When exercising our heart rate (HR) increases along with the intensity of our training. When completing maximal efforts such as sprints out HR will increase until we reach our maximum heart rate (Max HR). Max HR can be calculated using the sum:

220 – age =

For example, if you are 20 years old your Max HR would be:

220 – 20 = 200

This means if you were to sprint constantly your HR would increase until you reach the Max HR for this individual it would be 200. HR would then plateau (stay the same level). For 10s – 1min depending on how fit or used to this level of exercise the athlete is. After this time period the athlete would run out of oxygen and have to stop exercising as his body would not be able to keep up with the demands of the exercise and his HR would begin to decrease.