# Target Heart Rate Calculation

#### Based on an age of 18 and using the formula 205 - Age/2

#### Maximum Heart Rate (Calculated) = 196

% of Maximum Heart Rate Reserve\*

Percent 60 sec. 10 sec. 60 sec. 10 sec.

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100 196.0 32.7 196.0 32.7

95 186.2 31.0 190.1 31.7

90 176.4 29.4 184.2 30.7

85 166.6 27.8 178.3 29.7

80 156.8 26.1 172.4 28.7

75 147.0 24.5 166.5 27.7

70 137.2 22.9 160.6 26.8

65 127.4 21.2 154.7 25.8

60 117.6 19.6 148.8 24.8

55 107.8 18.0 142.9 23.8

\* Percent of maximum, corrected for resting heart rate of 78