

F.I.T.T.-P Principle for Aerobic Program Design

F requency	Frequency can range from 1 to 7 days per week. Time and desire are common factors which determine the frequency of aerobic exercise training. When the goals pertain to weight loss, improvements in aerobic capacity, or improving overall health, higher frequency is optimal.
I ntensity	Intensity of cardiovascular exercise can be measured objectively by measuring heart rate in beats per minute, and subjectively by measuring rate of perceived effort (RPE) scales. The most convenient way to measure heart rate is using a heart rate monitor. RPE scales are most accurate when combined with another method of assessing subjective intensity known as the Talk Test.
T ime (Duration)	The duration of cardiovascular exercise can vary from very short bouts (e.g., 5 minutes for the very deconditioned) to 60 minutes or greater. Fitness level, individual goals, motivation, and the type of cardiovascular exercise determine duration. Established guidelines recommend exercising aerobically 30 minutes per day, 5 days per week, or using this as a goal to reach. Individuals with weight loss as a goal should strive to maximize weekly duration (e.g., 150 to 300 minutes per week).
T ype	<p>The type of cardiovascular exercise can be broken down into two categories:</p> <ol style="list-style-type: none"> 1. Impact (e.g., running). 2. Non-impact (e.g., elliptical machine, swimming, cycling). <p>The general recommendation is to alternate between impact and non-impact from session to session. The ratio is at the discretion of the individual.</p>
P rogression	Progression can occur by increasing frequency, duration, and/or intensity of exercise and is at the clinician's, coach's, or individual's discretion. For safety reasons, high-intensity (HIIT) and sprint (SIT) interval training should not be programmed until the person can comfortably sustain at least 15 to 20 minutes of continuous aerobic exercise at moderate intensity.