






TARGET HEART RATE

MEASURING EFFORT AND INTENSITY DURING EXERCISE

HOW TARGET HEART RATE WORKS

Target heart rate is how hard you are pushing yourself during a workout. It is a simple way of measuring the effort needed to sustain a full workout. Heart rates vary depending on the exercise and should be taken into account during all activity.

Find Your Target Rate:

EFFORT	EFFECT
MAXIMUM 90-100% 	BENEFITS: HELPS FIT ATHLETES DEVELOP SPEED
HARD 80-90% 	BENEFITS: INCREASES MAXIMUM PERFORMANCE CAPACITY FOR SHORTER SESSIONS
MODERATE 70-80% 	BENEFITS: IMPROVES AEROBIC FITNESS
LIGHT 60-70% 	BENEFITS: IMPROVES BASIC ENDURANCE AND FAT BURNING
VERY LIGHT 50-60% 	BENEFITS: HELPS WITH RECOVERY

Most training plans have 4-5 heart rate zones. In order for the training to be effective, you need to determine your Maximum Heart Rate (MHR). A simple formula can be used to determine your MHR: Subtract your age from 220. Then, multiply your MHR by the percent effort in the zone of your desired workout.

Example:

$220 - 40(\text{age}) = 180(\text{MHR})$

$180(\text{MHR}) \times .60 (\text{percent}) = 108 (\text{light HR Zone})$



Heart rate sensors or watches gauge your workout to help you find the best intensity! They can also assist you in calculating your max heart rate.

For more information on finding the right exercise intensity and heart rate zones, visit:
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887>

