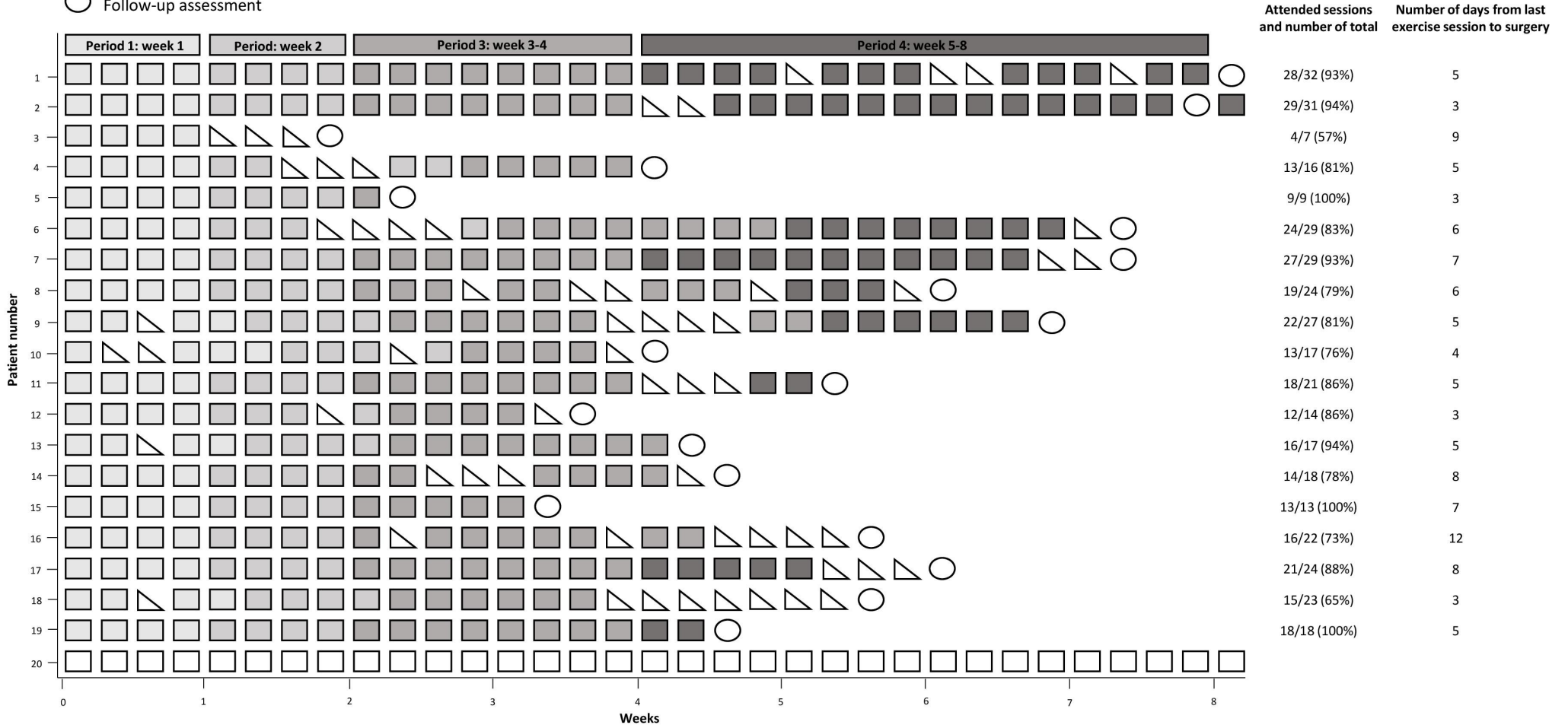


Training adherence

- Attended sessions
- Sessions not attended
- Follow-up assessment



Period 1:	Period 2:	Period 3:	Period 4:
4 cycles	4 cycles	5 cycles	6 cycles
HI: 1 min 100% of W_{max}	HI: 1 min 110% of W_{max}	HI: 1 min 120% of W_{max}	HI: 1 min 120% of W_{max}
Active recovery: 3 min 30% of W_{max}	Active recovery: 3 min 30% of W_{max}	Active recovery: 3 min 30% of W_{max}	Active recovery: 3 min 30% of W_{max}

Figure S1: Schematic overview of training adherence, individual exercise attendance, and missed sessions for each participant in the EX group, including exercise intensity and progression throughout the intervention period.