**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) 3  Norway | RCT (n=90) 1  Follow-up study (n=76) 2  Observational study (n=28) 3  CAD  Mean age: 57y  Sex: 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 PCI  Mean age: 53y  Sex: 90%M / 4%F | Yes | **Exercise:** 40-45 min total; WU: 5min; CD: 5min  30–35min 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: 5min  30–35 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 ACS  Mean age: 60y  Sex: 78%M / 22% F | Unclear | 48 min total; WU: 5min; CD: 5min  3x10min 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: 5min  38min at 60% PPO.  **Duration/supervision:** 12 wks; 3 sessions/wk (supervised)  **Mode:** Cycle |
| Cardozo (2015) 6, Brazil | RCT (n=71)  CAD  Mean age: 60y  Sex: 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: 5min  30min 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) 8  CAD  Mean age: 57y  Sex: 90% M / 10% F | Yes | **Exercise:** 38min total; WU: 10min; CD: 5min  4x4min 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: 5min  37 min at 65-75%HRpeak.  **Duration/supervision:** 12 wks; 3 sessions/wk (supervised)  **Mode:** Cycle |
| Currie (2013) 12, Canada  Related publication not cited in the text:  Currie (2013) 13, Canada | RCT (n=24)  CAD  Mean age: 65y  Sex: 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 States  Related publication not cited in the text:  Dun (2019) 15,  United States | Retrospective study (n=120) 14  (n=56) 15  CAD, after MI  Mean age: 67y  Sex: 75% M / 25% F | Yes | **Exercise:** 20-40min total; WU: 5-10min; CD: 5-10min  5-8 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: 5-10min  exercise 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 MI  Mean age: 55y  Sex: 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: 5min  28min 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 ACS  Mean age: 60y  Sex: 100% M / 0% F | Yes | **Exercise:** 40min total; WU: 5min; CD: 10min  15 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 MI  Mean age: 58y  Sex: 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)  CAD  Mean age: 62y  Sex: 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) 20  Australia | Observational study (n=29)  CAD  Mean age: 54y  Sex: 97% M / 3% F | Yes | **Exercise:** 28 min total; WU: 10min; CD: 3min  15 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)  CAD  Mean age: 59y  Sex: 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: 5min  30 min at 60–80% of HRR  **Duration/supervision:** 10 wks; 3 sessions/wks (supervised)  **Mode:** Treadmill |
| Kim (2015) 22,  South Korea | RCT (n=28)  CAD  Mean age: 60y  Sex: 79% M / 21% F | Yes | 45 min total; WU: 10min; CD: 10min  4 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: 10min  25 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 ACS  Mean age: 61y  Sex: 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: 10min  4 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)  CAD  Mean age: 56y  Sex: 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, C  anada | RCT (n=31)  CAD  Mean age: 68y  Sex: 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,  Norway  Related publication not cited in the text:  Taraldsen (2020) 27  Norway | RCT (n=36) 26  RCT (n=32) 27  CAD  Mean age: 58y  Sex: 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)  CAD  Mean age: 64y  Sex: 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 CABG  Mean age: 64y  Sex: 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) 30  Follow-up study (n=107) 31  CAD, after MI  Mean age: 64y  Sex: 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: 5min  45min 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 CABG  Mean age: 62y  Sex: 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,  Norway  Related publication not cited in the text:  Munk, (2010)34, (2011)35, Norway | RCT (n=40)  CAD, after PCI  Mean age: 58y  Sex: 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)  CAD  Mean age: 57y  Sex: 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,  Norway  Related 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)  CAD  Mean age: 62y  Sex: 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)  CAD  Mean age: 62y  Sex: 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) 44  CAD  Mean age: 65y  Sex: 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: 3min  34min 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 MI  Mean age: 59y  Sex: 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)  CAD  Mean age: 60y  Sex: 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: 5min  33 min at 65–85% HRpeak  **Duration/supervision:** 6 wks; 3 sessions/wk (supervised)  **Mode:** Cycle |
| Villelabeitia-Jaureguizar (2016) 47,  Spain  Related publication not cited in the text:  Villelabeitia-Jaureguizar (2017) 48, (2019) 49, Spain | RCT (n=110) 49, (n=72) 47,48  CAD  Mean age: 58y  Sex: 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)  CAD  Mean age: 56y  Sex: 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)  CAD  Mean age: 53y  Sex: 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: 58y  Sex: 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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