Initiate exercise training intensity that initiated claudication pain

Participant walks to moderate pain (3-4 of 5 on the claudication pain scale) after which the participant stops, sits down and rests until all pain subsides. Continue this process for 60 minutes.

If participant is able to walk continuously for 8 minutes or more
- Increase grade by 1%
- NEXT SESSION

If participant is not able to walk continuously for 8 minutes
- Continue at the same speed and grade

If participant is able to walk at 10% grade and 2.0 mph continuously for 8 minutes
- Increase speed by 0.1 mph and maintain 10% grade
- NEXT SESSION

If participant is able to walk continuously for 8 minutes at more than 3.0 mph and 10% grade
- Increase grade by 1%
- NEXT SESSION

If participant is not able to walk continuously for 8 minutes
- Continue at the same speed and grade

If participant is able to walk at 15% grade and 3.0 mph, continue increasing mph by 0.1 mph each time participant is able to walk continuously for 8 minutes
- NEXT SESSION