



Guide to Heart Rate

Warm Up

- Give your body at least 15-20 minutes to warm up, up to an hour if you are exercising for multiple hours
- **Gradually** ramp your heart rate up from resting to $170 - (\text{your age})$

Exercise

- Max Heart Rate = $180 - (\text{your age})$
- Min Heart Rate = $170 - (\text{your age})$

When to decrease even further

- Decrease an additional 10 when:
 - Recovering from recent minor illness
 - Recovering from major illness
 - On any regular medication
 - When you are injured
 - When you are not seeing improvements in performance, or possibly seeing decreases in performance
 - You get a cold or flu more than twice per year
 - Asthma
 - Overweight
 - Just getting back into training

When you can increase your Maximum Heart Rate

- Increase your Max Heart Rate by 5 when
 - You have been training inside your target heart rate zone for at least two years
 - Have shown constant improvement
 - Have not had any major injury