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Zone 2 Heart Rate Training: A Way to Enhance Endurance and Promote ... : zone-2-heart-rate-training-endurance-and-longevity
Heart rate method

Dr. Luks says you can get a rough estimate of your own heart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtracting your age (in year) $T_j T^* BT$

around 65-75% of your max HR
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