**SDC 7: Training regimes (HIIT vs CON)**

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| Author: | Year: | **HIIT** | **CONTROL** |
| Andersen et al. | 2017 | 10 intervals; 30sec (low intensity):20sec (middle high intensity): 10sec (maximal intensity), 3min break after 5 intervals | Non-intervention control |
| Dolan et al. | 2015 | Number of intervals unknown, Weeks 1-2: 2min (80% VO2peak):4-2min active recovery, Weeks 2-6: 2min (close to maximal effort):4-2min active recovery | Non-intervention control |
| Dunne et al. | 2016 | 6 intervals, alternating moderate (<60% VO2peak) & vigorous (>90% VO2peak) intensity, (work: rest durations not provided - 30 mints total) | Non-intervention control |
| Flemmen et al. | 2014 | 4 intervals; 4 min (90-95% HRmax):3min (~70% HRmax) | Non-intervention control |
| Freese et al. | 2014 | 4-8 intervals; 30sec:4min | Non-intervention control |
| Heggelund et al. | 2011 | 4 intervals; 4min (>85% HRpeak):3min (70% HRpeak) | Computer game training, equal time duration to HIIT group. |
| Hermann et al. | 2011 | Number intervals unknown, 4min (80% VO2peak)/2min (85% VO2peak)/30sec (90% VO2peak):1-2min rest periods. Plus 10min staircase running (80% VO2peak): recovery walking downstairs (50% VO2peak), 42min total. | Non-intervention control |
| Hwang et al. | 2012 | Number of intervals unknown, 2-5min (80% VO2peak/RPE 15-17):active recovery (60% VO2peak/RPE 11-13), Total time 30-40 min. | Non-intervention control |
| Licker et al. | 2017 | 40 intervals, 15sec (80-100% peak W):15sec rest, 4 min rest between sets, 2 sets | Non-intervention control |
| Mobius-Winkler et al. | 2016 | Number of intervals unknown, intervals up to 95% exercise capacity: recovery at 70% exercise capacity, 30mins total time. | Non-intervention control |
| Monk-Hansen et al. | 2014 | Number of intervals unknown, 4min (80% VO2peak):3min / 2min (85% VO2peak):1min / 30sec (90% VO2peak):30sec, followed by 10min running upstairs (80% VO2peak), 42 min total time. | Non-intervention control |
| Smith-Ryan et al. | 2016 | Either 10 intervals, 1min:1min (90% peak power output), or 5 intervals, 2min:1min (undulating intensities 80-100% VO2peak) | Non-intervention control |
| Trilk et al. | 2010 | 4-7 intervals, 30sec (sprints vs 5% body mass resistance):4min active recovery between sprints. | Non-intervention control |
| Wallman et al. | 2009 | Number of intervals unknown, 1min (90% VO2peak):2min (30% VO2peak), 30mins total time. | Dietary advice only. |

NB: HRmax = maximum predicted heart rate, HRpeak = highest heart rate achieved at CPET, RPE = rating of perceived exertion.