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Exactly 12 years after she began racing on the World Cup, Mikaela Shiffrin of the Stifel U.S. Alpine Ski Team won her 87th World Cup in the re, Sweden slalom on March 11, 2024, breaking the tie of 86 wins set by Ingemar Stenmark in 1989 to become the winningest alpine skier in history.

[Shiffrin Wins 87th World Cup, Becomes Winningest Alpine Skier ...](#)

Mikaela Pauline Shiffrin (born March 13, 1995) is an American World Cup alpine skier who has the most World Cup wins of any alpine skier in history (men or women) and is considered one of the greatest alpine skiers of all time. She is a two-time Olympic Gold Medalist.

[Mikaela Shiffrin - Wikipedia](#)

[en.wikipedia : wiki : Mikaela_Shiffrin](#)

That means zone 2 cardio can be running, brisk walking, cycling, swimming, rowing, skating, and elliptical training.

[Zone 2 Cardio Training](#)