

Target Heart Rate Range (THRR)

To figure out your THRR or tips on the talk/sing test

Target Heart Rate Range (THRR) formula (or HRmax, traditional method)

$220 - \text{your age} = \text{maximum heart rate (MHR)}$

MHR (x) .65 (this is 65% of your maximum heart rate or a fat burning zone) = low intensity workout

MHR (x) .80 (this is 80% of your maximum heart rate or a fat burning zone) = high intensity workout or cardio zone

Your 65% or low intensity number: _____ Your 80% or high intensity number: _____ = your THRR

Doing the above calculations will give you your range (THRR) of 65% to 80% of your MHR. If your workouts have been at the lower end, push the 10 minutes to the middle of the THRR to progress them.

Focus on where you're at in the THRR zone or do the talk/sing test.

The "talk/sing test" for your activity. Simply said: You should be able to talk, not sing during activity. If you cannot talk you are working too hard, if you can sing – work a bit harder.

Karvonen Formula or Heart Rate Reserve (HRR) formula

Target Heart Rate Intensity Zone (THRR) = ((max HR – resting HR) × %Intensity) + resting HR

Use the 0.65 for 65% and 0.8 for 80% to determine the THRR in the above formula

NOTE:
Resting heart rate (RHR) should be checked,

first thing after waking (about 2-5 minutes after to adjust from sleeping to waking), before activity or caffeine. This should be checked and used in the Karvonen formula. Use a radial (at the wrist) or carotid (at the neck) [pulse measurement](#). See the link to a video for more instruction on getting [RHR](#).

Use this link to have your [HRR](#) (Karvonen Formula) figured for you.

