

Scale	Description	Effort Comparison	Indicators
6	VERY EASY	Cool down jog	Talking, laughing, singing
7			
8	EASY	Warm up jog	Talking, laughing
9		Beginner – 40-45% Average 50-55% Fit 60-65%	
10	MODERATE	Easy workout effort	Talking
11			
12	SOME STRESS	Normal Workout Effort	Talking short sentences
13		Beginner – 50-60% Average 60-70% Fit 75-85%	
14	HARD	Occasional Workout Effort	Talking a few words
15			
16	VERY HARD	Controlled Competitive	One word verbalization
17		Beginner 70-75% Average 80-85% Fit 90-95%	
18	VERY VERY HARD	Normal Competitive	Focus on breathing only
19			
20	MAXIMUM EFFORT	Special Competitive	Focus on breathing only

Average Teen age 16 with resting heart rate of **66**

α Intensity - From chart above Average 60-70%

<p><u>Minimum Heart Rate</u></p> <p>220 - Age = Maximum Heart Rate 220-16=204</p> <p>$((\text{Maximum Heart Rate} - \text{Resting Heart Rate}) \times \alpha \text{ Intensity}^*) + \text{Resting Heart Rate} = \text{Training Heart Rate}$</p> <p>$((204-66) \cdot .60) + 66 = 148$</p>

<p><u>Maximum Heart Rate</u></p> <p>220 - Age = Maximum Heart Rate 220-16=204</p> <p>$((\text{Maximum Heart Rate} - \text{Resting Heart Rate}) \times \alpha \text{ Intensity}^*) + \text{Resting Heart Rate} = \text{Training Heart Rate}$</p> <p>$((204-66) \cdot .70) + 66 = 162$</p>

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BEATS/10SEC	HEART RATE
8	48
9	54
10	60
11	66
12	72
13	78
14	84
15	90
16	96
17	102
18	108
19	114
20	120
21	126
22	132
23	138
24	144
25	150
26	156
27	162
28	168
29	174
30	180