

INTERVENTION TABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Walking, swimming or biking x 20 min Stretching	Resistance Training: 1 set of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 20 min Stretching	Resistance Training: 1 set of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 20 min Stretching
Week 2	Walking, swimming or biking x 20 min Stretching	Resistance Training: 2 sets of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 20 min Stretching	Resistance Training: 2 sets of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 20 min Stretching
Week 3	Walking, swimming or biking x 25 min Stretching Resistance Training: 2 sets of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 25 min Stretching	Resistance Training: 2 sets of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 25 min Stretching	Walking, swimming or biking x 25 min Stretching
Week 4	Walking, swimming or biking x 30 min Stretching Resistance Training: 3 sets of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 30 min Stretching	Resistance Training: 3 sets of 10 reps 8 – 10 major ms groups	Walking, swimming or biking x 30 min Stretching	Walking, swimming or biking x 30 min Stretching Resistance Training: 3 sets of 10 reps 8 – 10 major ms groups

Breakdown of Frequency and Repetitions per Week:

Week 1: Aerobic training = 3 x per week for 20 minutes.

Resistance training = 2 x per week, 1 set of 10 repetitions.

Week 2: Aerobic training = 3 x per week for 20 minutes.

Resistance training = 2 x per week, 2 sets of 10 repetitions.

Week 3: Aerobic training = 4 x per week for 25 minutes.

Resistance training = 2 x per week, 2 sets of 10 repetitions.

Week 4: Aerobic training = 4 x per week for 30 minutes.

Resistance training = 3 x per week, 3 sets of 10 repetitions.