

Target Heart Rate Calculation

Based on an age of 18 and using the formula $211 - \text{Age}/2$

Maximum Heart Rate (Calculated) = 202

Percent	% of Maximum		Heart Rate Reserve*	
	60 sec.	10 sec.	60 sec.	10 sec.
100	202.0	33.7	202.0	33.7
95	191.9	32.0	196.4	32.7
90	181.8	30.3	190.9	31.8
85	171.7	28.6	185.3	30.9
80	161.6	26.9	179.8	30.0
75	151.5	25.2	174.2	29.0
70	141.4	23.6	168.7	28.1
65	131.3	21.9	163.1	27.2
60	121.2	20.2	157.6	26.3
55	111.1	18.5	152.0	25.3

* Percent of maximum, corrected for resting heart rate of 91