

**Table S4. Deviations from Preregistered Protocol**

<b>Deviations</b>	<b>Justification</b>
In the protocol, the duration of the intervention period was eight weeks for all participants, and per-protocol analysis was defined as completed $\geq 75\%$ of the exercise sessions in the intervention period. We changed the per-protocol definition to completion of $\geq 75\%$ of the exercise sessions during a minimum of five weeks (study week 1 to 5).	Due to recruitment issues, changes were made to the study design, resulting in an intervention period ranging from inclusion until planned radical prostatectomy (minimum two weeks and maximum eight weeks). This was done to include as many participants as possible and include the training period with the highest intensity.
After the inclusion of the first participant, the study design was changed from a 3-arm design to the current design. The first participant was initially randomized to a continuous moderate-intensity aerobic exercise + resistance training two times weekly. This participant was excluded from the per-protocol and exploratory analyses.	As this participant did not engage in the HIIT exercise and only exercised twice weekly, we decided to exclude him from the per-protocol and exploratory analyses. However, he is still included in the intention-to-treat analyses.