

Heart Rate Training – Competitive Endurance

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 %

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

%	HR

Date:	1/1	1/2	1/3	1/4	1/5	1/6	1/7
Activity	Run	Strength	Elliptical	Run	Strength	Run	Off
Work %/ Time	85%/2 min		85%	95%/30 se.		75%	
Rec %/ Time	70%/2 min			75%/90 sec			
Reps / Time	7/28 min.		40 min.	14/28 min.		60 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:							
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