

## Progression of Aerobic Exercise

The goal is to walk or cycle a total of 5 times per week for 30 minutes each session. Take as many rest breaks as needed. As you increase your fitness level you will be able to take fewer breaks and increase the duration. Start by increasing the duration first, and then when ready, have a friend or family member help you to determine a faster but safe exercise intensity using the TALK TEST and the RPE scale.

### Some Examples of Aerobic Exercise Progression

**These are examples only. Each person will adapt at different rates.**

**Walking/treadmill:** If you start out walking or cycling for less than 15 minutes then please follow TABLE 1. If you start out walking or cycling for 15 minutes or more then follow TABLE 2.

The grey shaded rows indicate where we suggest you walk/cycle for the same duration but try to walk a little faster or increase either the pedaling rate or the resistance on the cycle.

**Table #1 (Use this table if your starting duration was less than 15 minutes)**

2 week intervals	Time (Minutes)	Change (duration or intensity)
First Session	7 minutes	---
2 Weeks	12 minutes	Walk/cycle a little longer (+5 minutes)
4 weeks	17 minutes	Walk/cycle a little longer (+5 minutes)
6 weeks	22 minutes	Walk/cycle a little longer (+5 minutes)
8 weeks	21 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
10 weeks	26 minutes	Walk/cycle a little longer (+5 minutes)
12 weeks	25 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
14 weeks	24 minutes	Walk/cycle a little longer (+5 minutes)
16 weeks	29 minutes	Walk/cycle a little longer (+5 minutes)
18 weeks	28 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
20 weeks	27 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
22 weeks	30 minutes	Walk/cycle a little longer (+3 minutes)

**Table #2**

**Use this table if your starting duration was 15 or more minutes**

<b>Week</b>	<b>Time (Minutes)</b>	<b>Change</b>
<b>1 week intervals</b>		
First Session	15 minutes	---
1 Week	20 minutes	Walk/cycle a little longer (+5 minutes)
2 Weeks	25 minutes	Walk/cycle a little longer (+5 minutes)
3 Weeks	24 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
4 Weeks	29 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
5 Weeks	28 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
6 Weeks	33 minutes	Walk/cycle a little longer (+5 minutes)
7 Weeks	32 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
8 Weeks	31 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
9 Weeks	30 minutes	Walk a little faster/ ↑ cycle resistance or pedaling rate
10 Weeks	30 minutes	Walk/cycle a little longer (+5 minutes)

\*Note: You may not be able to increase at the rate suggested above. Increase the duration or intensity based on the RPE and TALK TEST instructions.