Running Time Predictor

Average age of Strava users: 40-49 (<https://www.runnersworld.com/uk/news/a776658/strava-data-insights/>)

Average max HR for 45 year olds: 175BPM (<https://chhs.source.colostate.edu/how-to-target-heart-rate-training-zones-effectively/>)

But these are amateur runners, so we will scale that up to 175BPM

Zones(https://www.polar.com/blog/running-heart-rate-zones-basics/)

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| --- | --- | --- | --- |
| Zone | Percent of max | Range for implementation | Range for implementation (scaled) |
| 1 | 50-59 | 87.5-103.25 | <104 |
| 2 | 60-69 | 105-120.75 | >104, <121 |
| 3 | 70-79 | 122.5-138.25 | >121, <139 |
| 4 | 80-89 | 140-155.75 | >139, <156 |
| 5 | 90-100 | 157.5-175 | >156 |