



## Howick Pakuranga Swimming Club

### HEART RATE to BPM CONVERSION CHART (7 x 200 step)

<b>HR for 10 secs</b>	<b>BPM</b>	<b>HR for 10 secs</b>	<b>BPM</b>
8	48	21	126
9	54	22	132
10	60	23	138
11	66	24	144
12	72	25	150
13	78	26	156
14	84	27	162
15	90	28	168
16	96	29	174
17	102	30	180
18	108	31	186
19	114	32	192
20	120	33	198