



## Heart Rate Zone Calculations

**NAME:****DATE:**

Resting Heart Rate\*: \_\_\_\_\_ Age: \_\_\_\_\_

**Instructions:** Plug in your (predicted) resting heart rate and age to the calculation below. Recalculate at each percentage of predicted heart rate maximum to determine ranges.

\*To calculate resting heart rate:

1. Take pulse 3 mornings within 1 week just after waking up.
2. Rest fingers on neck for 30 seconds, counting number of heart beats.
3. Multiply number of beats by 2.

**Karvonian calculation:**

Predicted heart rate = [(220 – Age – RHR) \* zone%] + RHR

**Example #1:** (220-28-63) \* 0.7 + 63 = **153.3**; (220-28-63) \* 0.8 + 63 = **166.2**

**Example #2:** (220-45-78) \* 0.7 + 78 = **145.9**; (220-45-78) \* 0.8 + 78 = **155.6**

50% max = (220-AGE-RHR) \* .5 = \_\_\_\_\_ Zone I = <50% = \_\_\_\_\_  
 60% max = (220-AGE-RHR) \* .6 = \_\_\_\_\_ Zone II = 50-60% = \_\_\_\_\_  
 70% max = (220-AGE-RHR) \* .7 = \_\_\_\_\_ Zone II = 60-70% = \_\_\_\_\_  
 80% max = (220-AGE-RHR) \* .8 = \_\_\_\_\_ Zone II = 70-80% = \_\_\_\_\_  
 90% max = (220-AGE-RHR) \* .9 = \_\_\_\_\_ Zone II = 80-90% = \_\_\_\_\_

**Now GET STARTED!**

1. Wear a heart rate monitor and watch, or use a cardio machine that can read the monitor and show it on the screen. Try getting heart rate up to zone III for 5 minutes.
2. Report RPE (rating of perceived exertion, scale 1-10, 10 is hardest) during this exercise intensity.
3. Adjust routine and/or zone ranges with instructor.



## Cardio 'Couch to 5K' Workouts

NAME:	DATE:
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### Weeks #1-6

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up
Run x 30"	Run x 60"	Run x 90"	Run 2'	Run x 3'	Run x 4'
Walk x 60"	Walk x 90"	Walk x 2'	Walk x 3'	Walk x 2'	Walk x 2'
Continue for 20 minutes	Continue for 20 minutes	Continue for 20 minutes	Continue for 20 minutes	Continue for 20 minutes	Continue for 20 minutes
3 times/week	3 times/week	3 times/week	3 times/week	3 times/week	3 times/week

### Weeks #7-12

Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up	5' Cardio + flexibility warm-up
Run x 5'	Run x 7'	Run x 10'	Run x 12'	Run x 15'	Run x 20'
Walk x 3'	Walk x 3'	Walk x 2'	Walk x 1'	Walk x 5'	Walk x 5'
Continue for 25 minutes	Continue for 25 minutes	Continue for 25 minutes	Continue for 25 minutes	Run x 5'	END
3 times/ week	3 times/ week	3 times/ week	3 times/ week	3 times/ week	3 times/ week