Target Heart Rate-Karvonen Formula

Estimate your target heart zone and start getting the most out of your workouts!

Step 1: To find your maximum heart rate subtract your age (lets say your 12 years old) from 220

220-12 = 208                   **220 minus-\_\_\_\_=\_\_\_\_**

**Age            Max HR**

Step 2:  Subtract your resting heart rate (example, 70) from your maximum heart rate

208-70= 138                             **\_\_\_\_-\_\_\_\_=\_\_\_\_**

**Max hr   Resting**

Step 3: To find your target zone, multiply the number you arrived at in step 2 by 50% for the low end and by 80% for the high end.  Then add your resting rate back in.

138 x .50=69+ 70=139 Low end

**\_\_\_x .50=\_\_\_ +\_\_\_=\_\_\_ Low**

**Resting**

138 x .80=110+70=180 High end

**\_\_\_x .80=\_\_\_ +\_\_\_=\_\_\_ High**

**Resting**

**139=Low&180=High                   \_\_\_\_&\_\_\_\_**

**Low             High**