

Supplementary Table S4. End-exercise effort indices at CPX termination

This table summarizes effort at the end of CPX. RPE (Borg 6-20) and RER are reported as group means $\pm$ SD at pre and post; these are group-level summaries, not the per-participant stopping values. HRmax denotes the highest measured heart rate at CPX termination. The predicted maximal heart rate was calculated with the Nes equation ($211 - 0.64 \times \text{age}$) using group ages from Table S4A/S4B. The percentage achieving $\geq 90\%$ of the predicted maximal heart rate indicates the proportion of participants whose HRmax met or exceeded 90% of that reference at termination; this percentage was derived from the observed HRmax distributions (mean $\pm$ SD; Table S4A/S4B) under a normality assumption and is reported to two decimals. Counts (n/N) were computed as the reported percentage multiplied by the group sample size and rounded to the nearest integer. CPX termination was determined at the individual level when at least two of the following were satisfied: RPE ≥ 18 , RER ≥ 1.15 , and $\geq 90\%$ of the predicted maximal heart rate. The test was discontinued when these conditions were satisfied, or due to participant request, SBP > 250 mmHg or DBP > 115 mmHg, dyspnea or chest pain, or failure to maintain cadence. Abbreviations: HG, high-intensity interval training group; MG, moderate-intensity continuous training group; HRmax, maximal heart rate; RPE, Rating of Perceived Exertion; RER, Respiratory Exchange Ratio.

Table S4A. RPE and RER at CPX termination

Variables	Group	Pre(Mean $\pm$ SD)	Post(Mean $\pm$ SD)
PRE (Borg 6-20)	HG	17.48 $\pm$ 0.74 ^a	17.93 $\pm$ 0.69 ^a
	MG	17.36 $\pm$ 0.81	17.59 $\pm$ 0.78
RER	HG	1.09 $\pm$ 0.09	1.13 $\pm$ 0.08
	MG	1.07 $\pm$ 0.08	1.10 $\pm$ 0.06

^aMean $\pm$ SD. RPE, Rating of Perceived Exertion. RER, Respiratory Exchange Ratio. HG, High-intensity interval training group. MG, Moderate-intensity continuous training group.

Table S4B. HRmax and $\geq 90\%$ APMHR attainment at CPX termination

Group	Timepoint	HRmax(bpm, Mean $\pm$ SD)	$\geq 90\%$ APMHR (%)	Achieving $\geq 90\%$ APMHR (n/N)
HG	Pre	163.90 $\pm$ 7.26 ^a	72.12	11/15
HG	Post	168.04 $\pm$ 6.60	89.84	13/15
MG	Pre	167.75 $\pm$ 5.66	88.00	12/14
MG	Post	168.43 $\pm$ 6.39	87.43	12/14

^aMean $\pm$ SD. APMHR, age-predicted maximal heart rate. HG, High-intensity interval training group. MG, Moderate-intensity continuous training group.