

Name:

Date:..... Age:.....

MEASURING OF HEART RATE

Rest HR:

Zone	% HR_{max}	Duration	Intensity	e.g. Activity
For health	50 - 60%	60 min	low	Walking 10 km
Reduction of weight	60 - 70%	30 - 60 min	middle	Jogging 6 km
Development of aerobic capacity	70 - 80 %	10 - 30 min	higher	Run 5 km
Increases in performance	80 - 90 %	5 - 10 min	high	Fast run 1,5 km
Race	90 - 100%	1 - 5 min	maximum	Sprint 400 m

HR_{max} = 220 – age =

Zone	HR_{max}	Lower limit	HR_{max}	Upper limit
For health	x 0,50 =		x 0,60 =	
Reduction of weight	x 0,60 =		x 0.70 =	
Development of aerobic capacity	x 0.70 =		x 0.80 =	
Increases in performance	x 0.80 =		x 0,90 =	
Race	x 0,90 =		x 1 ,00 =	