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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; : fitness : zone-2-cardio; a data-ved="2ahUKEwj4qKmp_8yDAXWvEOQIHBYbeBdoQFn oECAEQBg" href="{href}" Zone 2 Cardio Training: What Is It, Benefits, Examples - Women's Health; : fitness : zone-2-cardio; a data-ved="2ahUKEwj4qKmp_8yDAXWvEOQIHBYbeBdoQzmd6BAGBEAc" href="{href}" O O bet365

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 220 gives you a ballpark estimate of your max HR. Zone 2 is around 65-75% of your max HR; a data-ved="2ahUKEwi4qKmp_8vDAXWvEOQIHBYbeBdoQFn oECAEQDO" href="{href}"