(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 × .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 × .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.

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TAKING YOUR PULSE:

You can easily keep track of your heart rate if you know how to take your pulse. Here's what to do:

- Use your first two fingers (index and middle; no thumbs).
- Press lightly on your carotid artery, which is located on the right side of your neck, straight down from the corner of your right eye. The artery is just under your chin. Gently put your fingers beneath your chin and feel for the pulse. You may need to move your fingers around a little, but the carotid is simple to find for most people.
- Using a stopwatch or the second hand of a wristwatch, count the number of beats you feel for 10 seconds. This is your 10-second heart rate.
- Since there are 60 seconds in a minute, multiply your 10-second heart rate by 6 to find your heart rate per minute.

Note: Don't take anyone else's pulse or let them take yours.

PUTTING THE NUMBERS TOGETHER:

After finding your training range, take your pulse for 10-second periods several times throughout your workout. Multiply the number of beats times 6 to find your heart rate per minute. It should fall within your training range. If it is near the low end of the zone, and you don't feel tired or out of breath, you can increase the level of your workout. If, however, your heart rate per minute is near the top of your range, you should be careful not to exceed it. Of course, if you are becoming tired or having trouble catching your breath at any point during the workout, slow down.

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