

Table S1. Exercise Intervention

The intervention consisted of four weekly sessions of supervised High-Intensity Interval Training (HIIT). The pre-specified protocol specified 8 weeks intervention period. However, due to changes in the protocol, the exercise period ranged from a minimum of 2 to a maximum of 8 weeks, depending on scheduled prostatectomy.

Each exercise session was performed on a stationary bicycle ergometer and comprised a light 10 min warm-up performed at 30% of peak power output (W_{peak}) determined in the maximal incremental exercise test. The warm-up was followed by 20-25 min of aerobic HIIT consisting of cycles of high-intensity intervals (HI) for 1 min, followed by 3 min of recovery at 30% W_{peak} . The exercise program consisted of 4 periods where *period 1* (week 1) was an adaptation period composed of 4 cycles of HI at 100% W_{peak} . *Period 2* (week 2) and *period 3* (week 3+4) consisted of 4 and 5 cycles of HI at 110% and 120% W_{peak} , respectively. Lastly, *period 4* (week 5 to 8) comprised six cycles of HI at 120% W_{peak} . Trained instructors supervised each session to ensure proper technique and progression in training load.