

# TRIATHLON INSPIRES

**This method of calculating your target training zone is based on your maximal heartrate and resting pulse.**

The correlation here is more directly linear: 60% to 80% of your Heart Rate Reserve, HRR, equals 60% to 80% of your functional capacity.

To determine your target training zone with HRR, do this:

Take your resting pulse three mornings in a row, just after waking up. Add all of them together, and divide by 3, to get the average.

Let's say your average is 60 beats per minute.

$$(220) - (\text{your age}) = \text{MaxHR}$$

$$(\text{MaxHR}) - (\text{resting heart rate}) = \text{HRR}$$

$$(\text{HRR}) \times (60\% \text{ to } 80\%) = \text{training range } \%$$

$$(\text{training range } \%) + (\text{resting heart rate}) = (\text{your target training zone})$$

so,

$$220 - 35 = 185 \text{ (MaxHR)}$$

$$185 - 60 = 125 \text{ (HRR)}$$

$$125 \times .6 = 75 \text{ (60\% training percentage)}$$

$$125 \times .8 = 100 \text{ (80\% training percentage)}$$

$$75 + 60 = 135 \text{ (target training zone, in beats per minute)}$$

$$100 + 60 = 160 \text{ (target training zone, in beats per minute)}$$

So, your target training zone, in beats per minute is 135 to 160. Of course, to get a 15 second target simply divide each number by 4. That would be 34 to 40 beats over 15 seconds. When counting beats, start with the first beat as zero: ie. 0-1-2-3-4...38-39-40.