|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Table S1 Timewise comparison of fitness and maximal workload during the GET-RT program** | | | | | | |
|  | Number | Median (IQR) | Mean change (95% CI) | P-value | |
| VO2 peak start | 48 | 15.0 (11.8 – 18.0) |  | |  | |
| VO2 peak 3 months | 48 | 16.0 (13.1 – 19.5) | 1.1 (0.4 – 1.8) | | **.002** | |
| Wmax start | 49 | 99 (73 – 127) |  | |  | |
| Wmax 3 months | 49 | 113 (85 –146) | 10 (3 – 18) | | **.011** | |
| VO2 peak start | 44 | 14.8 (11.7 – 18.5) |  | |  | |
| VO2 peak 6 months | 44 | 17.0 (14.1 – 20.0) | 2.0 (1.1 – 2.9) | | **<0.001** | |
| Wmax start | 45 | 99 (71 – 131) |  | |  | |
| Wmax 6 months | 45 | 118 (93 – 157) | 17 (8 – 25) | | **.001** | |
| VO2 peak start | 38 | 15.2 (11.8 – 19.0) |  | |  | |
| VO2 peak 12 months | 38 | 17.0 (14.5 – 23.0) | 2.6 (1.4 – 3.8) | | **<0.001** | |
| Wmax start | 38 | 92 (71 – 133) |  | |  | |
| Wmax 12 months | 38 | 112 (91 – 164) | 21 (12 – 30) | | **<0.001** | |
| VO2 peak 3 months | 44 | 16.8 (13.1 – 19.5) |  | |  | |
| VO2 peak 6 months | 44 | 17.0 (14.1 – 20.8) | 0.7 (0.0 – 1.4) | | **.041** | |
| Wmax 3 months | 45 | 118 (90 – 155) |  | |  | |
| Wmax 6 months | 45 | 118 (93 – 157) | 5 (-2 – 11) | | **.002** | |
| VO2 peak 3 months | 38 | 16.3 (13.7 – 19.7) |  | |  | |
| VO2 peak 12 months | 38 | 17.0 (14.5 – 23.0) | 1.2 (0.2 – 2.3) | | **.027** | |
| Wmax 3 months | 38 | 106 (90 – 161) |  | |  | |
| Wmax 12 months | 38 | 112 (91 – 164) | 9 (3 – 15) | | **.003** | |
| VO2 peak 6 months | 36 | 17.0 (14.1 – 22.1) |  | |  | |
| VO2 peak 12 months | 36 | 17.8 (14.3 – 23.1) | 0.5 (-0.6 – 1.7) | | .925 | |
| Wmax 6 months | 36 | 119 (98 – 162) |  | |  | |
| Wmax 12 months | 36 | 115 (95 – 164) | 3 (-2 – 9) | | .286 | |
|  | | | | | | |
| Table S1 reports the change in VO2 peak and maximal workload in different time points during follow-up; VO2 peak = peak oxygen uptake in ml/min/kg; Wmax = maximal workload in Watt; IQR = Inter Quartile Range; CI = Confidence Interval | | | | | | |