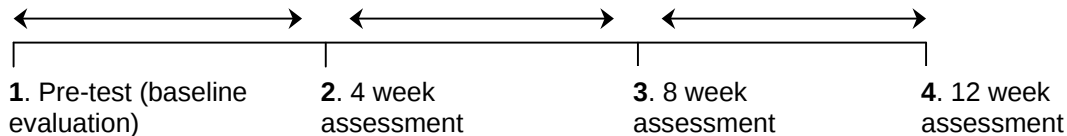


Exercise prescription
week 1-4: I: 65 % VO_2 peak; F: 4 x week; D progression: 22.5 min + 2.5 min·wk⁻¹*

Exercise prescription
week 4-8: I progression: 65 % VO_2 peak + 2.5 bpm·wk⁻¹; F: 4 x week; D: 30 min *

Exercise prescription
week 8-12: Individual maintenance of programme at week 8



* I = intensity; F = frequency; D = duration