

TRAINING HEART RATE

(IN BEATS PER MINUTE)

FOR CARDIORESPIRATORY FITNESS

AGE	MHR	55%	60%	65%	70%	75%	80%	85%	90%	
20	200	110	120	130	140	150	160	170	180	
25	195	107	117	127	137	146	156	166	176	
30	190	105	114	124	133	143	152	162	171	
35	185	102	111	120	130	139	148	157	167	
40	180	99	108	117	126	135	144	153	162	
45	175	96	105	114	123	131	140	149	158	
50	170	94	102	111	119	128	136	145	153	
55	165	91	99	107	116	124	132	140	149	
60	160	88	96	104	112	120	128	136	144	
65	155	85	93	101	109	116	124	132	140	
70	150	83	90	98	105	113	120	128	135	
75	145	80	87	94	102	109	116	123	131	
80	140	77	84	91	98	105	112	119	126	
85	135	74	81	88	95	101	108	115	122	
		Health Related Benefits			CRF & Health Related Benefits			Performance Training		

TARGET ZONE

(55%-90%)

For fat reduction, exercise at an intensity below 80% of MHR for longer duration (30-60 minutes).