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;div><div>WHOOP defines Zone 2 as 60-70% of your realized m
aximum heart rate, or the maximum heart rate that you have logged using WHOOP&lt
;/span>. This range ensures that you remain at the correct metabolic and effo
rt level to gain near-maximum adaptation while mitigating fatigue that could hur
t future performance.</div></div></div></div></div&gt
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span>Why Zone 2 Training is the Secret to Unlocking Peak Performance</div><div>whoop : thelocker : why-zo
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lt;div><div><div>The definition of Zone 2 is a hazardous area cla
ssified as an atmosphere where a mixture of air and flammable substa
nces in the form of gas, vapour or mist is not likely to occur in normal operati
on, but if it does occur, will persist for a short period only.<
/div></div></div></div></div><div></div>&
lt;div><a data-ved="2ahUKEwjYtuC198mDAxVIke4BHSh1CDwQFnoECAEQDQ"
 href="{href}"><div>Zone 2 Definition
 - What is Zone 2 hazardous area? (ATEX 1999/92/EC)</div><
/span><div>pyroban : library : guide-to-legislation : wh
at-is-zone-2</div></div></div></div&
gt;<div><div><div><a data-ved="2ahUKEwjYtu
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