



Karvonen Formula

220

-Age

= Predicted Max Heart Rate

-Resting Heart Rate (Taken 3 mornings when wake up)

=Heart Rate Reserve

x Intensity (60%/80% one calculation 60% another one at 80%)

+ Resting Heart Rate

=Target Heart rate at % from 60% to 80%

NOTE: You should take early morning resting heart rate for 6 seconds starting at 0 and average number over 3 mornings.