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| **Suppl 1. Clinical characteristics according to frequency of the training program** |
|  | Total population | 2x/week | 3x/week | P |
|  | N=489 | N=183 | N=304 |  |
| Age (years) | 60±11 | 62±12 | 59±10 | <0.001 |
| Men (%) | 80 | 71 | 85 | <0.001 |
| BMI (kg/m²) | 27±4 | 27±4 | 27±4 | 0.061 |
| LVEF (%) | 59±16 | 57±16 | 60±15 | 0.052 |
| NT-proBNP (pg/ml)  | 475 (211-1073) | 606 (246-1582) | 413 (188-872) | 0.006 |
| Creatinin (mg/dl)  | 1 (0.8-1.1) | 1 (0.8-1.1) | 1 (0.8-1.1) | 0.528 |
| GFR (ml/min/1.73m²) | 76 (65-91) | 74 (62-89) | 77 (67-91) | 0.165 |
| Exercise training after (%)  |  |  |  | 0.609 |
| ACS | 42 | 39 | 43 |  |
| Cardiac surgery | 50 | 51 | 49 |  |
| Heart failure | 8 | 10 | 8 |  |
| Risk factors & comorbidities (%) |  |  |  |  |
| Hypertension | 50 | 54 | 47 | 0.186 |
| Hyperlipidemia | 71 | 72 | 71 | 0.839 |
| Diabetes | 18 | 18 | 18 | 0.938 |
| Smoking | 7 | 5 | 7 | 0.310 |
| COPD | 5 | 6 | 5 | 0.572 |
| CVA | 3 | 4 | 3 | 0.604 |
| PAD | 5 | 6 | 4 | 0.392 |
| AF at start CR  | 1 | 2 | 1 | 0.771 |
| Medication (%) |  |  |  |  |
| Antiplatelets | 89 | 88 | 90 | 0.611 |
| Lipid lowering drugs | 80 | 80 | 81 | 0.828 |
| Beta-blockers | 88 | 89 | 88 | 0.903 |
| ACE inhibitors/ ARB | 51 | 53 | 49 | 0.393 |
| Diuretics | 20 | 25 | 17 | 0.041 |
| Spironolacton | 15 | 16 | 14 | 0.379 |
| Exercise capacity |  |  |  |  |
| Load (Watt) | 114±38 | 103±36 | 121±38 | <0.001 |
| HR at anaerobic threshold (/min) | 100±17 | 98±17 | 101±17 | 0.092 |
| Peak VO2 (ml.min-1.kg-1) | 19±6 | 18±5 | 20±6 | <0.001 |
| VE/VCO2 slope | 32±6 | 33±6 | 32±6 | 0.050 |
| 6MWD (m) | 432±93 | 399±102 | 452±80 | <0.001 |
| Training sessions | 42 (29-45) | 33 (20-42) | 44 (38-45) | <0.001 |
| Drop-out (%) | 20 | 32 | 12 | <0.001 |
| Categorical variables are presented as percentages, normally distributed continuous variables are presented as mean ± standard deviation, non normally continuous variables are presented as median (interquartile range). BMI, body mass index; ACS, acute coronary syndrome; LVEF, left ventricular ejection fraction; NT-proBNP, N-terminal pro Brain Natriuretic Peptide; GFR, glomerular filtration rate; CR, cardiac rehabilitation; COPD, chronic obstructive pulmonary disease; CVA, cerebrovascular accident; PAD, peripheral arterial disease; AF, atrial fibrillation; ACE inhibitors, Angiotensin Converting Enzym inhibitor, ARB, Angiotensin Receptor Blocker; HR, heart rate; peak VO2, peak oxygen consumption; VE/VCO2 slope, ventilatory slope; 6WMD, six-minute walking distance. |