**SDC 1: Study characteristics and exercise protocols**

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| **Study (author, year, country)** | **Study design & population characteristics** | **Part of CR program** | **HIIT / AIT protocol** | **Comparator protocol****(e.g. MICT, ACT, END, Usual care, control)** |
| Aamot (2014) 1, Aamot (2016) 2, Related publications not cited in the text: Lund (2020) 3Norway | RCT (n=90) 1Follow-up study (n=76) 2Observational study (n=28) 3CADMean age: 57ySex: 89%M / 11%F | Yes | Group AIT (GE), Treadmill AIT (TE), Home-based AIT (HE)**Exercise:** 41-43 min total: WU: 10min; CD: 3-5min;4x4min at 85-95%HRpeak separated by 4min at 70% HRpeak.**Duration/supervision:** 12 wks; 2 sessions/wk; 24 sessions total.GE and TE supervised. HE home-based.**Mode:** GE involved variety of exercises (running, cycling, squats, steps)TE involved treadmill only. HE involved variety of exercises (up-hill walking, cross-country skiing, cycling, running, treadmills, elliptical) | None. Study compared three HIIT groups. |
| Abdelhalem (2018) 4, Egypt | RCT (n=40)CAD, after PCIMean age: 53ySex: 90%M / 4%F | Yes | **Exercise:** 40-45 min total; WU: 5min; CD: 5min30–35min of alternating 2–5 min at 85–95%HRR separated by 2–5 min of moderate intensity.**Duration/supervision:** 12 wks; 2 sessions/wk (supervised)**Mode:** Treadmill | 40-45min total; WU: 5min; CD: 5min30–35 min at 40–60% of HRR.**Duration/supervision:** 12 wks; 2 sessions/wk (supervised)**Mode:** Treadmill |
| Boidin (2019) 5, Canada | RCT (n=43)CAD, after ACSMean age: 60ySex: 78%M / 22% F | Unclear | 48 min total; WU: 5min; CD: 5min3x10min sets of 15 seconds at 100% PPO separated by 15 seconds of passive rest. Sets separated by 4min passive rest.**Duration/supervision:** 12 wks; 3 sessions/wk (supervised)**Mode:** Cycle | 48min total; WU: 5min; CD: 5min38min at 60% PPO. **Duration/supervision:** 12 wks; 3 sessions/wk (supervised)**Mode:** Cycle |
| Cardozo (2015) 6, Brazil | RCT (n=71)CADMean age: 60ySex: 66% M / 34% F | Unclear | **Exercise:** 40min total; WU: 5min; CD: 5min 8x2 min at 90% HRpeak separated by 2 min at 60% HRpeak. **Duration/supervision:** 16 wks; 3 sessions/wk (supervised)**Mode:** Treadmill | 40min total; WU: 5min; CD: 5min30min at 70–75%HRpeak **Duration/supervision:** 16 wks; 3 sessions/wk (supervised)**Mode:** Treadmill |
| Conraads (2015) 7, Pattyn (2016) 8,Belgium(SAINTEX-CAD Study)Related publications not cited in the text: Pattyn (2017) 9, (Van Craenenbroeck (2015)10, Van De Heyning (2018) 11,  | RCT (n=200) 7 Follow-up study (n=164) 8CADMean age: 57ySex: 90% M / 10% F | Yes | **Exercise:** 38min total; WU: 10min; CD: 5min4x4min at 90-95%HRpeak separated by 3min at 50-70% HRpeak.**Duration/supervision:** 12 wks; 3 sessions/wk (supervised)**Mode:** Cycle | 47min total; WU: 10min; CD: 5min37 min at 65-75%HRpeak.**Duration/supervision:** 12 wks; 3 sessions/wk (supervised)**Mode:** Cycle |
| Currie (2013) 12, CanadaRelated publication not cited in the text: Currie (2013) 13, Canada | RCT (n=24)CADMean age: 65ySex: 91% M / 9% F | Yes | **Exercise:** 35min total; WU: 10min; CD: 5min 10x1 min at 89–110% PPO separated by 1min at 10% PPO.**Duration / supervision:** 12 wks; 3 sessions/wk (2 x supervised, 1 home-based)**Mode:** Cycle | 65min total; WU: 10min; CD: 5min Progression from 30 to 50min at 51–65% PPO.**Duration/supervision:** 12 wks; 3 sessions/wk (2 supervised, 1 home-based)**Mode:** Cycle |
| Dun (2019) 14, United StatesRelated publication not cited in the text: Dun (2019) 15, United States | Retrospective study (n=120) 14(n=56) 15CAD, after MIMean age: 67ySex: 75% M / 25% F | Yes | **Exercise:** 20-40min total; WU: 5-10min; CD: 5-10min5-8 x 2-4min at RPE 15-17 separated by 1-5 min at RPE<14. Progressed from 4x30-60s at RPE 15-17. **Duration:** 12 wks; 3 sessions/wk (supervised)**Mode:** Treadmill, cycle ergometer, or recumbent stepper | 20-45min total; WU: 5-10min; CD: 5-10minexercise at an RPE of 12 to 14**Duration/supervision:** 12 wks; 3 sessions/wk (supervised)**Mode:** Treadmill, cycle ergometer, or recumbent stepper |
| Ha-Yoon (2017) 16, Korea | RCT (n=46)CAD, after MIMean age: 55ySex: 89% M / 11% F | Unclear | **Exercise:** 38min total; WU: 5min; CD: 5min 4×4min at 85–100% HRmax separated by 3min at 50–60% HRmax.**Duration/supervision:** 9-10wks; 18 sessions; 1-2 sessions/wk (supervised)**Mode:** Not specified | 38min total; WU: 5min; CD: 5min28min at 60%–70% HRmax**Duration/supervision:** 9-10wks; 18 sessions; 1-2 sessions/wk (supervised)**Mode:** Not specified |
| Heber (2020) 17, Austria | RCT (n=82)CAD, after ACSMean age: 60ySex: 100% M / 0% F | Yes | **Exercise:** 40min total; WU: 5min; CD: 10min15 x 60 seconds at 100% PPO separated by 60 seconds at 20% PPO. **Duration/supervision:** 12 wks; 2 HIIT sessions/wks (supervised) + 2 MICT sessions/wk (home-based)**Mode:** Cycle | 40 min total; WU: 5min; CD: 10min 25min at 60% PPO. **Duration/supervision:** 12 wks; 4 sessions/wks (supervised for wks 1-6, home-based for wks 7-12)**Mode:** Cycle |
| Jayo-Montoya (2019)18, Spain (INTERFARCT Project) | RCT (n=70)CAD, after MIMean age: 58ySex: 84% M / 16% F | Unclear | * *Low volume HIIT*

