

Day 1	Day 2	Day 3	Total	Divide by 3	=	Average **RHR**
				÷ 3	=	bpm

MHR (Maximum Heart Rate)

220	minus	age	=	**MHR**
	-		=	bpm

HRR (Heart Rate Reserve)

MHR	minus	**RHR**	=	**HRR**
	-		=	bpm

Training Zone Heart Rate based on goal

HRR	multiply by	%	=		add	**RHR**	=	**Training Zone Heart Rate**
	x		=		+		=	bpm

1) Resting Heart Rate **(RHR)**
   ➤ Count pulse for 1 minute, first thing in the morning before getting out of bed (3 consecutive days)
2) Maximum Heart Rate **(MHR)** = 220 – your age
3) Heart Rate Reserve **(HRR) = MHR – RHR**
4) Multiply **HRR** by percentage (Training Zone)
5) Add **RHR**

Example: 40 years old

RHR = 65

MHR: 220 – 40 **= 180 bpm**

HRR: 180(MHR) – 65(RHR) **= 115 bpm**

Wants to train in Moderate Zone 70% - 80%

115(HRR) x .70% = 80.5 bpm

80.5 + 65(RHR) **= 145.5 bpm**

       &

115(HRR) x .80% = 92 bpm

92 + 65(RHR) **= 157 bpm**

Keep Heart Rate between 145.5 to 157 bpm to train for aerobic fitness (Moderate Zone)