**SDC 8: Training regimes (HIIT vs MCT)**

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| Author: | Year: | **HIIT** | **MCT** |
| Angadi et al. | 2015 | Week 1: 8 intervals, 2min (80-85% HRmax):2min (50% HRmax), Week 2-4: 4 intervals, 4min (85-90% HRmax):3min (50% HRmax). | Week 1: 15 min (60% HRpeak), Week 2: 30 min (70% HRpeak) |
| Baekkerud et al. - 4x4 | 2015 | 4 intervals, 4min (85-95% HRmax):3min (70% HRmax) | 45min (70% HRmax) |
| Baekkerud et al. 10x1 | 2015 | 10 intervals, 1min (90% HRmax):unknown rest period (active recovery walking) | 45min (70% HRmax) |
| Boyne et al. | 2016 | Number of intervals unknown, 30sec (max walking speed):30-60sec recovery periods, 20min total time. | Week 1: 20min (45 +/-5% HRR), Week 2: 20min (50 +/-5% HRR). |
| Coppoolse et al. | 1999 | 9 intervals, 3min (90% peak work rate):2min (45% peak work rate) | Duration unknown, (60% peak work rate) |
| Devin et al. | 2016 | 4 intervals, 4min (85-95% HRmax): 3min (50-70% HRpeak) | (50-70% HRmax) |
| Dolan et al. | 2015 | Number of intervals unknown, Weeks 1-2: 2min (80% VO2peak):4-2min activy recovery, Weeks 2-6: 2min (close to maximal effort):4-2min activy recovery. | 3.22 km (55–60 % VO2peak) progressed to 4.02 km (70 % VO2peak) by the end of week 5. |
| Fisher et al. | 2015 | Number of intervals unknown, 30sec (85% max anaerobic power):4min (15% max anaerobic power). | 45-60min (55-65% VO2peak) |
| Freyssin et al. | 2012 | 12 intervals, 30sec (80% max power):1min (complete rest) | 45min (HR at ventilatory threshold) |
| Gloeckl et al. | 2012 | Number of intervals unknown, 30sec (100% PWR):30sec (0% PWR), 12 to 36 minutes in interval training. | 10 to 30 min (60% PWR) |
| Higgins et al. | 2016 | Week 1-2: 5 intervals, 30sec ('all out'):4min (minimal resistance pedalling), Week 3-4: 6 intervals 30sec ('all out'):4min (minimal resistance pedalling), Week 5-6: 7 intervals, 30sec ('all out'):4min (minimal resistance pedalling) | 20-30 min (60-70% HRR) |
| Jaureguizar et al. | 2016 | 30 intervals, 20sec (all out at 50% max work load):40 sec (10% max work load). | 40min (HR below ventilatory threshold) |
| Jung et al. | 2015 | 4 intervals, Week 1: 1min (~90% HRmax):1min (low intensity), by day 10: 10 intervals (~90% HRmax):1min. | Week 1: 20min (~65% HRmax), by day 10: 50min (~65% HRpeak) |
| Kim et al. | 2015 | 4 intervals, 4min (walking 85-95% HRR):3min (50-60% HRR). | 25min (70-85% HRR) |
| Kong et al. | 2016 | Maximum 60 intervals, 8sec (sprinting):12sec (passive rest) | 40min (60% VO2peak) |
| Lanzi et al. | 2015 | 10 intervals, 1min (90% HRmax):1min (50W) | 40-50min (individual Fatmax) |
| Mador et al. | 2009 | 7 intervals, 1min (150% cycle/treadmill speed for control group):2 min (75% cycle/treadmill speed for control group). | Duration unknown (50% Watt max achieved in incremental exercise test). |
| Matsuo et al. | 2015 | 3 intervals, 3min:(80-85% VO2peak):2mins (50% VO2peak) | 40min (60-65% VO2peak) |
| Moholdt et al. | 2009 | 4 intervals, 4min (90% HRmax): 3min (70% HRmax) | 46 min walking (70% HRmax) |
| Puhan et al. | 2006 | Number of intervals unknown, 20sec (90-100% max capacity):40sec (10% max capacity) | 20mins (70% max capacity) |
| Robinson et al. | 2015 | 4 intervals, 1min (85-90% HRpeak):1 min rest. Increased to 10 intervals by day 10. | 20min (60-65% HRpeak), increased to 50min by day 10. |
| Sawyer et al. | 2016 | 10 intervals, 1min (90-95% HRmax):1min (low intensity) | 30 min (70-75% HRmax) |
| Schmitt et al. | 2016 | 8 intervals, 1min (>95% HRmax):2min (slow walking) | 60 min (walking outdoors) and 15min cycling (60% HRmax). Total time 75min. |
| Skleryk et al. | 2013 | 8-12 intervals, 10 secs ('all out' sprint loaded at 0.05kg/body mass):80 secs rest. | 30 minutes (65% VO2peak) |
| Slordhal et al. | 2005 | 8 intervals, 2min (80% VO2peak):3min (sat down) | 30min (60% VO2peak) |
| Uhleman et al. | 2016 | Number of intervals unknown, intervals up to 95% exercise capacity:recovery at 70% exercise capacity, 30mins total time. | 6-8 sessions per day, 20 min each (up to 60% angina free capacity). |
| Wallman et al. | 2009 | Number of intervals unknown, 1min (90% VO2peak):2min (30% VO2peak), 30mins total time. | Cycled at a power that equated to 50% of individual VO2peak for a duration that resulted in the same amount of energy as HIIT group. |

NB: HRmax = maximum predicted heart rate, HRpeak = highest heart rate achieved at CPET, RPE = rating of perceived exertion, PWR = peak work rate at exercise test, HRR = heart rate reserve.