Exercise performed at intervals of 2 minutes of exercise and 2 minutes of rest. Continue this process for 60 minutes. Initiate exercise training at 50 RPM. Set watt level at an intensity that will elicit a perceived exertion of “somewhat hard” (4–6 on Omni Scale or 12–14 on RPE Scale).

Session 7, after 2 weeks increase to intervals of 3 minutes (Intervals of 3 minutes of exercise, 2 minute of rest)

2 weeks

Session 13, decrease rest to 1 minute (Intervals of 3 minutes of exercise, 1 minute of rest)

2 weeks

Session 19, increase to intervals of 4 minutes of exercise and 1 minute of rest

2 weeks

Session 25, increase to intervals of 5 minutes of exercise and 1 minute of rest

Continue with 5 minutes of exercise and 1 minute of rest until 12 weeks (36 sessions) of exercise training has been completed