

APPENDIX 4. EXAMPLE OF AN EXERCISE SCHEDULE.

Name:

Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
<i>Week 1, session 1</i>		Low intensity	10		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	10		10 – 11		
<i>Week 1, session 2</i>		Warming up	3		≤ 9		
		High intensity	3		≥ 14		
		Recovery	3		≤ 9		
		High intensity	3		≥ 14		
		Recovery	3		≤ 9		
		High intensity	3		≥ 14		
		Recovery	3		≤ 9		
<i>Week 1, session 3</i>		High intensity	10		10 – 11		
		Recovery	5		≤ 9		
		High intensity	10		10 – 11		
<i>Week 2, session 1</i>		High intensity	10		10 – 11		
		Recovery	5		≤ 9		
		High intensity	10		10 – 11		
<i>Week 2, session 2</i>		Warming-up	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
		High intensity	3		≥ 14		
		Recovery	3		≤ 9		
		High intensity	3		≥ 14		
		Recovery	3		≤ 9		

* To be completed by the physical therapist based on the exercise test before the start of the exercise program. ** To be completed in consultation with the physical therapist.

Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 2, session 3		Low intensity	10		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	10		10 – 11		
Week 3, session 1		Low intensity	11		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	11		10 – 11		
Week 3, session 2		Warming up	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
		High intensity	3		≥ 14		
		Recovery	3		≤ 9		
Week 3, session 3		Low intensity	11		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	11		10 – 11		
Week 4, session 1		Low intensity	11		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	11		10 – 11		
Week 4, session 2		Warming up	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 4, session 3		Low intensity	11		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	11		10 – 11		
Week 5, session 1		Low intensity	12		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	12		10 – 11		
Week 5, session 2		Warming up	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		
Week 5, session 3		Low intensity	12		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	12		10 – 11		
Week 6, session 1		Low intensity	12		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	12		10 – 11		
Week 6, session 2		Warming up	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
		High intensity	4		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 6, session 3		Low intensity	12		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	12		10 – 11		
Week 7, session 1		Low intensity	13		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	13		10 – 11		
Week 7, session 2		Warming up	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
Week 7, session 3		Low intensity	13		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	13		10 – 11		
Week 8, session 1		Low intensity	13		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	13		10 – 11		
Week 8, session 2		Warming up	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 8, session 3		Low intensity	13		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	13		10 – 11		
Week 9, session 1		Low intensity	14		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	14		10 – 11		
Week 9, session 2		Warming up	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
		High intensity	5		≥ 14		
		Recovery	3		≤ 9		
Week 9, session 3		Low intensity	14		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	14		10 – 11		
Week 10, session 1		Low intensity	14		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	14		10 – 11		
Week 10, session 2		Warming up	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 10, session 3		Low intensity	14		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	14		10 – 11		
Week 11, session 1		Low intensity	15		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	15		10 – 11		
Week 11, session 2		Warming up	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		
Week 11, session 3		Low intensity	15		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	15		10 – 11		
Week 12, session 1		Low intensity	15		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	15		10 – 11		
Week 12, session 2		Warming up	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
		High intensity	6		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 12, session 3		Low intensity	15		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	15		10 – 11		
Week 13, session 1		Low intensity	16		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	16		10 – 11		
Week 13, session 2		Warming up	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
Week 13, session 3		Low intensity	16		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	16		10 – 11		
Week 14, session 1		Low intensity	16		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	16		10 – 11		
Week 14, session 2		Warming up	3		≤ 9		
		High intensity	8		≥ 14		
		Recovery	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 14, session 3		Low intensity	16		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	16		10 – 11		
Week 15, session 1		Low intensity	17		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	17		10 – 11		
Week 15, session 2		Warming up	3		≤ 9		
		High intensity	8		≥ 14		
		Recovery	3		≤ 9		
		High intensity	8		≥ 14		
		Recovery	3		≤ 9		
		High intensity	7		≥ 14		
		Recovery	3		≤ 9		
Week 15, session 3		Low intensity	17		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	17		10 – 11		
Week 16, session 1		Low intensity	17		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	17		10 – 11		
Week 16, session 2		Warming up	3		≤ 9		
		High intensity	8		≥ 14		
		Recovery	3		≤ 9		
		High intensity	8		≥ 14		
		Recovery	3		≤ 9		
		High intensity	8		≥ 14		
		Recovery	3		≤ 9		

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Week, session	Date	Exercise zone	Duration	Heart rate*	Score on RPE scale	Resistance**	Pace**
Week 16, session 3		Low intensity	17		10 – 11		
		Recovery	5		≤ 9		
		Low intensity	17		10 – 11		

Table 1. Exercise schedule for aerobic exercise on an ergometer