

## Karvonen Heart Rate Worksheet

This worksheet is designed to allow you to find your target heart rate zone (THRZ). When you obtain your THRZ 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.

	<u>Example</u>	<u>You</u>
* Find your True Resting Heart Rate [ <b>REST</b> ] (Count your pulse for 15 seconds and multiply by 4)	70	_____
1. Start with 220	220	220
2. Subtract your age	-27	-_____
3. This number is your Maximum Heart Rate [ <b>MAX</b> ]	193	_____
4. Subtract <b>REST</b> from <b>MAX</b>	-70	-_____
5. Answer	123	_____
6. Multiply this number by 60% (.60)	x.60	x0.60
7. Answer	73.8	_____
8. Add your <b>REST</b>	+70	+_____
9. This is your lower limit for your Target Heart Rate	143.8	_____
10. Now, find the upper limit by starting with your answer from #5	123	_____
11. Multiply this number by 80% (.80)	x.80	x0.80
12. Answer	98.4	_____
13. Add your <b>REST</b>	+70	+_____
14. This is your upper limit for your Target Heart Rate	168.4	_____

Your Lower Limit is (answer from line 9) \_\_\_\_\_

Your Upper Limit is (answer from line 14) \_\_\_\_\_