



Why I need to know my “true” resting Heart Rate and how to find it

In order to calculate an aerobic training zone that takes into consideration a person’s individual aerobic fitness level, we use a formula called the Karvonen formula. You need the following information to use this formula:

1. Age
2. Resting Heart Rate*
3. Desired Training Zone (usually 55-85% of your maximum heart rate)

***To find your “true” resting heart rate, follow these instructions:**

1. When you wake up in the morning, turn off your alarm, *lay flat and still* for one minute.
2. *Do not sit up*, but find your pulse either at the carotid artery (side of neck) or radial artery (wrist). To find the carotid artery, take your index finger and middle finger and follow from the base of your ear straight down 2 to 3 inches, just under the jaw line. To find the radial artery, lay your right wrist in your left palm and wrap all four fingers of your left hand around your wrist.
3. Take your pulse for one full minute and document it (write it down below). Repeat this process for three consecutive mornings. Take the average of the three.

Resting Heart Rate (RHR)

Day One _____ Day Two _____ Day Three _____ Average _____

Bring this information to your first meeting with your St. Louis City Fitness Trainer.

We will then use your resting heart rate to calculate your training zone using the Karvonen formula. The formula uses the following components:

Estimated Maximum Heart Rate (MHR) = $220 - \text{Age} =$ _____

Heart Rate Reserve (HRR) = $\text{Maximum Heart Rate (MHR)} - \text{Resting Heart Rate (RHR)} =$ _____

Training Heart Rate (usually 55%-85%) = $\text{Heart Rate Reserve (HRR)} \times \text{percentage} =$ _____

Since your Target Training Heart Rate Zone is a range, we calculate a lower end (e.g. 60%) and an upper end (e.g., 70%)

- ▶ Lower end of target heart rate range = _____
- ▶ Upper end of target heart rate range = _____