## How to calculate your Heart Rate Zones



## bike to <br> create a world free of MS

Maximum Heart Rate (MHR) is the maximum number of times a heart can beat in one minute. Your MHR is unsafe to sustain for long periods, but is used to calculate your varying zones of Recovery, Endurance, Strength, Interval and Racing.

It's important to monitor your heart rate to be in control of your workout intensity and exercise at a level that is safe and effective.

The age-predicted method is a common calculation that multiplies your MHR by the corresponding percentages for each zone.

Subtract your age from 220.
220 age = age-predicted MHR
Example for a 30 year old female:
220-30=190
Her age-predicted maximal heart rate is 190 beats per minute (BPM)
Use this table to complete your zone calculations.

| Energy Zone | Range | Calculate low end of range | Calculate high end of range |
| :--- | :---: | :---: | :---: |
| Recovery | $50 \%$ to $65 \%$ of MHR | MHR $\times .50=$ | MHR $\times .65=$ |
| Endurance | $65 \%$ to $75 \%$ of MHR | MHR $\times .65=$ | MHR $\times .75=$ |
| Strength | $75 \%$ to $85 \%$ of MHR | MHR $\times .75=$ | MHR $\times .85=$ |
| Interval | $65 \%$ to $92 \%$ of MHR | MHR $\times .65=$ | MHR $\times .92=$ |
| Race Day | $80 \%$ to $92 \%$ of MHR | MHR $\times .80=$ | MHR $\times .92=$ |

## Additional Resources:

Cycle University
www.cycleu.com

