

Name _____ Date _____

Resting Heart Rate
(for 1 minute)

Karvonen Formula Calculation

Establishment of Target Heart Rate Zone

[illegible]

TARGET HEART RATE ZONE WORKSHEET

Name EXAMPLE

Date (taken in the AM after waking)

Resting Heart Rate (for 1 minute) 63 61 64 62 63

Total 5 hours 313

Total Divided by 5 62.6 (63)
(HR rest)

Karvonen Formula Calculation
Establishment of Target Heart Rate Zone

STEPS

1. Compute HR Max $220 - \frac{28}{\text{age}} = \frac{192}{\text{HR max}}$

2. Consider Fitness Level by subtracting HR resting $\frac{192}{\text{HR max}} - \frac{63}{\text{HR rest}} = \frac{129}{\text{HR rest}}$

3. Multiply by Appropriate Intensity for THR zone Limits

$\frac{129}{x .60}$	$\frac{129}{x .65}$	$\frac{129}{x .70}$	$\frac{129}{x .75}$	$\frac{129}{x .80}$	$\frac{129}{x .85}$
$= \frac{77}{\text{Low End}}$	$\frac{84}{\text{Low End}}$	$\frac{90}{\text{Low End}}$	$\frac{97}{\text{Low End}}$	$\frac{103}{\text{Low End}}$	$\frac{110}{\text{Low End}}$

4. Add HR resting $+ \frac{63}{\text{HR rest}} + \frac{63}{\text{HR rest}} + \frac{63}{\text{HR rest}} + \frac{63}{\text{HR rest}} + \frac{63}{\text{HR rest}} + \frac{63}{\text{HR rest}}$

Target Heart Zone $\rightarrow \frac{140}{\text{Low End}} \quad \frac{147}{\text{Low End}} \quad \frac{153}{\text{Low End}} \quad \frac{160}{\text{Low End}} \quad \frac{166}{\text{Low End}} \quad \frac{173}{\text{High End}}$

5. Divide each number by 10 to obtain THR for 6 seconds

$\frac{140}{10}$	$\frac{147}{10}$	$\frac{153}{10}$	$\frac{160}{10}$	$\frac{166}{10}$	$\frac{173}{10}$
$= \frac{14}{\text{Low End}}$	$\frac{14.7 (15)}{\text{Low End}}$	$\frac{15.3}{\text{Low End}}$	$\frac{16}{\text{Low End}}$	$\frac{16.6}{\text{Low End}}$	$\frac{17.3}{\text{High End}}$