

Supplemental Digital Content 1

Comparison of $W_{\max}$ based on HR and $W_{\max}$ based on RPE

To compare estimated $W_{\max}$ based on HR ($W_{\max\text{HR}85\%}$) and $W_{\max}$ based on RPE ($W_{\max\text{RPE}17}$) the difference in $W_{\max}$ between the two methods was calculated. This was done only with those participants that attained both 85% of $\text{HR}_{\max}$ and an RPE of 17 at test end ($n=317$). Mean difference was calculated and presented as 95% limits of agreement (Mean difference in $W \pm 2\text{SD}$) and plotted using the Bland-Altman technique (see figure): 15.6 ± 37.4 W. Additionally, intraclass correlation coefficient (ICC) with 95% confidence interval was calculated: 0.89 [0.86-0.91].

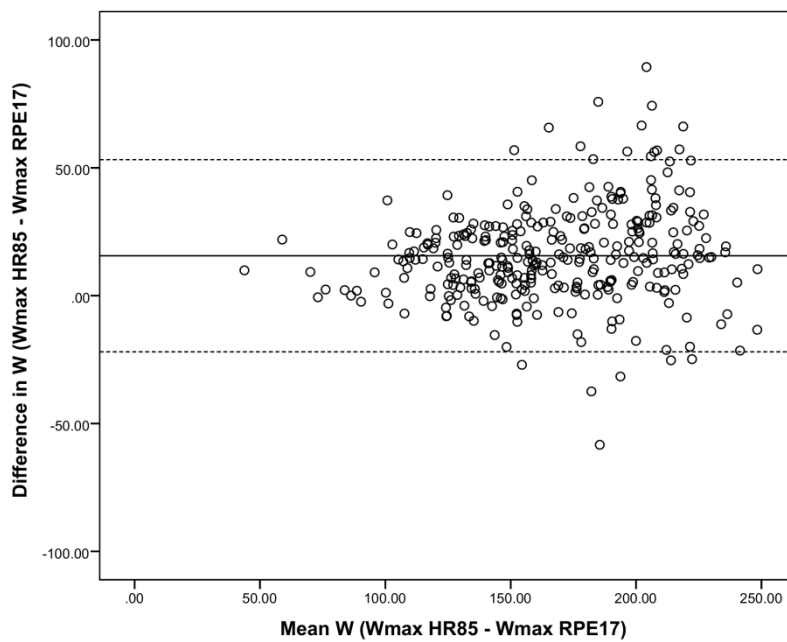


Figure SDC 1: Bland Altman-plot of $W_{\max\text{HR}85\%}$ versus $W_{\max\text{RPE}17}$. Solid line indicates bias, dashed lines indicate 95% limits of agreement.