Target Heart Rate Chart

Target heart rate by age			
Age	**Moderate intensity target HR zone 64%-76%**	**Vigorous intensity target HR Zone 77%-93%**	**Average maximum heart rate**
20 years	128-152 bpm	154-186 bpm	200 bpm
25 years	125-148 bpm	150-181 bpm	195 bpm
30 years	122-144 bpm	146-177 bpm	190 bpm
35 years	118-141 bpm	142-172 bpm	185 bpm
40 years	115-137 bpm	139-167 bpm	180 bpm
45 years	112-133 bpm	135-163 bpm	175 bpm
50 years	109-129 bpm	131-158 bpm	170 bpm
55 years	106-125 bpm	127-153 bpm	165 bpm
60 years	102-122 bpm	123-149 bpm	160 bpm
65 years	99-118 bpm	119-144 bpm	155 bpm
70 years	96-114 bpm	116-140 bpm	150 bpm
75 years	93-110 bpm	112-135 bpm	145 bpm
Notes			