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Rich Strike - Wikipédia

Rich Strike: Rich Greke ganhou a 148ª Corrida do Kentucky

de Derby, superando 80-1

antes de tirar um dos mais chocantes transtornos na história da co

rrida: Epicenter, que

saiu como um favorito de

That means zone 2 cardio can be

, brisk walking, cycling, swimming, rowing, skating, and elliptical training

Zone 2 Cardio Training: What Is It, Benefits, Examples - Women's Health

fitness

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Heart rate method Dr. Luks says you can get a rough estimate of your own h

heart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtractin

g your age (in years) from 220 gives you a ballpark estimate of your max HR. Zon

e 2 is

around 65-75% of your max HR

Zone 2 Heart Rate Training: A Wa

y to Enhance Endurance and Promote ...

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