

Heart Rate Training - Endurance

Name: _____

Card: _____

MAX Heart Rate Formulas:

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

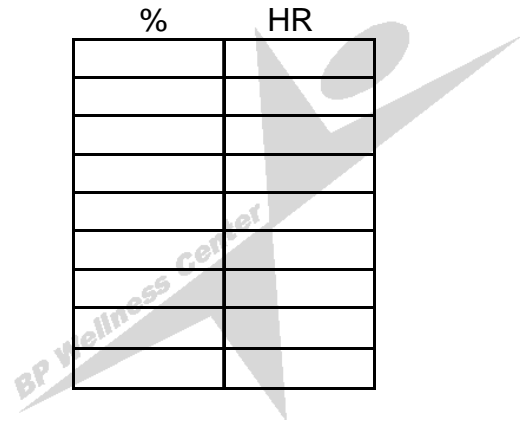
Active person: $205 - 1/2 \text{ age} = \underline{\hspace{2cm}}$ or

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

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

Karvonen formula for workout %

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



| Date: | 1/1 | 1/2 | 1/3 | 1/4 | 1/5 | 1/6 | 1/7 |
|---------------|-----------|----------|--------|------------|----------|---------|-----|
| Activity | Run | Strength | Run | Elliptical | Strength | Run | Off |
| Work %/ Time | 80%/2 min | | 75% | 85%/1 min | | 70% | |
| Rec %/ Time | 70%/2 min | | | 70%/2 min | | | |
| Reps / Time | 6/24 min. | | 30 min | 10/30min. | | 45 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 | | | | | | | |