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div><div><div>That means zone 2 cardio can be running

, brisk walking, cycling, swimming, rowing, skating, and elliptical training<

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oECAEQBg" href="{href}"><div>Zon

e 2 Cardio Training: What Is It, Benefits, Examples - Women's Health</spa

n></div><div>womenshealthmag : fitness

: zone-2-cardio</div></div></div></

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t;Heart rate method Dr. Luks says you can get a rough estimate of your own h

earth rate cutoff for zone 2 if you know your max heart rate (max HR). Subtractin

g your age (in years) from 220 gives you a ballpark estimate of your max HR. Zon

e 2 is around 65-75% of your max HR.</div></di

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data-ved="2ahUKEwj4qKmp_8yDAXWvEOQIHYbeBdoQFnoECAEQDQ" href="{hr

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span><div>blog.insidetracker : zone-2-heart-rate-training-endurance-an

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