

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

E Durkheim



Fitrak The Ultimate Multi Activity Aerobic Training Journal:

Fitrak The Ultimate Multi Activity Aerobic Training Journal Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Fitrak The Ultimate Multi Activity Aerobic Training Journal**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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