|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Resting HR | 5 min | 10 min | 15 min | 20 min | 25 min | 30 min |
| Day 1 |  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |  |
| Day 3 |  |  |  |  |  |  |  |
| Day 4 |  |  |  |  |  |  |  |
| Day 5 |  |  |  |  |  |  |  |
| Day 6 |  |  |  |  |  |  |  |

Formula: 60% – 80% of Maximum heart rate (220) – Age

|  |  |
| --- | --- |
| Age (years) | Minimum–maximum heart rate (bpm) |
| 15 | 123–164 |
| 20 | 120–160 |
| 25 | 117–156 |
| 30 | 114–152 |
| 35 | 111–148 |
| 40 | 108–144 |
| 45 | 105–140 |
| 50 | 102–136 |
| 55 | 99–132 |
| 60 | 96–128 |
| 65 | 93–124 |
| 70 | 90–120 |
| 75 | 87–116 |