

(Data Sheet 47-2)

Name _____



FINDING YOUR TRAINING RANGE

Your training range (or target heart rate) gives you a safety zone while exercising. It is based on your age and heartbeats per minute. It's called a training range because it enables you to zero in on a level of exercise that's right for you.

FINDING YOUR TRAINING RANGE:

This example assumes the student is 15 years old.

Always start at	220	beats per minute
Subtract your age	-15	
	205	beats per minute

Maximum safe heart rate = 205 beats per minute.

For a 15-year-old student, going beyond 205 heart beats per minute can be dangerous. The American College of Sports Medicine recommends that you calculate both 55% and 90% of your maximum safe heart rate to find the low and high end of your training range.

Multiply: $205 \times .55 = 112.75$. Round to 113 beats per minute. This is the low end of the range. Exercising at this rate would result in a light workout. For people who have not exercised regularly during the past few months, exercising near the low end of the range is practical. As their conditioning improves, they can safely increase the level of activity and increase their heart rate.

Multiply: $205 \times .9 = 184.5$. Round to 185 beats per minute. This is the high end of the range. Exercising at this rate would result in a heavy workout.

The training range for this 15-year-old student is between 113 and 185 heartbeats per minute.