

### Aerobic Exercise Program

	Monday	Tuesday	Wednesday	Thursday	Friday
1 week	8m/min; 60min	8m/min; 60min	8m/min; 60min	8m/min; 60min	8m/min; 60min
2 week	10m/min; 60min	10m/min; 60min	10m/min; 60min	10m/min; 60min	10m/min; 60min
3 week	10m/min; 60min	10m/min; 60min	10m/min; 60min	10m/min; 60min	10m/min; 60min
4 week	12m/min; 60min	12m/min; 60min	12m/min; 60min	12m/min; 60min	12m/min; 60min
5 week	12m/min; 60min	12m/min; 60min	12m/min; 60min	12m/min; 60min	12m/min; 60min
6 week	13m/min; 60min	13m/min; 60min	13m/min; 60min	13m/min; 60min	13m/min; 60min
7 week	13m/min; 60min	13m/min; 60min	13m/min; 60min	13m/min; 60min	13m/min; 60min
8 week	14m/min; 60min	14m/min; 60min	14m/min; 60min	14m/min; 60min	14m/min; 60min

\* The table shows the maximum speed of weekly exercise and the duration of a single exercise session.