

Heart Rate Calculator

For Palm Pilot.

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Introduction

This program was written to satisfy the needs of personal trainers, spinning instructors, and those looking to benefit from heart rate training.

The program gives several selectable ranges and range groups (i.e. recovery, endurance, strength, interval and race day).

If you have additions that you would like to see added, please contact me.

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The application

The application was written using the Casl software and uses a library. This makes the program virtually usable on all Palm devices.

Running the software

Menus

Start %

Provides what the starting range for the zones to be calculated. The WOR checkbox overrides this option.

Stop %

Provides what the stopping value will be in the zone calculations. The WOR checkbox overrides this option.

About

Provides information on contacting the author and what the program is based on.

Main Program

Resting heart rate checkbox

Determines the type of calculation that is to be performed. This box will activate and set certain variables to obtain the correct calculation.

VO2 max checkbox

Establishes a maximum heart rate based on a laboratory tested maximum heart rate. Certain other parameters are not needed when using this method.

Age

Your current age.

Gender checkboxes

Select the checkbox that reflects your gender. This selection does make a difference.

Resting heart rate

This is the measure heart rate when you are resting (laying down) after first waking.

WOR checkbox

This checkbox overrides the menu ranges. It provides the ranges for recovery, endurance, strength, interval and race day target zones.

Calc button

This button calculates the final zones based on information given.

Before You Begin

This calculator is for reference only!!!! It is to be used as a **guide**, not the rule. Ask your Personal Trainer or Certified Instructor for further assistance.