**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