

Supplementary Table 1. Description of intervention features by treatment group (MICT versus HIIT).					
Variable	MICT		HIIT		Pvalue
	Mean±SD	Median (min – max)	Mean±SD	Median (min – max)	
Number of sessions (n)	34,4±3,9	34,5 (32,4 – 36,5)	34,8±4,9	36,0 (32,2 – 37,4)	0,812
Time for session (min)	44,3±7,6	46,5 (40,2 – 48,3)	33,6±3,6	35,0 (31,7 –35,6)	>0,001
Energy expenditure for training session (kcal)	389,8±96,8	394,4 (338,3– 441,4)	350±68,6	332,0 (313,4 – 386,5)	0,189
MICT, Moderate Intensity Continuous Training. HIIT, High Intensity Interval Training.					