

TARGET HEART RATE



It is important (and simple) to track your Heart Rate throughout the duration of your training. As your workouts become more intense, improving your heart health will help circulate more oxygen and nutrients throughout the body, making for better performance and recovery.

The following information below is the Industry standard on checking and developing your Target Heart Rate. It has been taken from the [American Heart Association's](#) website:

According to the National Institute of Health, the average resting heart rate:

- For children 10 years and older, and adults (including seniors) is 60 - 100 beats per minute
- For well-trained athletes is 40 - 60 beats per minute.

How to Check Your Heart Rate

As you exercise, periodically:

- Take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
- Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. **You want to stay between 50 percent to 85 percent of your maximum heart rate.** This range is your target heart rate.

Know Your Numbers

This table shows estimated target heart rates for different ages. Your maximum heart rate is about 220 minus your age.

In the age category closest to yours, read across to find your target heart rate. Heart rate

during moderately intense activities is about 50-69% of your maximum heart rate, whereas heart rate during hard physical activity is about 70% to less than 90% of the maximum heart rate.

The figures are averages, so use them as general guidelines

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

Important Note: A few [high blood pressure medications](#) lower the maximum heart rate and thus the target zone rate. If you're taking such medicine, call your physician to find out if you need to use a lower target heart rate.

So what's in a number?

If your heart rate is too high, you're straining. So slow down. If it's too low, and the intensity feels "light" or "moderate/brisk," you may want to push yourself to exercise a little harder.

During the first few weeks of working out, aim for the lower ranger of your target zone (50 percent) and gradually build up to the higher range (85 percent). After six months or more, you may be able to exercise comfortably at up to 85 percent of your maximum heart rate.

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