

**This method of calculating your target training zone is based on your maximal heartrate and resting pulse.**

The correlation here is more directly linear: 60% to 80% of your Heart Rate Reserve, HRR, equals 60% to 80% of your functional capacity.

To determine your target training zone with HRR, do this:

Take your resting pulse three mornings in a row, just after waking up. Add all of them together, and divide by 3, to get the average.

Your average is 63 beats per minute.

$$(220) - (\text{your age}) = \text{MaxHR}$$

$$(\text{MaxHR}) - (\text{resting heart rate}) = \text{HRR}$$

$$(\text{HRR}) \times (60\% \text{ to } 80\%) = \text{training range \%}$$

$$(\text{training range \%}) + (\text{resting heart rate}) = (\text{your target training zone})$$

For Example:

$$220 - 40 (\text{age}) = 180 (\text{MaxHR})$$

$$180 - 63 (\text{resting heart rate}) = 117 (\text{HRR})$$

$$117 \times .6 = 70 (60\% \text{ training percentage})$$

$$117 \times .8 = 93 (80\% \text{ training percentage})$$

$$70 + 63 (\text{RHR}) = 133 (\text{target training zone, in beats per minute at } 60\%)$$

$$93 + 63 (\text{RHR}) = 153 (\text{target training zone, in beats per minute at } 80\%)$$

So, your target training zone, in beats per minute is 133 to 153. To get a 15 second target simply divide each number by 4. That would be 33 to 38 beats over 15 seconds. When counting beats, start with the first beat as zero: ie. 0-1-2-3-4...38-39-40.

In order to continue to see gains in your cardiovascular fitness progress, you need to keep your heart rate between 133-153 beats per minute. If you want to incorporate high intensity training into your routine 2 times a week, you should do exercises that bring your heart rate between 80%-100% training zone with is 153-180 beats per minute. In the 80-100% training zone, is only possible for shorter intervals of time with longer rest periods in between. You can do two to four rounds of tabatas (four minute round of 20 second high intensity exercise, 10 second rest) for each exercise that will keep your heart rate between 80-100%. You burn more calories in a shorter period of time. You should do this workout at least two times per week.