

Post-ACS and revascularization patients

Classification as low to moderate risk

Internet facilities and PC at home

Indication for physical training according to needs assessment

Informed consent

Baseline assessment:

Maximal exercise testing with respiratory gas analysis.

5-Days of continuous monitoring, measuring heart rate and accelerometry.

Questionnaire: SF-36

Randomisation to centre-based (CT) or home-based training (HT)

CT (n = 45)

12 weeks: 2-3 sessions/week

70-85% maximal heart rate

Direct supervision physical therapist

Monitoring of training adherence

HT (n = 45)

12 weeks: 2-3 sessions/week

70-85% maximal heart rate

Telemonitoring guidance by coach

Monitoring of training adherence

Assessment after training period (t = 12 weeks)

Maximal exercise testing with respiratory gas analysis

5 days of continuous monitoring of heart rate and accelerometry

Questionnaires: Patient satisfaction, SF-36, health care costs

Assessment after 6 months (t = 6 months)

Questionnaires: Patient satisfaction, SF-36, health care costs

Final Assessment (t = 1 year)

Maximal exercise testing with respiratory gas analysis

5 days of continuous monitoring of heart rate and accelerometry

Questionnaires: Patient satisfaction, SF-36, health care costs