



Determining Your Correct Pace for Walking or Jogging

Name _____ Date _____
Subject _____

Purpose

To determine the pace at which you should be walking or jogging to maintain your heart rate in your target zone.

Procedures

You need to first calculate your target-zone heart rate according to the procedures outlined in Chapter 3.

Maximum heart rate = 220 - age

$$= 220 - \underline{\quad}$$

$$= \underline{\quad} \text{ beats/min.}$$

Target-zone heart rate:

Upper limit = Maximum heart rate X 0.85

$$= \underline{\quad} \times 0.85$$

$$= \underline{\quad} \text{ beats/min}$$

Lower limit = Maximum heart rate X 0.7

$$= \underline{\quad} \times 0.7$$

$$= \underline{\quad} \text{ beats/min}$$

Target-zone heart rate _____ (Lower) beats/min to _____ (Upper) beats/min

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You will need to measure a 1-mile course or use a measured track so that you know exactly what constitutes 1 mile (4 laps around a standard 400 meter track on the inner most lane – found in most schools). Start by walking as fast as you can, and try to cover the mile without stopping. Record the time it takes and determine your heart rate immediately after completing the walk.

Results

Record the results in the spaces provided below.

Time to walk 1 mile: _____ minutes

Heart rate at completion of walk: _____ beats/min

Compare your heart rate at the end of the walk to your target-zone heart rate, which you calculated and recorded above and check the correct response below:

My heart rate at the end of the mile walk was:

_____ Below my target zone

_____ Within my target zone

_____ Above my target zone

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Rockport Walking Test

*Estimate VO_{2max} :

$$VO_{2max} = 132.853 - 0.0769(BW) - 0.3877(AGE) + 6.315(GENDER) - 3.2649(TIME) - 0.1565(HR)$$

<i>BW</i>	=	Bodyweight in pounds
<i>GENDER</i>	=	1 for males and 0 for females
<i>TIME</i>	=	time in minutes
<i>HR</i>	=	heart rate

**SEE TABLE 9.2 (pg 115) to compare results*

If your heart rate at the end of the walk was within your target zone, you know that the pace you were walking is the correct pace for you and if you decide to include walking in your exercise program, this is the speed at which you need to walk.

If your heart rate was above your target zone at the end of the 1-mile walk, you will need to walk the same distance again at a slower pace and repeat the above procedures until you find the correct pace to walk at such that your heart rate remains at the desired level.

At the end of the 1-mile walk, if your heart rate was below your target zone and you have no medical problems, you need to repeat the above procedures, jogging slowly rather than walking. By trial and error and making adjustments each time, it should not take you long to determine the speed at which you need to jog to achieve and maintain your desired heart rate.

- Men and Women ages 20-69 years
- Sedentary and older clients

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