**Supplemental Digital Content 2.** Duration of exercise above threshold recorded during HIIT sessions by participants providing recordingsa

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|  |  | Time spent above threshold during HIIT |
| Timepoint | n | Time above 80% HRmax/session (min) | Time above 90% HRmax/session (min) | Total time above 80% HRmax /week (min) | Total time above 90% HRmax /week (min) |
| Baseline unsupervised | 83 | 8.5 (9.9) | 3.4 (6.4) | 22.7 (31.3) | 9.2 (19.0) |
| 3 months | 56 | 10.9 (11.1) | 4.3 (6.3) | 24.7 (27.9) | 9.6 (14.3) |
| 6 months | 40 | 10.8 (11.6) | 4.0 (6.9) | 24.7 (25.0) | 9.2 (15.9) |
| 9 months | 35 | 13.3 (25.5) | 5.7 (19.7) | 23.8 (33.0) | 8.8 (23.8) |
| 12 months | 29 | 10.6 (10.9) | 4.6 (7.5) | 21.3 (25.4) | 9.5 (18.4) |

aAverage times (standard deviations), calculated excluding exercise sessions that did not attain required intensity for HIIT