

Target Heart Rates

The table below gives estimated target heart rates based on age group. Note that these figures are only guidelines – every person may have individual differences.

Age	Target Heart Rate (50-75% of maximum)	Average Maximum Heart Rate (100%)
Up to 20 years	100-150 beats per minute	200
25 years	98-146 beats per minute	195
30 years	95-142 beats per minute	190
35 years	93-138 beats per minute	185
40 years	90-135 beats per minute	180
45 years	88-131 beats per minute	175
50 years	85-127 beats per minute	170
55 years	83-123 beats per minute	165
60 years	80-120 beats per minute	160
65 years	78-116 beats per minute	155
70 years	75-113 beats per minute	150