

Target Heart Rate

Name: _____

Period: _____

For healthy persons, the *Target Heart Rate* or *Training Heart Rate* (THR) is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout. This theoretical range varies based mostly on age; however, a person's physical condition, sex, and previous training also are used in the calculation. The basic formula is $220 - \text{your age}$.

In this worksheet you will find out the effects of different physical activities on your heart rate. Perform each of the activities in the order shown. Allow one to two minutes of recovery time between each activity. After each activity, record the number for your pulse:

Maximum Heart Rate formula $220 - \text{ (age) } =$ _____

60% formula is _____ (MHR) $\times .6 =$ _____

90% formula is _____ (MHR) $\times .9 =$ _____

Target Heart Rate _____

Resting Heart Rate _____



Find your heart rate by finding your pulse on the inside of your wrist, on the thumb side, using the first two fingers (not your thumb) to press lightly over the blood vessels on your wrist. Counting the number of beats for 6 seconds and multiplying by 10 or the number of beats for 10 seconds and multiplying by 6.

- 1) Standing in place for two minutes: _____
- 2) Lie down and take a 5-10 minute nap (no talking or electronic devices please): _____
- 3) Walk to the track: _____
- 4) Jog 2 laps at a medium pace: _____
- 5) Run hard 1 lap: _____
- 6) Walk 1 lap around the track: _____
- 7) After 5 minutes of static stretching: _____

1. Which of the activities did you think was the hardest for you to do? _____
2. Which was the easiest? _____
3. Was there a relationship between your pulse rate and the intensity of the exercise? If so, what was it? _____
4. If you had to choose one of these exercises for a 20-minute daily workout, which one would you choose? Why? _____