

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

Zone 2 Steady State Routine

What This Workout Is

Zone 2 cardio is a continuous, easy-to-moderate effort where your breathing stays controlled and you can speak in full sentences. It's one of the most effective ways to improve heart health, endurance, and recovery.

How To Do It

1. Choose your preferred cardio modality.
2. Maintain an effort that allows nasal breathing or comfortable conversation.
3. Continue for 20–40 minutes at this steady, sustainable pace.
4. End with a light cool-down.

How To Customize It

- Walking: increase pace or slight incline.
- Running: easy jog you can sustain the entire session.
- Bike: low-to-moderate resistance.
- Rowing: controlled strokes at a manageable pace.
- No equipment: marching, light step-ups, or gentle jogging in place.

Progression Options

- Add 5 minutes to your total time each week.
- Slightly increase pace while keeping breathing controlled.
- Try mixed-modality sessions (e.g., walk + bike).