

BDNF Val/Val Genotype - 8-Week Exercise Prescription

Overview

- Frequency: 4-5 sessions/week
- Duration: 20-30 minutes
- Intensity: Moderate to vigorous (65-85% HRmax)
- Focus: Variation, intensity, skill learning, and neuroplastic challenge

Weekly Structure

Monday: HIIT / Aerobic Intervals

Tuesday: Resistance (Full-body circuit)

Wednesday: Skill / Dual-task drills

Thursday: Active Recovery (Mobility)

Friday: Mixed Cardio-Strength

Saturday: Optional sport/game session

Sunday: Rest or light stretching

Progression (Weeks 1-8)

Weeks 1-2: Moderate intensity, 20-25 min sessions

Weeks 3-4: Add one HIIT or plyometric day

Weeks 5-6: Alternate intensity patterns

Weeks 7-8: Introduce complex circuits and game-based drills

Sample Day - Tuesday Resistance

Warm-up: 5-7 min dynamic stretching

Main: Circuit (2 rounds) - Squat, Push-up, Lunge, Row, Overhead Press, Plank, Burpee, Step-up

Cool-down: 5-7 min static stretches

Cognitive Task: Random cue for next exercise to enhance reaction and attention