

# ©Target Heart Rate Chart©

Range	Low	Low	Low	Mod	Mod	High	High
<b>Age</b>	40% 1 min or 10 sec	50% 1 min or 10 sec	60% 1 min or 10 sec	70% 1 min or 10 sec	75% 1 min or 10 sec	80% 1 min or 10 sec	90% 1 min or 10 sec
20	80/13	100/19	120/20	140/73	150/25	160/27	180/30
25	78/13	98/16	117/20	137/23	146/24	156/26	176/29
30	76/13	95/16	114/19	133/22	143/24	152/25	171/29
35	74/15	93/16	111/19	130/22	139/23	148/25	167/28
40	72/12	90/15	108/18	126/21	135/23	144/24	162/27
45	70/12	88/15	105/18	123/20	131/22	140/23	158/26
50	68/11	85/14	102/17	119/20	128/21	136/23	153/26
55	66/11	83/14	99/17	116/19	124/21	132/22	149/25
60	64/11	80/13	96/16	112/19	120/20	128/21	144/24
65	62/10	78/13	93/16	109/18	116/19	124/21	140/23