

Karvoen's Principle

Critical threshold and aerobic exercise.

In order to make appreciable gains in aerobic fitness, the heart rate must be raised above the resting heart rate by 60% of the difference between the resting and maximum heart rates. This is called the **CRITICAL THRESHOLD**.

Maximum Heart rate = 220 – Age.

Critical Threshold = Resting Heart Rate + 60%(Maximum Heart Rate – Resting Heart Rate)

EG.

A 20 year hold with a resting heart rate of 72.

Maximum Heart Rate = 220-20
= 200

∴ Critical Threshold = 72 + 60%(200 – 72)
= 148.8