

Target Heart Rate Calculation

Based on an age of 19 and using the formula $211 - \text{Age}/2$

Maximum Heart Rate (Calculated) = 201.5

Percent	% of Maximum		Heart Rate Reserve*	
	60 sec.	10 sec.	60 sec.	10 sec.
100	201.5	33.6	201.5	33.6
95	191.4	31.9	195.4	32.6
90	181.3	30.2	189.3	31.6
85	171.3	28.5	183.3	30.5
80	161.2	26.9	177.2	29.5
75	151.1	25.2	171.1	28.5
70	141.0	23.5	165.0	27.5
65	131.0	21.8	159.0	26.5
60	120.9	20.1	152.9	25.5
55	110.8	18.5	146.8	24.5

* Percent of maximum, corrected for resting heart rate of 80