

# CALCULATING YOUR TARGET HEART RATE ZONES

NAME : \_\_\_\_\_

## MAXIMUM HEART RATE

220-AGE = \_\_\_\_\_

## TRAINING ZONES

### **HEALTHY HEART ZONE (WARM-UP) – 50-60% OF YOUR MAXIMUM HEART RATE**

MAXIMUM HEART RATE X .50 = \_\_\_\_\_

MAXIMUM HEART RATE X .60 = \_\_\_\_\_

### **FITNESS ZONE (FAT BURNING) – 60-70% OF YOUR MAXIMUM HEART RATE**

MAXIMUM HEART RATE X .60 = \_\_\_\_\_

MAXIMUM HEART RATE X .70 = \_\_\_\_\_

### **AEROBIC ZONE (ENDURANCE TRAINING) – 70-80% OF YOUR MAXIMUM HEART RATE**

MAXIMUM HEART RATE X .70 = \_\_\_\_\_

MAXIMUM HEART RATE X .80 = \_\_\_\_\_