**WORKSHOP IN Latvia, Jurmala – February 17th 2020**

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**Cardiac rehab process**

* Financing of rehab
* Indication for rehab
* Rehab pathway: Phase I – III
* Inpatient / outpatient / daily rate
* Rehab therapy standards
* Interdisciplinarity
* Sports therapy
* After care program

**Endurance training with cardiac patients on the bike ergometer**

1. **Introduction**- State of the art- German Guidelines- Why on the bike ergometer?
2. **Preconditions**- Risk stratification / Training management  
   - Optimum exercise test  
    - Protocols  
    - Contraindications  
    - Reason to stop  
   - Practise: Maximum exercise test with a participant
3. **Interpretation of test data**

* Classification of maximum capacity
* Training limits
  + CBMP rule
  + Training zones
  + Load
  + Heart rate
  + RPE scale
  + Lactate
  + Blood pressure
* Training methods
  + Continuous method
  + Interval training / High intensity training
  + Profile training / Training variations
  + Contraindications
  + Structure of a workout
  + Case studies