

One Year Reconditioning Program

Week	Mode	Freq	Intensity	Duration	Comments
1- 2	Walk	3x / wk	Comfort, leisure pace	10 min	Discontinue if pain occurs.
3- 4	Walk	3x / wk	Comfort, leisure pace	15 min	Discontinue if pain occurs.
4- 5	Walk	3x / wk	Comfort, leisure pace	20 min	Do not proceed any faster. Build up gradually.
6- 7	Walk	3x / wk	Comfort, leisure pace	25 min	Should be ready to do 30 min continuous exercise and feel good about it.
8- 9	Walk	3x / wk	Comfort, leisure pace	30 min	Do not set heart rate yet. [Training Zone]
10-11	Walk	3x / wk	Set Target Heart Rate [THR] 60-70%	20 min	Do not exceed Target Heart Rate [THR]
12-20	Select Mode Walk/Jog Swim/Cycle	3x / wk	60-70% THR	6 min-W 4 min-J# 6 min-W 4 min-J = 20 min	Alternate walk and jog for 20 min total. #: Walk when needed.
21-24	Select Mode Walk/Jog Swim/Cycle	3x / wk	70-85% THR	10min-J# 5 min-W 10min-J 5 min-W = 30 min	By end of month should be jogging about 24-30 min. #: Walk when needed.
25-30	Select Mode Walk/Jog Swim/Cycle	3x / wk	70-85% THR	12min-J# 3 min-W 12min-J 3 min-W = 30 min	By end of the month work up to 30 min slow jog or brisk walk. #: Walk when needed.
31-40	Select Mode Walk/Jog Swim/Cycle	3x / wk	70-85% THR	Same = 30 min	This time period is to build endurance. Increase distance in same time.
41-52	Select Mode Walk/Jog Swim/Cycle	3x / wk	70-85% THR	Same 30-60min	Work up to 60 min of continuous exercise 3 or more times per week. Do not overtrain, go slow.

Source: Smith, E. L., Gilligan, D. "Physical Activity Prescription for the Older Adult." *Physician and Sports Medicine* 1983; 11:91-101.

Maximum Heart Rate = [220 - your age]

Target Heart Rate = [60-85% of your Maximum Heart Rate]