Target Heart Rate

Definition: The minimum number of heartbeats in a given amount of time in order to reach the level of exertion necessary for cardiovascular fitness, specific to a person's age, gender, or physical fitness. It is recommended that you exercise within 55 to 85 percent of your maximum heart rate for at least 20 to 30 minutes to get the best results from aerobic exercise.

Calculate: Before you learn how to calculate and monitor your target training heart rate, you have to know your [resting heart rate](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/All-About-Heart-Rate-Pulse_UCM_438850_Article.jsp). Your resting heart rate is the number of times your heart beats per minute while it’s at rest. You can check it in the morning after you’ve had a good night’s sleep and before you get out of bed.

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.

Now you’re ready to determine your target training 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.

The figures are averages, so use them as general guidelines.

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| **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 |

Scenario 1: Joe is a 45 year old man. According to the chart his heart rate target should be 88-149 BPM.

Scenario 2: Amy is a 25 year old woman. She is a cross country runner. As she exercises she takes her pulse every 5 mins. Her at rest heart rate is 45 BPM. While exercising her heart rate ranges from 110-160 BPM. Her maximum heart rate is 205 BPM.