

## Karvonen Heart Rate Worksheet

Your Name \_\_\_\_\_

Your Resting Heart Rate (RHR) \_\_\_\_\_

Purpose :

You will need to find your target heart rate zone. When you obtain your t.h.r.z. you will be able to identify a zone, which will be a safe and comfortable level of overload that should be maintained to achieve an efficient workout.

Procedure :

|   |   |  |  |
|---|---|--|--|
| 1. Obtain your maximum heart rate according to your age. <b>220 – age = maximum heart rate.</b>   | example<br>220<br>- 14<br><hr style="width: 50%; margin: 0 auto;"/> 206 MHR | Lower<br>220<br>-<br><hr style="width: 50%; margin: 0 auto;"/> | Upper<br>220<br>-<br><hr style="width: 50%; margin: 0 auto;"/> |
| 2. Determine your resting heart rate by counting your pulse for 15 seconds before you get out of bed in the morning, then multiply the number by 4.<br><b>Subtract RHR from MHR</b> | - 70 RHR<br><hr style="width: 50%; margin: 0 auto;"/> 136                   | <hr style="width: 50%; margin: 0 auto;"/>                      | <hr style="width: 50%; margin: 0 auto;"/>                      |
| 3. Multiply this number by percent overload, 60% for the lower limit and 80% for the upper limit.   | <u>X .60</u><br>81  | <u>X .60</u>   | <u>X .80</u>   |
| 4. Add the resting heart rate.  | <u>+ 70</u>   | <u>+</u>   | <u>+</u>   |
| 5. A is lower limit of target heart rate for training effect and B is the safe upper limit.   | 151   | A= _____   | B= _____   |