

Heart Rate Training - Basic

Name: _____

Card: _____

MAX Heart Rate Formulas:

Inactive person: $220 - \text{age} = \underline{\hspace{2cm}}$ or

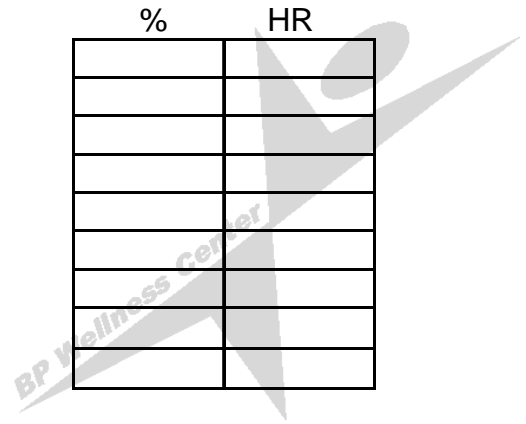
Active person: $205 - 1/2 \text{ age} = \underline{\hspace{2cm}}$ or

Tested max HR: $= \underline{\hspace{2cm}}$

Resting HR: $= \underline{\hspace{2cm}}$

Karvonen formula for workout %

$MHR - RHR \times \text{training\%} + RHR = THR$



Date:	1/1	1/2	1/3	1/4	1/5	1/6	1/7
Activity	Run	Strength	Off	Elliptical	Strength	Run	Off
Work %/ Time	75%/2 min			75%/3 min		70%/30 min	
Rec %/ Time	65%/2 min			65%/2 min			
Reps / Time	6/24 min.			5/25 min.		1/30 min	
1 min. rec HR							

Date:							
Activity							
Work %/ Time							
Rec %/ Time							
Reps / Time							
1 min. rec HR							

Date:							
Activity							
Work %/ Time							
Rec %/ Time							
Reps / Time							
1 min. rec HR							

Date:							
Activity							
Work %/ Time							
Rec %/ Time							
Reps / Time							
1 min. rec HR							