Name _____ Section _____ Date _____

Lab A3-6 *Target Heart Rate Zone Using the Heart Rate Reserve Method*

Determining Your Target Heart Rate Zone

1. Determine your resting heart rate: After 10 minutes of complete rest, measure your pulse either at your wrist or at one of your carotid arteries.

   Resting heart rate (RHR): _____ bpm
   (RHR)

   Example: A 19-year-old female with a resting heart rate of 65 bpm

   65 bpm

2. Determine your maximum heart rate: If you cannot take a treadmill test to measure your maximum rate precisely, approximate it by subtracting your age from 220.

   Maximum heart rate (MHR): 220 – _____ = _____ bpm
   (age) (MHR)

   220 – 19 = 201 bpm

3. Determine your heart rate reserve by subtracting your resting heart rate from your maximum heart rate.

   Heart rate reserve (HRR): _____ – _____ = _____ bpm
   (MHR) (RHR) (HRR)

   201 – 65 = 136

4. Determine your target heart rate. Training effects occur when heart rate is higher than resting heart rate by an amount that is 50–85% of HRR. Multiply your heart rate reserve by 50% and 85% and then add the result to your resting heart rate. (If you have a very low level of fitness, use 40% of heart rate reserve to calculate the lower end of your target heart rate range.)

   (0.50 × 136) + 65 = 133 bpm

   (0.85 × 136) + 65 = 181 bpm

   Target heart rate zone = 133 to 181 bpm

50% training intensity = (_____ × 0.50) + _____ = _____ bpm
(HRR) (RHR)

85% training intensity = (_____ × 0.85) + _____ = _____ bpm
(HRR) (RHR)

Target heart rate zone = _____ to _____ bpm