

Ten by One Training Program (Martin Gibala. Ph.D.)

Activity	Duration (Mins)	Rate of Perceived Exertion (PRE)
Warm Up	3	2
Increase Intensity	1	6
Decrease Intensity	1	2
Increase Intensity	1	6
Decrease Intensity	1	2
Increase Intensity	1	7
Decrease Intensity	1	2
Increase Intensity	1	7
Decrease Intensity	1	2
Increase Intensity	1	7
Decrease Intensity	1	2
Increase Intensity	1	8
Decrease Intensity	1	2
Increase Intensity	1	8
Decrease Intensity	1	2
Increase Intensity	1	8
Decrease Intensity	1	2
Increase Intensity	1	8
Decrease Intensity	1	2
Increase Intensity	1	9
Cool Down	2	2

Please note:

- This program can be done by a healthy person that can exercise at a strenuous level
- If you are walking, increase the intensity by climbing a flight of stairs, or walking up a hill/treadmill. You can also do a weight resistance exercise such as squats, sit ups or push ups.

Rate of Perceived Exertion (RPE)

RPE Scale	Description
0-1	No exertion. Inactive
2-3	Light exertion. Used for warm ups, cool downs and stretching
4-5	Medium exertion. Breathing and heart rate a little faster, feeling warmer
6-7	Moderate exertion. Breathing hard, sweating, harder to talk
8-9	Hard exertion. Breathing very hard, can only say a few words
10	Hardest exertion. Cannot keep up the pace for long, cannot speak. YOU HIT YOUR LIMIT!
REP rates exercise intensity	