



What's Your Target Heart Rate?

Your target heart rate is unique, so an absolutely accurate determination necessitates medically conducted testing. But unless you are a world-class athlete, you only need an approximation of your target heart rate to be sure that you are in the right range. Some simple calculations or the use of a heart monitor (available at any sporting goods store) will do the job.

There are two different calculations:

1. $(220 - \text{Age}) \times \text{Exertion \%} = \text{Target heart rate (THR)}$

Let's say you are a 55-year-old woman: 200 minus 55 is 165. Few people can maintain aerobic metabolism at 100 percent exertion, so the average appropriate level of exertion is considered to be 75 percent (on charts you will frequently see a range of 60 percent to 80 percent). So, 165 times 75 percent (.75) is about 124. Your target heart rate would be 124 beats per minute.

2. $(220 - \text{Age} - \text{Resting heart rate}) \times \text{Exertion \%} + \text{Resting heart rate} = \text{THR}$

This is a more accurate way to calculate your rate because it factors in your personal resting heart rate. This method is best used by people who are in good physical shape. To figure out your resting heart rate, take your pulse when you are calm or resting. Count your heart beats for 10 seconds and multiply that number by 6. For example, if your heart beats 10 times in 10 seconds you have a resting heart rate of 60. If you are 40 years old with an average resting heart rate of 60 beats per minute and exercise at a typical 75 percent exertion rate, your target heart rate calculation would look like this: 220 minus 40 minus 60 is 120; 120 multiplied by 75 percent (.75) is 90; 90 plus 60 is 150—your target heart rate.

[Calculate your target heart rate by clicking here](#)

The table below shows estimated target heart rates for different ages.

Age	Target HR Zone 50–85 %	Average Maximum Heart Rate 100 %
20 years	100–170 beats per minute	200 beats per minute
25 years	98–166 beats per minute	195 beats per minute
30 years	95–162 beats per minute	190 beats per minute
35 years	93–157 beats per minute	185 beats per minute
40 years	90–153 beats per minute	180 beats per minute
45 years	88–149 beats per minute	175 beats per minute
50 years	85–145 beats per minute	170 beats per minute
55 years	83–140 beats per minute	165 beats per minute
60 years	80–136 beats per minute	160 beats per minute
65 years	78–132 beats per minute	155 beats per minute
70 years	75–128 beats per minute	150 beats per minute

