Exercise prescription
week 1-4: I: 65% VO₂ peak; F: 4 x week; D progression: 22.5 min + 2.5 min wk⁻¹

Exercise prescription
week 4-8: I progression: 65% VO₂ 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

1. Pre-test (baseline evaluation)
2. 4 week assessment
3. 8 week assessment
4. 12 week assessment

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