

TARGET HEART RATE RANGE

To get the maximum benefit out of your exercise routine and maintain a certain level of safety, it is important to know your target heart rate range (THRR). Utilizing your THRR during an exercise routine allows you to pace yourself, while at the same time, achieve a new level of fitness. Keep in mind, it is never advisable to exercise over your Maximum Heart Rate (MHR).

Resting Heart Rate (RHR)

Resting heart rate is the number of times the heart beats in one minute. RHR is typically calculated immediately upon waking.

For calculation, see Resting Heart Rate document.

Maximum Heart Rate (MHR)

A person's maximum heart rate is the greatest number of times the heart is capable of beating per minute. MHR is age dependant.

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

Heart Rate Reserve (HRR)

A person's heart rate reserve is the difference between their Maximum Heart Rate and their Resting Heart Rate.

$$\text{MHR} - \text{RHR} = \text{HRR}$$

TARGET HEART RATE RANGE

(THRR)

Target Heart Rate Range is the desired range a person's heart rate reaches during aerobic exercise that produces the most benefit for one's heart and lungs.

UPPER LIMIT

$$\{(\text{MHR} - \text{RHR}) \times 0.8\} + \text{RHR} = \text{THRR (upper limit)}$$

LOWER LIMIT

$$\{(\text{MHR} - \text{RHR}) \times 0.5\} + \text{RHR} = \text{THRR (lower limit)}$$