

FAST FACTS

Extended cardio

Zone 2 training

Zone 2 cardio, also known as Zone 2 training, is a concept related to heart rate zones used in aerobic exercise, such as running, cycling, or other forms of aerobic workouts.

Heart rate zones are a way to monitor and control the intensity of your cardio workouts based on your heart rate. Zone 2 is a moderate intensity level of exercise, falling within the context of a broader heart rate zone system. These zones are often determined as a percentage of your maximum heart rate (HRmax).

Zone 2 falls between 60% and 70% of your HRmax, reflecting moderate intensity where you can still hold a conversation during the exercise. Examples are swimming, walking, jogging, cycling even vigorous home and garden duties can move you into Zone 2.



Training in Zone 2 can be beneficial for several reasons, depending on your fitness goals and the type of exercise program you're following.

Heart rate zones

Zone	Intensity	% of HRmax
Zone 1	Very light	50-60%
Zone 2	Light	60-70%
Zone 3	Moderate	70-80%
Zone 4	Hard	80-90%
Zone 5	Maximum	90-100%

Heart rate values for each zone vary from person to person, as they are influenced by factors such as age and fitness level.

To accurately determine your heart rate zones, consult with a fitness professional or use a heart rate monitor and undergo a fitness assessment.

For a quick starting point calculate your HRmax [here](#).

- Improved lung capacity:** It challenges your heart and lungs to work efficiently at a moderate to moderately high intensity, which can lead to better aerobic capacity over time
- Fat burning:** At this intensity, your body primarily uses a higher percentage of fat as a fuel source
- Regulates the epigenome:** Exercise induces positive DNA methylation turning on longevity pathways
- Performance improvement:** By training in zone 3, you can increase your tolerance for sustained effort, which can translate to better performance in races, competitions, or endurance challenges
- Metabolic adaptations:** Training in this zone can lead to metabolic adaptations, such as increased mitochondrial density and improved oxygen utilization, which can benefit overall health and fitness
- Hormetic stress:** Zone 3 training provides a challenging but manageable level of stress on your body. It allows you to push yourself without pushing too hard, reducing the risk of overtraining or injury compared to higher-intensity training zones