

		<b>INDIVIDUAL AEROBIC WALKING TRAINING</b>		
<b>Week No.</b>	<b>Phase</b>	<b>Duration (min/day)</b>	<b>Intensity (% HRmax)</b>	<b>Frequency (days/wk)</b>
1-4	Progression	25	50	3
5-8	Progression	30	55	3
9-10	Progression	35	55	3
11-12	Progression	40	60	3
13-16	Progression	45	60	3
17-19	Progression	45	65	3
20-26	Progression	45	70	3
27-52	Maintenance	45	70	3