

# 1 Minute Heart Rate Recovery Chart by Age

Age group	Max heart rate	Target heart rate (vigorous; ranges below are 85% of MHR)	Normal fast phase heart rate recovery
20-29	191-200 bpm	162-170 bpm	22 bpm
30-39	181-190 bpm	153-161 bpm	22 bpm
40-49	171-180 bpm	145-153 bpm	22 bpm
50-59	161-170 bpm	136-144 bpm	21 bpm
60-69	151-160 bpm	128-136 bpm	18 bpm
70-79	141-150 bpm	119-128 bpm	14 bpm

The ranges in the table are for quick reference. For more specific values for individual clients, use the formulae below.

Specific max heart rate	Specific target heart rate
<b>Max heart rate</b> = 220 - client age	<b>Target heart rate</b> = Max heart rate x 0.85

## Manually measure and calculate fast phase heart rate recovery

1. Check heart rate right after exercising to get peak heart rate; count pulse for 15 seconds then multiply by 4.
2. Wait for 1 minute, then measure again.
3. Subtract the second count from the first count. Use this formula:
  - **Fast phase heart rate recovery** = Peak heart rate - Heart rate after 1 minute

## Additional notes

American Heart Association. (2021, March 9). *Know your target heart rates for exercise, losing weight and health*. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>

Polar. (2016, July 6). *How to calculate your maximum heart rate for running*. <https://www.polar.com/blog/calculate-maximum-heart-rate-running/>

Sydó, N., Sydó, T., Gonzalez Carta, K. A., Hussain, N., Farooq, S., Murphy, J. G., Merkely, B., Lopez-Jimenez, F., & Allison, T. G. (2018). Prognostic performance of heart rate recovery on an exercise test in a primary prevention population. *Journal of the American Heart Association*, 7(7). <https://doi.org/10.1161/jaha.117.008143>