**Exercise:** 20min total; WU: 5-10min; CD: 4-7min 1) 2 x 4min at 85-95% HRpeak, separated by 3min at 60-70% HRpeak; or 2) 4-8 x 30s separated by 60s. * *High volume HIIT*

**Exercise:** 40min total; WU: 5-10min; CD: 4-7min 1) 2-4 x 4min at 85-95% HRpeak, separated by 3min at 60-70% HRpeak; or 2) 4-16 x30s separated by 60s**Duration/supervision:** 16 wks; 2 sessions/wks (supervised)**Mode:** Treadmill and cycle | Physical activity advice encouraging 30min of moderate intensity exercise per day. |
| Karlsen (2008) 19, Norway | RCT (n=21)CADMean age: 62ySex: 72% M / 28% F | Unclear | **Exercise:** 30 min total; WU: 5min 4 x 4 min at 85-95% HRpeak separated by 3min at 60-70% HRpeak**Duration/supervision:** 10 wks; 3 sessions/wks (supervised)**Mode:** Treadmill | None. Study compared normoxic HIIT and hyperoxic HIIT goups. |
| Keech (2020) 20Australia | Observational study (n=29)CADMean age: 54ySex: 97% M / 3% F | Yes | **Exercise:** 28 min total; WU: 10min; CD: 3min15 x 30 seconds at 85-90% HRmax (RPE ~14-16 and PPO 85-95%) separated by 30 seconds active recovery**Duration/supervision:** 6 wks; 2 sessions/wks (supervised)**Mode:** Cycle | None. |
| Keteyian (2014) 21, United States | RCT (n=39)CADMean age: 59ySex: 82% M / 18% F | Yes | 40 min total; WU: 5min; CD: 4min 5 x 3 min at 60-70% HRR separated by 4 x 4 min at 80-90% HRR.**Duration/supervision:** 10 wks; 3 sessions/wks (supervised)**Mode:** Treadmill | **Exercise:** 40 min total; WU: 5min; CD: 5min30 min at 60–80% of HRR**Duration/supervision:** 10 wks; 3 sessions/wks (supervised)**Mode:** Treadmill |
| Kim (2015) 22, South Korea | RCT (n=28)CADMean age: 60ySex: 79% M / 21% F | Yes | 45 min total; WU: 10min; CD: 10min4 x 4 min at 85–95% HRR separated by 3min at 50–70% HRR**Duration/supervision:** 6 wks; 3 sessions/wks (supervised)**Mode:** Treadmill | **Exercise:** 45 min total; WU: 10min; CD: 10min25 min at 70-85% HRR**Duration/supervision:** 6 wks; 3 sessions/wks (supervised)**Mode:** Treadmill |
| Kim (2019) 23, South Korea | RCT (n=47)CAD, after ACSMean age: 61ySex: 72% M / 28% F | Yes | * *HIIT*

