

12-WEEK EXERCISE RESTART PLAN

A gradual path toward the CHALLENGE trial's practical exercise target

BEFORE YOU START Ask your team first if you have heart disease, bone metastases, or recent surgery.

WEEKS	WALK DURATION	DAYS	INTENSITY CUE	STRENGTH
1-2	10-15 minutes	3	Easy; focus on showing up	None required
3-4	20 minutes	3-4	Easy to conversational	1 x 10 minutes
5-6	25-30 minutes	4	Middle 10 minutes slightly breathless	2 short sessions
7-8	30-35 minutes	4	Brisk for at least half	2 short sessions
9-10	40-45 minutes	3-4	Mostly brisk; shrink, don't skip	2 short sessions
11-12	45 minutes	3-4	Brisk and sustainable	2 short sessions

HOW HARD SHOULD IT FEEL? USE THE TALK TEST

EASY

Full sentences; breathing comfortable

CONVERSATIONAL

Warm and working; still easy to talk

SLIGHTLY BREATHLESS

Shorter phrases; controlled effort

THE TWO RULES

1. Never add more than you can recover from by the next morning.
2. Hard weeks get the gentle version, not zero. The plan bends; it does not break.

MODIFY THE PLAN

- ☐ Neuropathy: stable surfaces, bike, or pool
- ☐ All joint pain: longer warm-up, low impact
- ☐ Bone concerns: professional guidance first
- ☐ Deconditioned: begin with 5-10 minutes

YOUR 12-WEEK MOVEMENT LOG

Record one representative session per week and use next-morning energy as your recovery signal.

WEEK	DATE	MINUTES	HOW IT FELT 1-5	NEXT-MORNING ENERGY 1-5	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

FIND YOUR SUPPORT

- ☐ ACSM/ACS cancer exercise trainer
- ☐ Oncology physical therapy referral
- ☐ LIVESTRONG at the YMCA or local survivor program
- ☐ A standing walking date with someone who expects you

CHECK IN WITH YOUR TEAM

- ☐ New or focal pain
- ☐ Chest pain or unusual breathlessness
- ☐ Dizziness or faintness
- ☐ Fever
- ☐ Rapid change in fatigue

Want a plan built around your recovery? Schedule a virtual consult with Dr. Suzanne McMurry, ND, FABNO.