

Zone 2 Training Weekly Tracker

A 4-WEEK PROTOCOL FOR BUILDING YOUR AEROBIC BASE

What Is Zone 2?

Zone 2 is the aerobic training intensity where you can sustain a full conversation — roughly 60–70% of maximum heart rate, at the upper limit of fat oxidation without significant lactate accumulation. Research from Iñigo San Millán and George Brooks (UC Berkeley, 2020) identifies Zone 2 as the primary driver of mitochondrial biogenesis. More mitochondria means greater aerobic capacity, better metabolic health, and improved endurance at every intensity. Most people spend far too little time here and too much in the moderate middle zones.

Finding Your Zone 2 Heart Rate

Formula:	180 – your age (Maffetone method)
Talk test:	Can hold a full sentence without pausing to breathe
Lactate:	~2.0 mmol/L blood lactate (gold standard reference)
RPE:	4–5 out of 10 — controlled effort, never labored
HR monitor:	Use chest strap for accuracy at low intensities

RECOMMENDED WEEKLY STRUCTURE — BEGINNER TO INTERMEDIATE

Mon	45–60 min Zone 2 (run, cycle, row, or brisk walk)
Tue	Rest or 20 min light mobility / stretching
Wed	45–60 min Zone 2 — vary modality if preferred
Thu	Rest or 20 min easy walk
Fri	60–90 min Zone 2 — longest session of the week
Sat	Optional: 30 min easy Zone 2 or active recovery
Sun	Full rest — prioritize sleep and nutrition

