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That means zone 2 cardio can be running, brisk walking, cycling, swimming, rowing, skating, and elliptical training.

Zone 2 Cardio Training : What Is It, Benefits, Examples - Women's Health

womenshealthmag : fitness : zone-2-cardio

Heart rate method Dr. Luks says you can get a rough estimate of your own heart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtracting your age (in years) from your max HR

around 65-75% of your max HR.

Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ...

blog.insidetracker : zone-2-heart-rate-training-endurance-and-longevity

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