

8-Week Zone 2 Training Plan to Elevate Your Fitness

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Workout Type	Bodyweight Endurance Training
Program Duration	8 Weeks
Sessions/Week	3 Days a Week
Duration/Session	45-60 Minutes
Training Goal	Improve Aerobic Capacity and Body Composition
Target Gender	All Male and Female
Experience Require	Beginner to Intermediate
Suitable Age Group	16-50 Years

This program involves **training three times a week**. On your first day, you'll do aerobic training with gym machines; on the second day, you'll **use your body weight to improve your aerobic power**; and on your third day, you'll train in nature (outdoors) for maximum benefit.

Monday – Cardio Machines Workout

Exercise	Activity
Treadmill Run	20-minute @8-10kmph
Stationary Bike	10-minute @65% MHR
Elliptical Trainer	10-minute @60% MHR
Rowing Machine	5-minute @70% MHR

Wednesday – Bodyweight Aerobic Workout

Exercise	Activity
Burpees	5 burpees x 10 sets, 30-second rest after each set
Mountain Climber	30 seconds x 10 sets, 30-second break between sets
Bear Crawl	30 seconds x 5 sets, 30-second rest between sets
Crunches	10 reps x 5 sets, 30-second rest after each set
Box Step Ups	As many reps as possible in 5 minutes (60-70% of MHR)
Jumping Rope	5-minute @70% MHR

Friday – Outdoor Cardio Workout

Exercise	Activity
Running	10-minutes
Hiking	30-minutes
Walking Lunges	5 reps per leg x 5 sets
Shoulder Taps	10 taps per side x 5 sets

Who Can Do Zone 2 Workout?

From beginners and pros to teenagers and old people, anyone who **wants to burn fat** and elevates their aerobic power can do Zone 2 cardio.

Zone 2 cardio is generally low to moderate intensity and can improve cardiovascular fitness, endurance, and fat-burning capabilities.

It can also serve as an active recovery session and can be part of a rehabilitation program for individuals recovering from surgeries and injuries (but only after consulting with your doctor).

How Often Should You Perform Zone 2 Cardio?

Zone 2 cardio is not taxing on the heart like HIIT, so depending on your fitness level, you can do it two to six times a week.

For example, if you're a beginner, I recommend starting with a two-day weekly workout. However, if you've been working out for a while, you can do zone 2 cardio six times a week in the morning and lift weights three to five times in the evening.

What's The Best Time to Do Endurance Cardio?

Morning is the best time to perform Zone 2 cardio. Several studies have demonstrated that doing cardio at a heart rate of 60-75% in the morning helps enhance aerobic capacity, promotes fat loss, improves blood sugar, and enhances athleticism.^{1, 2, 3}

However, I recommend consuming a small meal, such as a banana, protein bar, or Greek yogurt, 30 minutes to one hour before training. This will ensure you'll have an efficient workout session.

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Related Program:

1. [List of 70 Best Bodyweight Cardio Exercises](#)
2. [8 Week Cardio Workout Plan for Gym Goers with Free PDF](#)
3. [Alternating 3 Day Weights and 3 Day Cardio Training](#)

References

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2. Schumacher, Leah M et al. “[Consistent Morning Exercise May Be Beneficial for Individuals With Obesity](#).” Exercise and Sport Sciences Reviews vol. 48,4 (2020): 201-208. doi:10.1249/JES.0000000000000226
3. Arciero, Paul J et al. “[Morning Exercise Reduces Abdominal Fat and Blood Pressure in Women](#); Evening Exercise Increases Muscular Performance in Women and Lowers Blood Pressure in Men.” Frontiers in Physiology vol. 13 893783. 31 May. 2022, doi:10.3389/fphys.2022.893783

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