

Periodically, take your pulse during your exercise session to gauge your intensity level. Typically, the easiest location for taking a pulse is on the side of your neck, the carotid pulse. Be sure not to press too hard on the carotid artery or you'll get an inaccurate reading. Count the number of beats, always beginning with zero, for 6 seconds (then multiply by 10), or for 10 seconds (then multiply by 6) to get the number of times your heart is beating per minute. If your pulse is within your training heart rate zone, you're right on track! If not, adjust your exercise workload until you get into your zone.

Using the Karvonen Formula to calculate your target heart rate

## Worksheet

Equation:

1. Calculate:  $220 - \text{age} = \text{maximum heart rate (MHR)}$
2.  $\text{MHR} - \text{Resting HR} \times \text{intensity} + \text{Resting HR} = \text{Training HR}$

Your Numbers:

$$220 - \underline{\hspace{2cm}} (\text{age}) = \underline{\hspace{2cm}} (\text{MHR})$$

$$\text{MHR} \# \underline{\hspace{2cm}} - (\text{RHR}) \text{ Resting HR} \# \underline{\hspace{2cm}} \quad (\text{use in first blank on each line})$$

$$\underline{\hspace{2cm}} \times .55 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{Low end Green Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .65 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{High end Green Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .65 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{Low end Yellow Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .75 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{High end Yellow Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .75 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{Low end Pink Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .85 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{High end Pink Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .85 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{Low end Orange Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .90 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{High end Orange Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .90 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{Low end Red Zone} \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .100 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \text{High end Red Zone} \underline{\hspace{2cm}}$$