

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

This program is Copyright (C) 1991 Michael B. Stevens, All rights reserved. The related documentation is Copyright (C) 1991 by Mike Stevens, all rights reserved. This software may be distributed freely in unmodified form, but may not be sold without the express written permission of Michael B. Stevens.

THIS SOFTWARE IS DISTRIBUTED AS IS; THERE ARE NO WARRANTIES OR GUARANTEES THAT IT WILL SUIT YOUR NEEDS, AND MICHAEL B. STEVENS SHALL NOT BE RESPONSIBLE IN ANY WAY FOR YOUR USAGE OF THIS PROGRAM NOR FOR ANY POSSIBLE CONSEQUENTIAL DAMAGES THAT MAY ARISE FROM THAT USAGE. CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM, AND GET A SECOND OPINION.BEFORE SUBMITTING TO ANY INTRUSIVE PROCEDURE.

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 = Max-heart-rate - 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 = Lower-target-heart-rate / 6

10-second-higher-target = Higher-target-heart-rate / 6