



Colorado Track Club Heart Rate Cheat Sheet

Count your heart beats for 15 seconds, then check the number below to determine the beats per minute.

Being mindful of HR percentages will help limit many athletes from **overtraining** or **undertraining**
ColoradoTrackClub.com/training-plans

15 sec Count	Times 4	Beats per Min	% of HR max	For MOST runners between the ages of 14 - 22
30	4	120	60%	120 - 148 = Easy Aerobic Running Days
31	4	124	62%	149 - 166 = Moderate / Harder Aerobic Days
32	4	128	64%	168-176 = Tempo Runs / Paces
33	4	132	66%	178-192 = VO2Max Pace Workouts
34	4	136	68%	This chart is for Aerobic Development Runs only
35	4	140	70%	This chart is NOT dealing with speed work
36	4	144	72%	The numbers are <i>estimates</i> that help <i>most</i> people
37	4	148	74%	We have <i>assumed</i> a Max HR of 200
38	4	152	76%	About 5-15% of athletes are outside these parameters
39	4	156	78%	
40	4	160	80%	Some successful coaches assign different numbers to the paces described
41	4	164	82%	
42	4	168	84%	Again, this HR Cheat Sheet will help a large % of 14-22 y/o athletes to run faster
43	4	172	86%	
44	4	176	88%	Go to ColoradoTrackClub.com/training-plans for: * a more thorough explanation * to figure out measurements that may be more accurate for you
45	4	180	90%	
46	4	184	92%	
47	4	188	94%	
48	4	192	96%	
49	4	196	98%	
50	4	200	100%	

VO2Max / Red Zone workouts are important for aerobic development, but be careful not to do too much or too fast. A few athletes will be in the VO2 Zone at 176 BPM, others need 188+

Tempo / Green Zone workouts can be done weekly, most of the year. Some coaches do more.

Of the total **AEROBIC** training sessions in a season, **80%** should be in the blue and yellow zones and **20%** should be in the green and red zones.