

Aerobic Capacity

Calculate Your Target Heart Rate

1. Take 200 and subtract your age.
2. Multiply that number by 50 and divide by 100. This is the low end of your Target Heart Rate Zone.
3. Multiply the same number you got from # 1 by 75 and divide by 100. This is the high end of your Target Heart Rate Zone

Example:

You are 12 years old.

1. Take 200 and subtract your age. $200 - 12 = 188$
2. Multiply that number by 50 and divide by 100. This is the low end of your Target Heart Rate Zone.
 $188 \times 50 \div 100 = 94$
3. Multiply the same number you got from # 1 by 75 and divide by 100. This is the high end of your Target Heart Rate Zone.
 $188 \times 75 \div 100 = 141$
4. Your Target Heart Rate Zone is between 94 and 141. This is the heart rate you should be aiming to maintain during aerobic exercise.