

4.2a

CALCULATING HEART ZONES

Name: _____ Date: _____ Ambient heart rate: _____

Enter your maximal heart rate (MHR) and then calculate your heart zones by first using the following calculations and then filling in the table that follows.

Heart zone	bpm
100% MHR	_____ bpm
90% MHR	_____ bpm
80% MHR	_____ bpm
70% MHR	_____ bpm
60% MHR	_____ bpm
50% MHR	_____ bpm

MY HEART ZONES

Zone	Zone name	% MHR	Heart rate
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

Reflections: