

Heart Rate Training - Speed

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 %

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

%	HR

Date:	1/1	1/2	1/3	1/4	1/5	1/6	1/7
Activity	Run	Strength	Sprint	Run	Strength	Run	Off
Work %/ Time	85%/30 sec.		95+%/10 sec	85%/2 min		75%	
Rec %/ Time	75%/90 sec.		75%/50 sec	70%/2 min			
Reps / Time	15/30 min.		12/12 min	9/36 min.		1/60 min	
1 min. rec HR							

Date:							
Activity							
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