**Exercise:** 50 min total; WU: 10min; CD: 10min 3 x 8min at 85% HRR separated by 3 min at 40% HRR* *Maximal interval training*

**Exercise:** 45 min total; WU: 10min; CD: 10min4 x 4 min at 95-100% of HRR separated by 3 min at 60% HRR**Duration/supervision:** 4 wks; 3 sessions/wks (supervised)**Mode:** Treadmill | None. Study compared HIIT and maximal interval training groups. |
| Lee (2018) 24, Canada | Retrospective study (n=1544)CADMean age: 56ySex: 88% M / 12% F | Yes | **Exercise:** <60min total: Progressively longer intervals of high intensity separated by progressively shorter intervals of low-moderate intensity **Duration/supervision:** 6-months; 5 sessions/wk (1 supervised; 4 home-based).**Mode:** Walking/jogging | **Exercise:** <60min total: Progressively longer sessions of walking at 60-80% VO2peak**Duration/supervision:** 6-mo; 5 sessions/wk (1 supervised; 4 home-based).**Mode:** Walking/jogging |
| Lee (2019) 25, Canada | RCT (n=31)CADMean age: 68ySex: 0% M / 100% F | Yes | **Exercise:** 35-40 min total; WU: 5-10min; CD: 5min 4 x 4-min at 90%–95% HRpeak, and/or RPE ≥17, separated by 3min at 50%–70% HRpeak. **Duration/supervision:** 6-months; 5 sessions/wk (1 supervised; 4 home-based).**Mode:** Walking/jogging | **Exercise:** 30–40 min total: 60%–80% VO2peak. **Duration/supervision:** 6-mo; 5 sessions/wk (1 supervised; 4 home-based).**Mode:** Walking/jogging |
| Madssen (2014) 26, NorwayRelated publication not cited in the text: Taraldsen (2020) 27Norway  | RCT (n=36) 26RCT (n=32) 27CADMean age: 58ySex: 81% M / 19% F | Yes | **Exercise:** 38 min total; WU: 10min: CD: 3min 4 x 4 min at 85-95% of HRpeak separated by 3min at 70% HRpeak **Duration/supervision:** 12 wks; 3 sessions/wks (supervised)**Mode:** Treadmill | **Exercise:** 46 min total: @ 70% at HRpeak**Duration/supervision:** 12 wks; 3 sessions/wks (supervised)**Mode:** Treadmill |
| Madssen (2014) 28, Norway | RCT (n=50)CADMean age: 64ySex: 73% M / 27% F | Following CR | **Exercise:** 38 min total; WU: 10min: CD: 3min 4 x 4 min at 85–95% of HRpeak separated by 3min at 70% HRpeak **Duration/supervision:** 9 months, 3 sessions/wk (all home-based with 1 supervised/month)**Mode:** Various. (Treadmill during supervised. Home-based training involved walking uphill, running, cross-country skiing, or bicycling). | Following completion of CR program involving HIIT and MICT exercise, received usual care physical activity recommendations, encouraging regular exercise but no specific exercise prescription advice.  |
| Moholdt (2009) 29, Norway | RCT (n=59)CAD, after CABGMean age: 64ySex: 73% M / 27% F | Yes | **Exercise:** 38 min total; WU: 8min; CD: 5min 4x4 min at 90% HRpeak separated by 3min at 70% HRpeak**Duration/supervision:** 4 wks; 5 sessions/wk of randomised training (supervised) + 3-5 sessions/wk of moderate-high intensity group exercise sessions**Mode:** Treadmill | **Exercise:** 46 min total: at 70%HRpeak**Duration/supervision:** 4 wks; 5 sessions/wk of randomised training (supervised) + 3-5 sessions/wk of moderate-high intensity group exercise sessions**Mode:** Treadmill |
| Moholdt (2012) 30, Moholdt (2011) 31, Norway | RCT (n=107) 30Follow-up study (n=107) 31CAD, after MIMean age: 64ySex: 73% M / 27% F | Yes | **Exercise:** 38 min total; WU: 8min; CD: 5min; 4x4 min at 90% HRpeak separated by 3min at 70% HRpeak**Duration/supervision:** 12 wks; 3 sessions/wk (2 supervised, 1 home-based)**Mode:** Treadmill | Usual care aerobics class**Exercise:** 60 min total; WU: 10min; CD: 5min45min of aerobic and resistance exercises to music. **Duration/supervision:** 12 wks; 3 sessions/wk (2 supervised, 1 home-based)**Mode:** walking, jogging, lunges, squats, step-ups |
