

Tanaka Formula

$$208 - (0.7 \times \text{age}) = \text{HRmax}$$

80% of HRmax

Example for 70-year-old:

$$(0.7 \times 70) = 49$$

$$208 - 49 = 158 \text{ HR max}$$

$$80\% \text{ of HRmax} = 127$$

$$70\% \text{ of HRmax} = 111$$

$$60\% \text{ of HRmax} = 94$$