

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.**