

Supplementary table 2 – Linear regression model for associations of delta VO_{2peak} with test-
or training-related variables: primary model

Baseline variable	Multivariable model (n=106)				Univariable associations				
	Coefficient	95% CI	t	p- value		Coefficient	95% CI	t	p- value
Delta HR _{peak}	0.04	0.01, 0.07	2.78	0.007		0.06	0.03, 0.09	3.86	<0.001
Delta workload	0.03	0.01, 0.05	3.01	0.003		0.04	0.02, 0.06	3.40	0.001
Age per 10 years	-0.69	-1.04, -0.33	- 3.85	<0.001		-0.82	- 1.16, -0.48	- 4.83	<0.001
Ever smoker	-1.66	-2.63, -0.69	- 3.39	0.001		-1.67	- 2.76, -0.59	- 3.06	0.003

HIIT vs. MCT	0.34	-0.59, 1.27	0.72	0.47		0.14	- 0.90, 1.18	0.26	0.79
Peak RQ at 12-weeks test	-1.47	-6.04, 3.10	- 0.64	0.53		-0.36	- 5.47, 4.76	- 0.14	0.89
Heart failure pathogenesis	0.05	-0.92, 1.02	0.10	0.92		-0.71	- 1.80, 0.39	- 1.28	0.20
VO _{2peak} at baseline	-0.04	-0.16, 0.09	- 0.60	0.55		0.11	- 0.01, 0.23	1.90	0.06