

TIER 01 · AVAILABLE NOW

Tier 01 · Performance

Cardio for Outcome: Programming Zone 2, VO2 Max, and Threshold by Goal

Most professionals do cardio without a target. This talk shows how Equinox Coaches program five different cardio profiles — healthspan, muscle gain, fat loss, sport-specific, endurance, strength — using Zone 2, VO2 Max intervals, threshold training, and exercise snacks. The same systems used to keep elite athletes performing, translated for desk-and-travel realities.

KEY TAKEAWAYS

- 01** The three cardiovascular energy systems (aerobic, glycolytic, ATP-PC) and why most office workers train only one
- 02** Zone 2 (Cardiac Output / LISS): the low-intensity work that drives mitochondrial density and recovery
- 03** VO2 Max / Threshold training: the highest-leverage 20 minutes per week for healthspan
- 04** Exercise snacks: 15-60 second bursts sprinkled across the day, why they work
- 05** How to vary the cardio prescription by primary goal — fat loss vs muscle gain vs longevity vs sport
- 06** Diverse equipment as a movement-variability strategy: rower, ski erg, spin, swim, VersaClimber

AUDIENCE

High-performance teams, executive cohorts, sales organizations with heavy travel. Especially relevant for over-40 audiences when "doing cardio" stops moving the needle.

FORMATS

- 45-min keynote
- 90-min workshop with VT1/VT2 self-test
- Half-day intensive with assessment + program design

SAMPLE AGENDA

- 0–10 min — Why most cardio plateaus
- 10–30 min — The three energy systems, with HR-zone visuals
- 30–55 min — Zone 2 / VO2 Max / Threshold programming by goal
- 55–70 min — Exercise snacks and the "10K steps" trap
- 70–85 min — Workshop: attendees self-assess via the talk test, write a 4-week plan
- 85–90 min — Q&A

SLIDE OUTLINE

Slide 1 — Why 30 min on a treadmill plateaus

Slide 2 — Aerobic / Glycolytic / ATP-PC: the three engines

Slide 3 — Zone 2 (HR 120-150) and the talk test

Slide 4 — VO2 Max protocols: 3-min on, 3-min off

Slide 5 — Threshold training: the 20-min weekly dose

Slide 6 — Exercise snacks across the day

Slide 7 — The five cardio profiles (healthspan / muscle / fat loss / sport / endurance)

Slide 8 — Equipment variability and injury mitigation

Slide 9 — Self-test and 4-week plan

SPEAKER POOL

Coach X-tier Coaches with primary or secondary specialty in Endurance, Athletic Performance, or Metabolic Performance.