| Moholdt (2012) 32, Norway | RCT (n=30)CAD, after CABGMean age: 62ySex: 80% M / 20% F | Yes | **Exercise:** 38 min total; WU: 8min; CD: 5min 4x4 min at 90% HRpeak separated by 3min at 70% HRpeak**Duration/supervision:** 6 months; 3 sessions/wk (home-based)**Mode:** Various (walking, jogging, swimming or cycling) | Residential CR Program**Exercise:** 4/30 sessions at RPE<12, 16/30 sessions RPE 12–14, and 10/30 sessions at RPE 15–17. **Duration/supervision:** 4.5 wks; 7 sessions/wk (supervised)**Mode:** Various (including outdoor walking, cross-country skiing in winter, indoor cycling, ball games, and strength training). |
| Munk (2009) 33, NorwayRelated publication not cited in the text: Munk, (2010)34, (2011)35, Norway | RCT (n=40)CAD, after PCIMean age: 58ySex: 85% M / 15% F | Unclear | **Exercise:** 40 min total; WU: 10min; CD: 5min 4 x 4min at 80-90% HRmax, separated by 3min at 60-70% HRmax**Duration/supervision:** 6 months; 3 sessions/wk (supervised)**Mode:** Running or cycle ergometer | No exercise control |
| Nilsson (2017) 36, Norway | Prospective cohort study (n=133) with follow-up (n=86)CADMean age: 57ySex: 87% M / 13% F | Yes | Norwegian Ullevaal model**Exercise:** 50 min total; WU: 6-10min; CD: 3-5min 3 x ~3-5min songs at high intensity separated by moderate intensity aerobic and resistance exercise. **Duration/supervision:** 12 wks; 3 sessions/wk (2 supervised, 1 home-based)**Mode:** Aerobic component included uphill walking, treadmill, or bike. | None  |
| Pedersen (2015) 37,NorwayRelated publication not cited in the text: Pedersen (2015) 38, Olsen (2015) 39, Petersen (2016) 40, (2019) 41, Norway (The CUT-IT Trial) | RCT (n=70)CADMean age: 62ySex: 78% M / 22% F | No | **Exercise:** 38 min total; WU: 10min 1-4 min intervals at 85-90% HRpeak separated by 1-3 min at 70%HRpeak. 16min total in high zone. **Duration/supervision:** 12 wks; 3 sessions/wk (supervised)**Mode:** cycle ergometer | No exercise control (low energy diet) |
| Rognmo (2004) 42, Norway | RCT (n=21)CADMean age: 62ySex: 82% M / 18% F | No | **Exercise:** 33 min total; WU: 5min; CD: 3min 4 x 4 min at 80–90% VO2peak (85–95% HRpeak) separated by 3min at 50–60% VO2peak (65–75% HRpeak)**Duration/supervision:** 10 wks; 3 sessions/wk (supervised)**Mode:** Treadmill | 41 min total: at 50–60% VO2peak (65–75% HRpeak)**Duration/supervision:** 10 wks; 3 sessions/wk (supervised)**Mode:** Treadmill |
| Taylor (2020) 43, Australia (The FITR-Heart Study)Related publication not cited in the text: Taylor (2020) 44, Australia (The FITR-Heart Study) | RCT (n=96) 43(n=42) 44CADMean age: 65ySex: 84% M / 16% F | Yes | **Exercise:** 32 min total; WU: 4min; CD: 3min 4 x 4 min at RPE 15-17 separated by 3min at RPE 11-13**Duration/supervision:** 4 wks; 3 sessions/wk (2 supervised, 1 home-based) followed by 48 wks; 3 sessions/wk (home-based)**Mode:** Various (treadmill, cycle, rowing ergometer, elliptical, up-hill walking, jogging) | **Exercise:** 40 min total; WU: 3min; CD: 3min34min at RPE 11-13**Duration/supervision:** 4 wks; 3 sessions/wk (2 supervised, 1 home-based) followed by 48 wks; 3 sessions/wk (home-based)**Mode:** Various (treadmill, cycle, rowing ergometer, elliptical, up-hill walking, jogging) |
| Trachsel (2019) 45, Canada | RCT (n=19) CAD, after MIMean age: 59ySex: 70% M / 30% F | Yes | **Exercise:** 27-44min total; WU: 5min; CD: 5min 2-3 x 6-8min sets of 15-30s at 100% PPO (or 15 RPE) separated by 15-30 seconds of passive rest. Sets separated by 5min at 30% PPO. **Duration/supervision:** 12 wks, 2 sessions/wk (supervised) | **Usual care:** Encouraged to complete 30-60min at RPE 12-14.  |
| Tschentscher (2016) 46, Austria | RCT (n=60) CADMean age: 60ySex: 75% M / 25% F | Yes | * *HIIT*

