

## PHASE 4:

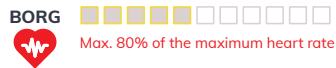
### TRAINING WITH PEAKS



Aerobic endurance training is supplemented with more complex movement sequences such as coordination and balance exercises (short load peaks); functional or equipment-based strength training

**Duration:** max. 45 minutes total training time (endurance and strength training) per day

For detailed information and instructions, see the Vademecum "Back to sport".



In case of setbacks: back to **PHASE 3**

### MOVE ON TO THE NEXT PHASE

- At least 7 consecutive days without setbacks
- At least 7 consecutive days without additional symptoms
- Daily 30 min. endurance training incl. short load peaks plus 3 times per week 15 min. strength training
- Discuss the transition to phase 5 with your doctor

## PHASE 5:

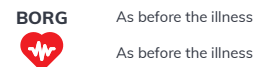
### BACK TO SPORT



Return to the basic level of activity before the illness

Discuss your fitness for competition with your doctor

For detailed information and instructions, see the Vademecum "Back to sport".



In case of setbacks: back to **PHASE 4**

# «Back to sport»



## PHASE 3:

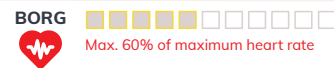
### EXERCISE TOLERANCE TRAINING



Moderate aerobic endurance training and functional or equipment-based strength training

**Duration:** total of max. 45 minutes training per day (endurance and strength training)

For detailed information and instructions, see the Vademecum "Back to sport".



In case of setbacks: back to **PHASE 2**

### MOVE ON TO THE NEXT PHASE

- At least 7 consecutive days without setbacks
- At least 7 consecutive days without additional symptoms
- Possibility to walk 30 minutes on flat ground without a break (at medium walking speed max. Borg value: 3)

### MOVE ON TO THE NEXT PHASE

- At least 7 consecutive days without setbacks
- At least 7 consecutive days without additional symptoms
- 30 min. endurance training daily plus 15 min. preparatory strength training 3 times a week without muscle soreness the following day

## PHASE 1:

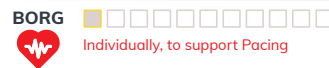
### PACING (SYMPTOM CONTROL)



Face everyday life and plan 3 servings of reserve energy a day:

1. For the unforeseen
2. For communicating your situation
3. For your recovery (e.g. meditation, breathing exercise, short walk)

For detailed information and instructions, see the Vademecum "Back to sport".



In case of setbacks: restart after 7 or more days

### MOVE ON TO THE NEXT PHASE

- At least 7 consecutive days without setbacks
- At least 7 consecutive days without additional symptoms
- Conversation is possible without feeling of exertion (Borg value: 0)
- Possibility to walk 500 m on flat ground without a break (at medium walking speed max. Borg value: 3)

## PHASE 2:

### EVERYDAY TRAINING



**Daily:** light breathing exercises; gentle movement exercises (yoga, tai-chi, qi gong); walks; well-divided household chores

**Duration:** gradually from 10 minutes to a maximum of 30 minutes

For detailed information and instructions, see the Vademecum "Back to sport".

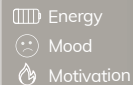


In case of setbacks: back to **PHASE 1**

# ALTEA 5 phases plan

Modified Borg scale for assessing the subjective feeling of exertion

0	Rest
1	Really easy
2	Easy
3	Moderate
4	A little bit hard
5	Hard
6	
7	Very hard
8	
9	Very, very hard
10	Just like my hardest race



If during the previous course of the disease or you currently need oxygen and / or if problems with the heart muscle or the circulatory system, including thrombosis, have occurred, it is imperative that you discuss the resumption of regular training with your doctor.

