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WHOOOP defines Zone 2 as

60-70% of your realized maximum heart rate, or the maximum heart rate that you have logged using

WHOOOP. This range ensures that you remain at the correct metabolic and effort level to gain near-maximum adaptation while mitigating fatigue that

could hurt future performance.

Why Zone 2 Training is the Secret to Unlocking Peak Performance

whoop : thelocker

: why-zone-2-training-is-the-secret-to-unloc...

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The definition of Zone 2 is a hazardous area

classified as an atmosphere where a mixture of air and flammable substances in the form of gas, vapour or mist is not likely to occur in normal operation, but if it does occur, will persist for a short period only

Zone 2 Definition - What is Zone 2 hazardous area? (ATEX 1999/92/EC)

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what-is-zone-2