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

Figure 1: Flowchart of study design