

# W.O.W.

WAC ON WELLNESS

## ROAMIN' KARVONEN ROUTINE

**TIME:** 30 minutes

**INSTRUCTIONS:** With the new year before us, many people are stepping onto a treadmill, elliptical, or bike so that they can improve their aerobic capacity, bone density, and body composition. Below is an exercise routine that is transferable between these different machines by making use of the Karvonen Method to determine your target heart rate (THR).

The THR allows you to work at loads that are more appropriate and scalable than simply percentages of one's maximum heart rate (MHR), by taking into account your resting heart rate (RHR). Subtract your age from 220 to get your MHR, count your pulse for a full minute in a seated position (sit for five minutes before counting) to determine your RHR. Plug the MHR and RHR into the following equation along with your desired intensity (in percentages) to determine your THR

$$\text{THR} = ((\text{MHR} - \text{RHR}) * \% \text{Intensity}) + \text{RHR}$$

As a 26 year old with a RHR of 65 who wants to exercise at 80% intensity, I would do this:

$$\begin{aligned}\text{THR} &= ((194-65) * .8) + 65 \\ \text{THR} &= 168 \text{ BPM}\end{aligned}$$

Now I want you to determine your THRs for 50, 60, 70, 80, and 90%. We'll make use of them all for the workout. The 30 minute workout goes like this: you have six rounds of five minutes, that get progressively harder. You determine what incline, resistance, and speed combinations you need to get you to your THRs and then follow the guidelines of the program. Each number denotes an intensity for one minute

### Beginner

Warm-up: Five minutes at 50% (determine speed and incline for THRs)  
 Round 1: 60%, 70%, 60%, 70%, 60%  
 Round 2: 70%, 60%, 70%, 60%, 70%  
 Round 3: 60%, 60%, 80%, 60%, 80%  
 Round 4: 70%, 80%, 70%, 80%, 70%  
 Cool-down: Five minutes at 50%

### Intermediate

Warm-up: Five minutes at 50% (determine speed and incline for THRs)  
 Round 1: 60%, 60%, 70%, 60%, 70%  
 Round 2: 60%, 70%, 80%, 70%, 60%  
 Round 3: 70%, 70%, 80%, 70%, 80%  
 Round 4: 70%, 80%, 90%, 80%, 70%  
 Cool-down: Five minutes at 50%

### Advanced

Warm-up: Five minutes at 50% (determine speed and incline for THRs)  
 Round 1: 70%, 70%, 80%, 70%, 80%  
 Round 2: 70%, 80%, 90%, 70%, 80%  
 Round 3: 70%, 90%, 70%, 90%, 90%  
 Round 4: 80%, 90%, 80%, 90%, 80%  
 Cool-down: Five minutes at 50%



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*See a Personal Trainer for more detailed instructions or a demonstration.*



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