Karvonen Formula (Calculate Target Heart Rate Zone)

This method of calculating your target training zone is based on your maximal heart rate and resting pulse. The correlation here is more directly linear: 60% to 80% of your Heart Rate Reserve (HRR) equals 60% to 80% of your functional capacity.

To determine your target training zone with HRR, do this:

Take your resting pulse (we'll use 60 beats per minute as an example)

Formula:

(220) - (your age) = MaxHR

(MaxHR) - (resting heart rate) = HRR

(HRR) x (60% to 80%) = training range %

(training range %) + (resting heart rate) = (your target training zone)

Example:	Enter your data here:
220 – 10 (age) = 210	
210 – 60 (resting pulse) = 150	
150 x 0.60 = 90 (min value)	
90 + 60 (resting pulse) = 150 (low end of range)	
150 x 0.80 = 120 (max value)	
120 + 60 (resting pulse) = 180 (high end of range)	
Target Range = 150 – 180 beats per minute	