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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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e 2 Cardio Training: What Is It, Benefits, Examples - Women's Health</spa
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t;Heart rate method Dr. Luks says you can get a rough estimate of your own h
eart 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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