

# HEART ZONES TRAINING STEPS 1 AND 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Ambient heart rate: \_\_\_\_\_

Heart zones training (HZZ) lifetime fitness steps 1 and 2 involve simply transferring the numbers you calculated when completing worksheets 2.6a and 4.1 in modules 2 and 4.

## Step 1: Determine Your Maximal Heart Rate

Maximal heart rate: \_\_\_\_\_ bpm

Submaximal test: \_\_\_\_\_ bpm or mathematical formula: \_\_\_\_\_ bpm

## Step 2: Calculate Your Heart Zones Using the MHR Chart

Calculate your five heart zones using the Maximal Heart Rate Chart. Find your estimated maximal heart rate (MHR) in the horizontal row along the top.

### Percentages of MHR

100% MHR \_\_\_\_\_ bpm

90% MHR \_\_\_\_\_ bpm

80% MHR \_\_\_\_\_ bpm

70% MHR \_\_\_\_\_ bpm

60% MHR \_\_\_\_\_ bpm

50% MHR \_\_\_\_\_ bpm

Now transfer these numbers to the following table to create your own personalized heart zones.

### SETTING YOUR ZONES

Zone	Zone name	Heart zone (% of MHR)	Heart rate (bpm)
5	Red line	90-100	_____ to _____ bpm
4	Threshold	80-90	_____ to _____ bpm
3	Aerobic	70-80	_____ to _____ bpm
2	Temperate	60-70	_____ to _____ bpm
1	Healthy heart	50-60	_____ to _____ bpm