

Table S3. Cardiorespiratory Fitness Assessment

Cardiorespiratory fitness was assessed as peak oxygen uptake (VO_{2peak}) during a maximal incremental test performed on a stationary bike (LC4, Monark Exercise AB, Vansbro, Sweden). Patients performed a 3 min warm-up at 70-watt load followed by an increase of 20 watts every minute until exhaustion. Gas exchange parameters and heart rate were measured throughout the test using online measurement equipment (Quark; COSMED, Rome, Italy). Breath-by-breath data with respiratory exchange rate (RER) values < 0.60 or > 1.60 were considered artifactual (e.g., due to talking, premature end of breath) and were manually removed. The data were then smoothed using 10-seconds averaging, and VO_{2peak} and peak RER were defined as the highest 30-second average of VO_2 and RER, respectively. Rating of perceived exertion (RPE) was obtained immediately after volitional exhaustion using the Borg (6-20) scale ¹. VO_{2peak} values were included in the analysis if two of the following criteria were met: peak RER ≥ 1.10 , RPE ≥ 18 , and a VO_2 plateau. A VO_2 plateau was evaluated as follows: linear regression was used to model the VO_2 slope (L/min) of the submaximal part of the test, i.e., excluding the warm-up (to account for the slow VO_2 component) and the last two minutes (to account for a possible VO_2 plateau). The linear model was extrapolated to the end of the test. A plateau was considered evident if the mean difference between the modeled VO_2 and the measured VO_2 (i.e., the residuals) of the last minute of the test was greater than half of the modeled VO_2 slope ².

1. Borg GA. Psychophysical bases of perceived exertion. *Medicine & Science in Sports & Exercise* 1982.

2. Thomsen SN, Sundberg A, Osterkamp J, Thorsen-Streit S, Østerlind K, Krarup P-M, Vistisen K, Pedersen BK, Christensen JF. Interindividual changes in peak oxygen consumption in patients with colorectal cancer following endurance training: a secondary analysis of the I-WALK-CRC study. *Acta Oncologica* 2020: 1-5.