Riverside Secondary
Training Your Heart

TARGET HEART RATE RANGE: This is the key to safe effective conditioning. To benefit from a conditioning program requires an individual to maintain heart rate within the **TARGET HEART RATE RANGE.** To calculate your range, do the following calculation:

PART A: Finding Your Target Heart Rate Range

1) Your Age: _____

2) Your **Resting Heart Rate**: _____ (RHR)

3) Your **Maximum Heart Rate**: _____ (MHR)

(220 - Age _____) = _____Maximum Heart Rate (MHR)

4) Your **Heart Rate Reserve**: _____ (HRR)

(Maximum Heart Rate _____) - (Resting Heart Rate _____) = Heart Rate Reserve _____ (HRR)

5) Find Your **Target Heart Rate Range**: Is between _____ and _____

(Heart Rate Reserve _____) X (.60 + Resting Heart Rate) = Minimum Training Heart Rate _____

(Heart Rate Reserve _____) X (.80 + Resting Heart Rate) = Maximum Training Heart Rate _____

Your TARGET HEART RATE RANGE helps you be your own best coach so that you get **EXACTLY** the amount of exercise you need to stay in good shape.

Checking your heart rate periodically during exercise will allow you to determine whether you are training within your Target Zone. Adjusting your **EXERCISE WORK RATE** to keep your heart rate within the zone for 15 to 30 continuous minutes will help you obtain/maintain good cardiovascular fitness.

FREQUENCY, INTENSITY, TIME and TYPE, not distance, **ARE THE KEY COMPONENTS**!

PART B: Experiment With Your Target Heart Range

Complete the following exercises for the length of time provided below. After completing the activity record your pulse for 15 seconds.

Activity	Time	Pulse (take for 15 seconds and multiply by 4)	Beats Per Minute
Stretch	1 minute		
Standing	1 minute		
Elastic Band Workout	1 minute		
Walk	2 minutes		
Jump Rope	2 minutes		
Sprint	15 seconds		
Jog	2 min		
Cool Down	2 mins		

Questions

1) What exercise(s) brought your heart rate into the Target Heart Range? Explain why.

2) What exercise caused the highest recorded heart rate? Explain why.

3) What exercise caused the lowest recorder heart rate? Explain why.