

Zero-to-Zone-2

A four-week starting framework

For beginners who can undertake gentle activity. This builds tolerance; it does not promise a measured training zone or replace an individual exercise plan. Shorter bouts are fine.

Add about five gentle minutes before and after each main set. Choose a stable, familiar route or equipment. Start easier than you think you need to.

Week	Sessions	Main set per session	Progress only if comfortable
1	3	5-10 minutes	Easy walking or cycling. Keep conversation comfortable.
2	3	10-12 minutes	Add time before speed. Repeat week 1 if needed.
3	3	12-15 minutes	Maintain a conversational pace; reduce for lingering fatigue.
4	3	15-20 minutes	Keep the routine or repeat a week. No deadline to progress.

Your progression rule

Move on only when the current week and recovery feel manageable. You can repeat or reduce a week. Heart-rate formulas are estimates and can be unsuitable with heart-rate-altering medicines.

Stop for chest pain, faintness or unusual severe breathlessness. Severe or persistent symptoms need urgent help. Seek individual advice for significant symptoms, conditions or exercise limitations.

My activity: _____

My days: _____

What felt manageable / what I will adjust: _____

Source context: CDC, What Counts as Physical Activity for Adults. The schedule is an editorial example, not a studied clinical protocol.
<https://www.cdc.gov/physical-activity-basics/adding-adults/what-counts.html>