## How to calculate your Heart Rate Zones

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 x .50 =	MHR x .65 =
Endurance	65% to 75% of MHR	MHR x .65 =	MHR x .75 =
Strength	75% to 85% of MHR	MHR x .75 =	MHR x .85 =
Interval	65% to 92% of MHR	MHR x .65 =	MHR x .92 =
Race Day	80% to 92% of MHR	MHR x .80 =	MHR x .92 =

Additional Resources:

Cycle University www.cycleu.com



bike to create a world free of MS