






TARGET HEART RATE


Guide

	MAX	90-100% effort	20 <small>age</small>	30	40	50	60
			180 <small>bpm</small>	171	166	153	144

	HARD	80-90% effort	20 <small>age</small>	30	40	50	60
			160 <small>bpm</small>	152	144	136	128

	MODERATE	70-80% effort	20 <small>age</small>	30	40	50	60
			140 <small>bpm</small>	133	126	119	112

	LIGHT	60-70% effort	20 <small>age</small>	30	40	50	60
			120 <small>bpm</small>	114	108	102	96

	VERY LIGHT	50-60% effort	20 <small>age</small>	30	40	50	60
			100 <small>bpm</small>	95	90	85	80