

Cardiovascular Training

Heart Rate Training Range - Karvonen Formula

For: _____ **Date:** _____

1. Measure resting heart rate (RHR) for at least 30 seconds.

$$\text{RHR} = \text{_____} \text{ beats per minute (bpm)}$$

2. Determine predicted maximal heart rate (Pred HRmax).

$$\text{Pred HRmax} = 220 - \text{Age} \quad (208 - 0.7 \times \text{age})$$

$$\text{Pred HRmax} = 220 - \text{_____}$$

$$\text{Pred HRmax} = \text{_____} \text{ bpm}$$

3. Determine Heart Rate Reserve (HRR).

$$\text{HRR} = \text{HRmax} - \text{RHR}$$

$$\text{HRR} = \text{_____} - \text{_____}$$

$$\text{HRR} = \text{_____}$$

4. Determine Heart Rate Training Range (HRTR).

$$\text{HRTR} = (\text{HRR} \times 60\text{-}85\%) + \text{RHR}$$

$$60\% = (\text{HRR} \times .60) + \text{RHR}$$

$$= (\text{_____} \times .60) + \text{_____}$$

$$= \text{_____} \text{ bpm}$$

$$85\% = (\text{HRR} \times .85) + \text{RHR}$$

$$= (\text{_____} \times .85) + \text{_____}$$

$$= \text{_____} \text{ bpm}$$

$$\text{HRTR} = \text{_____} \text{ to } \text{_____} \text{ bpm}$$

5. Convert HRTR to a 10-second heart rate count.

$$10\text{-second Count} = \text{HRTR (bpm)} \div 6$$

$$10\text{-second Count} = \text{_____} \text{ to } \text{_____}$$

