**Calculating Target Heart Rate**

Target Heart Rate (THR)

Maximum Heart Rate (MHR)

Beats per minute (BPM)

THR Zone for P.E. should be between 70-85% of your maximum target zone.

**Calculation:**

Formula: 220-your age= Maximum Heart Rate

220-11= 209 beats per minute

220-12= 208 beats per minute

220-13= 207 beats per minute

220-14= 206 beats per minute

220-15= 205 beats per minute

**THEN/NEXT:**

Take your Maximum Heart Rate TIMES (X) 70% (target heart rate %)

Take your Maximum Heart Rate TIMES (X) 85% (target heart rate %)

**Example:**

A 12-year old would use the following calculation:

220-12(age)=208 beats per minute (bpm)

208 (BPM) X 70% (target heart rate %/workout level) = 145 beats per minute

208 X 85% (target heart rate %/workout level) = 177 beats per minute

* This person’s target heart rate zone is 145 bpm to 177 bpm.
* To be in their target heart rate (THR) zone during their workout this individual would need to workout at a level that results in their heart beating 145 to 177 beats per minute.
* In PE class we will do a pulse check for 6 seconds and add a Zero to our result.

**For example**: if your pulse count in 6 seconds is 15, then add a zero to the 15, which would result in 150 beats in 1 minute. Since 150 beats per minute falls within the range 145 to 177 beats per minute, this individual falls within their target heart rate ☺ .