**Exercise:** 35 min total; WU: 5min; CD: 5min 4 x 4 min at 85-95% HRpeak separated by 3min at 60-70% HRpeak* *Pyramid training*

**Exercise:** 38 min total; WU: 5min; CD: 5min 3 x 8 min at 65–95–65% HRpeak, separated by 2min at 60-70% HRpeak **Duration/supervision:** 6 wks; 3 sessions/wk (supervised)**Mode:** Cycle | * *MICT*

**Exercise:** 43 min total; WU: 5min; CD: 5min33 min at 65–85% HRpeak**Duration/supervision:** 6 wks; 3 sessions/wk (supervised)**Mode:** Cycle |
| Villelabeitia-Jaureguizar (2016) 47, SpainRelated publication not cited in the text: Villelabeitia-Jaureguizar (2017) 48, (2019) 49, Spain | RCT (n=110) 49, (n=72) 47,48CADMean age: 58ySex: 84% M / 16% F | Yes | **Exercise:** 40 min total; WU: 5-12min; CD: 5-13min 15-30 x 20s at 50% of PPO (from steep ramp test) separated by 40s at 10% of PPO (from steep ramp test)**Duration/supervision:** 8 wks; 3 sessions/wk (supervised)**Mode:** Cycle | **Exercise:** 40 min total; WU: 5-12min; CD: 5-13min 15-30min at HR corresponding to VT1 with progressions to VTI+10%. **Duration/supervision:** 8 wks; 3 sessions/wk (supervised)**Mode:** Cycle |
| Warburton (2005) 50, Canada | RCT (n=14) CADMean age: 56ySex: 100% M / 0% F | Unclear | **Exercise:** 50 min total; WU: 10min; CD: 10min 8 x 2 min at 85–95% of HRR separated by 2min at 35–45% of HRR. **Duration/supervision:** 16 wks; 2 HIIT sessions/wks (supervised) + 3 MICT sessions/wk (home-based)**Mode:** Treadmill, stair climber, arm/leg. cycle ergometer | **Exercise:** 50 min total; WU: 10min; CD: 10min 30 min at 65% of HRR. **Duration/supervision:** 16 wks; 5 sessions/wks (2 supervised, 3 home-based)**Mode:** Treadmill, stair climber, arm/leg. cycle ergometer |
| Wehmeier (2020) 51, Germany | RCT (n=50) CADMean age: 53ySex: 100% M / 0% F | Yes | **Exercise:** 40 min total; WU: 10min; CD: 5min 4 × 4min at 85-95% HRmax separated by 3min at 60-65% HRmax**Duration/supervision:** 3 wks; 3-4 sessions/wk (supervised)**Mode:** Cycle | **Exercise:** 40 min total; WU: 3min; CD: 5min 7min at 50-75% HRmax and 25min at 75% HRmax**Duration/supervision:** 3 wks; 3-4 sessions/wk (supervised)**Mode:** Cycle |
| Way (2020) 52,Canada | Retrospective study (n=151)Mean age: 58ySex: 67% M / 33% F | Yes | **Exercise:** 45 min total; WU: 10min; CD: 10min 4 × 4min at 85-95% HRmax separated by 3min at 60-70% HRmax**Duration/supervision:** 3 wks; 3-4 sessions/wk (supervised)**Mode:** aerobic exercise equipment (treadmill, cycle ergometer, elliptical, etc) or dance/movement-based routines. | None |

Abbreviations: CR, cardiac rehabilitation; HIIT, high intensity interval training; AIT, aerobic interval training; MICT, moderate intensity continuous training; ACT, aerobic continuous training; END, endurance training; RCT, randomized controlled trial; CAD, coronary artery disease; WU, warm-up; CD, cool-down; %HRmax, percentage of maximum heart rate; %HRpeak, percentage of peak heart rate; %HHR, percentage of heart rate reserve; PPO, peak power output; PCI, percutaneous coronary intervention; ACS, acute coronary syndrome; MI, myocardial infarction; CABG, coronary artery bypass graft surgery; %VOpeak, percentage of peak oxygen uptake. HRpeak and HRmax are often used interchangeably and have been reported within the table as consistent with how the metric was reported by the study.

**Supplementary Material References**

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