

ZONE 2 CARDIO: BUILD YOUR ENGINE

Fat metabolism • Heart health • Endurance • Recovery • Longevity

Exercise	Zone 2 control	Calorie demand	Muscle involvement	Joint impact
Incline treadmill walk	Excellent	Moderate-high	Lower body	Low-moderate
Rower	Very good	High	Full body	Low
Flat brisk walk	Excellent	Moderate	Lower body	Low
Jogging	Variable	High	Lower body	Higher

THE 30-MINUTE ZONE 2 FORMULA

0-5 minutes - Warm up. Start easy and gradually raise speed, incline, or rowing pace.

About 5-10 minutes - Settle into Zone 2. Heart rate does not jump instantly. For many people, it takes several minutes of continuous movement for heart rate and breathing to stabilize.

10-30 minutes - Stay steady. Adjust the machine as needed to keep the effort moderate. A 30-minute session is a great practical target; beginners can start with 20 minutes and build.

HOW DO I KNOW I AM IN ZONE 2?

Use the talk test: you are breathing harder, but you can still speak in complete sentences. You should feel like you could continue for quite a while. If conversation becomes broken or you are gasping, back off.

Heart-rate formulas can provide a rough starting point, but individual zones vary. Medications, fitness level, heat, stress and health conditions can all affect heart rate.

WHAT ABOUT 2-MINUTE INTERVALS?

They are useful - but they are a different training tool. Two-minute harder efforts followed by recovery are interval training. They can improve fitness and increase workout intensity, but repeated hard intervals usually take you *out* of Zone 2.

Want variety without leaving Zone 2? Every 2 minutes, slightly change speed, incline, or rowing pace - but keep the effort inside your Zone 2 range. Think *terrain changes*, not sprints.

SIMPLE WEEKLY APPROACH

Goal	Example
Aerobic base / health	30 min Zone 2, 2-4 days per week
Higher-intensity conditioning	Add a separate interval session when appropriate
Strength + cardio	Strength train first or on separate days when strength/muscle is the priority

CONSISTENCY WINS: Choose the machine you can perform comfortably, control your intensity, and repeat week after week.

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Strength • Health • Confidence • For Life

General fitness education only. Clients with cardiovascular, pulmonary, metabolic, orthopedic or other medical concerns should follow guidance from their healthcare professional.