

# Maximum and Target Heart Rate by Age

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
<b>20 years</b>	100-170 beats per minute (bpm)	200 bpm
<b>30 years</b>	95-162 bpm	190 bpm
<b>35 years</b>	93-157 bpm	185 bpm
<b>40 years</b>	90-153 bpm	180 bpm
<b>45 years</b>	88-149 bpm	175 bpm
<b>50 years</b>	85-145 bpm	170 bpm
<b>55 years</b>	83-140 bpm	165 bpm
<b>60 years</b>	80-136 bpm	160 bpm
<b>65 years</b>	78-132 bpm	155 bpm
<b>70 years</b>	75-128 bpm	150 bpm