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| **Age** | **Target HR Zone 50-85%** | **Average Maximum Heart Rate, 100%** |
| 20 years | 100-170 beats per minute | 200 beats per minute |
| 30 years | 95-162 beats per minute | 190 beats per minute |
| 35 years | 93-157 beats per minute | 185 beats per minute |
| 40 years | 90-153 beats per minute | 180 beats per minute |
| 45 years | 88-149 beats per minute | 175 beats per minute |
| 50 years | 85-145 beats per minute | 170 beats per minute |
| 55 years | 83-140 beats per minute | 165 beats per minute |
| 60 years | 80-136 beats per minute | 160 beats per minute |
| 65 years | 78-132 beats per minute | 155 beats per minute |
| 70 years | 75-128 beats per minute | 150 beats per minute |