

Training & Racing Heart Rate Ranges

Age	<u>2 Mile Heart Rate bpm</u> For Training		<u>3 Mile Heart Rate bpm</u> For Training		<u>5 Mile Heart Rate bpm</u> For Training		<u>7 Mile Heart Rate bpm</u> For Training	
	70%	80%	70%	80%	70%	80%	70%	80%
	18	162	174	158	170	155	165	152
20	159	171	156	167	153	164	150	160
30	153	164	150	161	147	157	144	154
40	146	156	143	153	140	150	138	148
50	139	148	136	145	133	142	130	138
60	131	139	128	137	126	134	124	131
70	124	130	122	129	119	126	117	125
Age	<u>9 Mile Heart Rate bpm</u> For Training		<u>11 Mile Heart Rate bpm</u> For Training		<u>13 Mile Heart Rate bpm</u> For Training		<u>13.1 Mile Race Pace bpm</u> For Racing	<u>5k Race Pace bpm</u> For Racing
	70%	80%	70%	80%	70%	80%	100%	100%
	18	150	160	149	159	148	158	183
20	148	159	147	157	146	156	180	194
30	142	152	141	151	140	150	172	185
40	137	146	135	144	135	144	163	176
50	129	137	127	135	127	135	154	166
60	122	130	121	129	121	128	146	156
70	116	123	114	122	114	121	137	147