

Table 2. Frequency, intensity, time and type (FITT) of aerobic training

Phase	Frequency	Intensity	Time	Type
Warm-up	3 days/week	Free load	5 min	Ergometer bicycle
		Week 1: Borg 3-4 and/or anaerobic threshold	15 min	Ergometer bicycle
Continuous aerobic exercise	3 days/week			
		Week 2-4: Borg 3-4 and/or 60-70% peak HR in CPX	25-30 min	Ergometer bicycle
Cool-down	3 days/week	Free load	10 min	Ergometer bicycle

HR: heart rate; CPX: Cardiopulmonary exercise test