



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.

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

Resting heart rate (RHR): _____ bpm 65 bpm
(RHR)

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): $220 - \underline{\hspace{2cm}}$ = _____ bpm 220 - 19 = 201 bpm
(age) (MHR)

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

Heart rate reserve (HRR): _____ - _____ = _____ bpm 201 - 65 = 136
(MHR) (RHR) (HRR)

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.)

$(0.50 \times 136) + 65 = 133$ bpm

$(0.85 \times 136) + 65 = 181$ bpm

Target heart rate zone =
133 to 181 bpm

50% training intensity = $(\underline{\hspace{2cm}} \times 0.50) + \underline{\hspace{2cm}}$ = _____ bpm
(HRR) (RHR)

85% training intensity = $(\underline{\hspace{2cm}} \times 0.85) + \underline{\hspace{2cm}}$ = _____ bpm
(HRR) (RHR)

Target heart rate zone = _____ to _____ bpm