

Improving your fitness and performance gradually

Progression of aerobic exercise

Once you're ready, you can add more structure into your routine.

You can progress to higher intensities of exercise based on your individual exercise tolerance.

There are 3 methods for challenging your aerobic fitness:

- Increase your speed
 - ↳ E.g.,: Walking on a treadmill, at 3.5km/h → 3.8km/h → 4.2km/h
- Increase your resistance
 - ↳ E.g.,: Lifting hand-weights, of 0.5kg → 1kg → 1.5kg
- Increase your duration
 - ↳ E.g.,: Going for a walk, for 20min → 30min → 40min

