

UNDERSTANDING ZONE 2 TRAINING

1



Zone 2: The exercise intensity that maximizes mitochondrial function.

2



80%

Aim for Zone 2 intensity 80% of the time

3



Not part of any famous training zone model like the 3-zone-model, 5-zone-model, or the power zone model of Andrew Coggan



Recruit mainly type I muscle fibers



Mobilize the highest amount of fat as a fuel



Stress the oxidative capacity and stimulate the oxidative phosphorylation



Burn both fat and glucose (lactate) in the mitochondria



Keep the glycolytic flux relatively low

At this exercise intensity, you:

Fitrak The Ultimate Multi Activity Aerobic Training Journal

R Bogdan



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