

Determining Your Heart Rate Exercise Intensity

The 7 step process:

Step 1: Subtract your age from 220 (e.g. 35 years of age): $220 - 35 = 185$ beats per minute (bpm).

Step 2: Multiple step 1 by 0.9: $185\text{bpm} \times 0.9 = 167\text{bpm}$.

Step 3: To determine your warm up and cool down heart rate intensity multiple step 2 by 0.7 to 0.75: $167\text{bpm} \times 0.7 - 0.75 = 117 - 125\text{bpm}$.

Step 4: To determine your aerobic endurance heart rate intensity multiple step 2 by 0.8 to 0.85: $167\text{bpm} \times 0.8 \text{ to } 0.85 = 134 - 142\text{bpm}$.

Step 5: To determine your threshold heart rate intensity multiple step 2 by 0.95 to 1.0: $167\text{bpm} \times 0.95 \text{ to } 1.0 = 159 - 167\text{bpm}$.

Step 6: To determine your lactate tolerance heart rate intensity multiple step 2 by 1.05 (the heart rate derived, or greater is your objective): $167\text{bpm} \times 1.05 = 175\text{bpm}$ or greater.

Step 7: Insert the calculated heart rate exercise zones into the corresponding sections below within your training program.



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