6-MONTH OVERVIEW OF PROGRAM DESIGN

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| Program Stage | Weeks | Frequency(days/ week) | Exertion Level | RPE (10 pt) | Duration (mins) |
| Improvement | 1-4 | 4 | Somewhat hard | 4 | 25-30 mins |
|  | 5-7 | 4 | Somewhat hard | 4 | 30-35 mins |
|  | 8-10 | 4 | Somewhat hard | 4 | 35-40 mins |
|  | 11-13 | 4 | Somewhat hard-hard | 4-5 | 40-45 mins |
|  | 14-16 | 4-5 | Somewhat hard-hard | 4-5 | 45-50 mins |
|  | 17-20 | 4-5 | Hard | 5-6 | 50-55 mins |
|  | 21-24 | 4-5 | Hard | 5-6 | 55-60 mins |
| Maintenance | 25+ | 4-5  | Moderate-Hard | 4-6 | 30-60 mins |

**Weeks 1-4:**

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| Aerobic Training Day | Exercise | Duration (mins) |
| Day 1 | Brisk Walking: Treadmill: 3.7 mi/hr, incline 1.0% | 25 mins |
| Day 2 | Stair Climbing: Step Mill: 40 steps/ minute | 25 mins |
| Day 3 | Brisk Walking: Treadmill: 3.7 mi/hr, incline 1.0% | 25 mins |
| Day 4 | Stair Climbing: Step Mill: 40 steps/ minute | 25 mins |
|  Alternative Exercise exception | Dance class (Zumba Fitness)Beginner Step Class (Only if comfortable) | If class is 60 mins, this counts for 2 cardio days! |

**Weeks 5-7**

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| Aerobic Training Day | Exercise | Duration |
| Day 1 | Brisk Walking: Treadmill: 3.9 mi/hr, incline 1.0% | 30 mins |
| Day 2 | Stair Climbing: Step Mill: 45 steps/ minute | 30 mins |
| Day 3 | Brisk walking: Treadmill: 3.9 mi/ hr, incline 1.0% | 30 mins |
| Day 4 | Stair Climbing: Step Mill: 45 steps/ minute | 30 mins |
| Alternative Exercise exception | Dance class (Zumba Fitness), or Beginner Step Class (Only if comfortable) | If class is 60 mins this counts for 2 aerobic sessions! |

**Weeks 8-10**

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| Aerobic Training Day | Exercise | Duration (mins) |
| Day 1 | Cycling: approx 70 RPM, RPE: 4 with moderate resistance | 35 mins |
| Day 2 | Brisk Walking: Treadmill: 4.0 mi/ hr, incline 2.0% | 37 mins |
| Day 3 | Stair Climbing: Step Mill: 50 steps/ minute  | 39 mins |
| Day 4 | Elliptical Trainer: RPE 4 | 40 mins |
| Alternative Exercise exception | Dance class (Zumba Fitness), or Beginner Step Class (Only if comfortable) | If class is 60 mins this counts for 2 aerobic sessions! |

**Weeks 11-13**

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| Aerobic Training Day | Exercise | Duration (mins) |
| Day 1 | Swimming RPE 4 | 40 mins |
| Day 2 | Cycling: approx 70 RPM, RPE: 4 with moderate resistance | 40 mins |
| Day 3 | Brisk Walking: Treadmill: 4.0 mi/ hr, incline 2.0% | 40 mins |
| Day 4 | Stair Climbing: Step Mill: 50 steps/ minute | 40 mins |
| Alternative Exercise Exception | Dance class (Zumba Fitness) or Beginner Step Class | If class is 60 mins this counts for 2 aerobic sessions! |

**Weeks 14-16 (Now must include 5 days of aerobic exercise)**

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| Aerobic Training Day | Exercise | Duration (mins) |
| Day 1 | Swimming RPE: 5 | 45 mins |
| Day 2 | Cycling: approx 90 RPM, RPE: 5 with moderate resistance | 45 mins |
| Day 3 | Brisk Walking: Treadmill: 4.0 mi/ hr, incline 3.5% RPE: 5 | 45 mins |
| Day 4 | Stair Climbing: Step Mill:55 steps/ minute, RPE: 5 | 45 mins |
| Day 5 | Step Class, Dance Fitness Class, beginner cycling class | (usually 1 hr class) |

**Weeks 17- 20**

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| Aerobic Training Day | Exercise | Duration (mins) |
| Day 1 | Elliptical Trainer RPE: 6 | 50 mins |
| Day 2 | Brisk Walking: 4.0 mi/hr, incline 4.0% | 50 mins |
| Day 3 | Stair Climbing: Step Mill: 55 steps/ minute  | 50 mins |
| Day 4 | Swimming RPE: 5 | 50 mins |
| Day 5 | Cycling: approx 95 RPM, RPE: 6 | 50 mins |

**Weeks 21-24**

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| Aerobic Training Day | Exercise | Duration |
| Day 1 | Elliptical Trainer RPE: 6 | 55 mins |
| Day 2 | Brisk Walking: 4.0 mi/hr, incline 4.5% | 55 mins |
| Day 3 | Stair Climbing: Step Mill: 55-60 steps/ minute | 55 mins |
| Day 4 | Swimming RPE: 6 | 55 mins |
| Day 5 | Cycling: approx 95 RPM, RPE:6 | 55 mins |

**MAINTENANCE WEEKS 25+**

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| Stage | Weeks | Frequency (Times/ week) | Exertion Level | RPE (10 pt scale) | Duration |
| Maintenance | 25+ | 4-5  | Moderate-Hard | 4-6 | 30-60 mins |

\* Remember that physical activity can be accumulated; continue with usual aerobic workouts in the gym. However, if it’s nice outside take a brisk walk outside, play with kids, take the dog for a walk, or do some gardening. You hard work and efforts need to be maintained, as long as you stick within these guidelines!