

Activity heartbeats inconsistent behavior between SDKs

Core

- If no `heartbeat_timeout` is set in the activity options, do not heartbeat, log a warning
- Does not use timer to throttle activity heartbeats, instead relies on rapid heartbeats from lang
- No maximum throttle interval

Java

- If no `heartbeat_timeout` is set, do not throttle
- Default maximum throttle interval of 30 seconds

Go

- If no `heartbeat_timeout` is set, default throttle interval to 10 minutes
- No maximum throttle interval

Proposal

Add 2 new `WorkerOption`s:

- `maxHeartbeatThrottleInterval` - default 60s
- `defaultHeartbeatThrottleInterval` - default 30s

```
throttleInterval = min (  
    heartbeat_timeout * .8 if heartbeat_timeout is provided  
    else defaultHeartbeatThrottleInterval
```

, `maxHeartbeatThrottleInterval`)

Rationale

- Make the behavior explicit and configurable
- Keep the behavior backwards compatible
 - Java currently has an implicit maximum (30s) and default (0)
 - Go has an implicit default (10m) and no maximum
 - Core is not yet stable, from user feedback the behavior is confusing
- Not heartbeating means no cancellations, need a default value
- Consistency between the SDKs