

## **ATHLETE'S CALCULATOR INDEX**

In addition to being a normal calculator, the menu bar at the top of the calculator contains commands which are likely to be particularly useful to athletes.

### **commands**

Convert Menu

Pulse Menu

Athlete's Calculator, version 1.0

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If you enjoy using this program, send funds and/or useful athletic formulas to

M.B.Stevens  
606 Goforth Rd.  
Kyle, Tx. 78640

...to support development of more fun stuff.

## **CONVERT MENU**

The convert menu contains three commands: Distance, Weight, and Speed. Choosing any of these commands will display a dialog box with two rows of radio buttons. When a button from each row is pressed, the calculator's display will change to reflect the conversion specified by the two pressed buttons.

## **PULSE MENU**

When the pulse menu is chosen, a dialog box is displayed. Enter your age and weight, then press OK. A target heart rate for aerobic training will be displayed.

The Karvonen Formula is used to produce this estimate of target heart rate:

Max-heart-rate =  $220 - \text{Age}$ .

Heart-rate-reserve =  $\text{Max-heart-rate} - \text{Resting-heart-rate}$

Lower-target-heart-rate =  $(\text{Heart-rate-reserve} * .60) + \text{Resting-heart-rate}$

Higher-target-heart-rate =  $(\text{Heart-rate-reserve} * .70) + \text{Resting-heart-rate}$

10-second-lower-target =  $\text{Lower-target-heart-rate} / 6$

10-second-higher-target =  $\text{Higher-target-heart-rate} / 6$