

Cardiovascular Improvement Program – Target Heart Rates for Workouts

To improve your current cardiovascular levels you will be using times and heart rates to place stress on your body to make improvements on you current levels. Here is how you calculate your Maximum Heart Rate and your Training Zones.

220 - Age = Maximal Heart Rate

$$220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Resting Heart Rate - Your resting heart rate should be taken in the morning before you get out of bed. Sit on the edge of your bed and take your pulse for a one-minute time frame. The total number of beats will be your Resting Heart Rate.

Maximal Heart Rate - Resting Heart Rate = Heart Rate Reserve

$$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Heart Rate Reserve X 65%) + Resting Heart Rate = Target Heart Rate for 65%

$$(\underline{\hspace{2cm}} \times .65) + \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Heart Rate Reserve X 70%) + Resting Heart Rate = Target Heart Rate for 70%

$$(\underline{\hspace{2cm}} \times .70) + \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Heart Rate Reserve X 75%) + Resting Heart Rate = Target Heart Rate 75%

$$(\underline{\hspace{2cm}} \times .75) + \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

(Heart Rate Reserve X 80%) + Resting Heart Rate = Target Heart Rate 80%

$$(\underline{\hspace{2cm}} \times .80) + \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Target Heart Rates for Workouts

65% _____ 70% _____ 75% _____ 80% _____

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Now that you know your heart rates for the given percentages what do you do with them? These numbers will allow you to determine how hard your workout will be. By slowly increasing the intensity of your heart rate you will improve your cardiovascular endurance levels.

If a workout requires you to be exercising at 65% of your Max Heart Rate for 20 minutes you do not start the exercise time until you are at 65% of your Max Heart Rate. It may take 5 minutes to bring your heart rate up to this level of work. Keep adjusting the workload during your brief warm up time until your heart rate is at this level. Then start the clock for the exercise session. Starting the clock early or below your target heart rate for that workout will only hurt yourself in your cardiovascular improvement. If you can exercise at a higher heart rate then do so but never exceed 80% during a workout. If your heart rate is approaching 80% or higher then reduce the workload of the machine. This will let you stay in the training zone where you will make the most cardiovascular improvements. (You can train at higher levels but you may become mentally fatigued knowing each time that you will be maxing out a workout. Stay within the training zones and you should stay focused with all the workouts)

