

Supplementary Table 1. Cerebrovascular and Peripheral Responses during an Acute bout of HIIT and Recovery

	MCAv			MAP		Peak HR (% Age-Predicted)		P _{ET} CO ₂		RR	
	Stroke (Ipsi-) (n=24)	Stroke (Contra-) (n=20)	CON (n=25)	Stroke	CON	Stroke	CON	Stroke	CON	Stroke	CON
	Baseline	41 ± 11	46 ± 9	49 ± 13	82 ± 12	80 ± 11	49% ± 8%	41% ± 7%	36 ± 4	36 ± 4	14 ± 4
HIIT											
Minute 1 (R)	45 ± 12	50 ± 10	53 ± 14	86 ± 10	87 ± 10	62% ± 10%	52% ± 8%	36 ± 5	36 ± 4	22 ± 5	22 ± 4
Minute 2 (H)	47 ± 12	53 ± 11	57 ± 16	95 ± 12	98 ± 13	69% ± 10%	67% ± 8%	38 ± 6	39 ± 4	25 ± 6	24 ± 3
Minute 3 (R)	48 ± 13	54 ± 12	60 ± 19	95 ± 13	96 ± 13	68% ± 10%	60% ± 9%	39 ± 7	43 ± 4	24 ± 6	23 ± 3
Minute 4 (H)	48 ± 13	54 ± 12	59 ± 17	103 ± 13	106 ± 16	73% ± 10%	70% ± 9%	38 ± 6	41 ± 4	26 ± 7	25 ± 3
Minute 5 (R)	48 ± 13	54 ± 13	58 ± 17	98 ± 14	100 ± 15	70% ± 10%	62% ± 10%	39 ± 6	42 ± 4	25 ± 7	23 ± 3
Minute 6 (H)	47 ± 13	53 ± 12	58 ± 17	101 ± 14	107 ± 15	76% ± 11%	72% ± 10%	38 ± 6	40 ± 4	26 ± 7	25 ± 3
Minute 7 (R)	46 ± 12	52 ± 12	56 ± 17	98 ± 13	99 ± 15	73% ± 12%	64% ± 10%	38 ± 6	41 ± 4	26 ± 8	24 ± 3
Minute 8 (H)	46 ± 12	51 ± 12	56 ± 16	101 ± 12	105 ± 17	77% ± 10%	74% ± 9%	37 ± 5	39 ± 4	28 ± 8	26 ± 3
Minute 9 (R)	45 ± 12	50 ± 12	55 ± 16	96 ± 13	99 ± 16	73% ± 11%	66% ± 10%	38 ± 5	40 ± 5	27 ± 8	25 ± 3
Minute 10 (H)	45 ± 12	50 ± 12	54 ± 16	98 ± 13	103 ± 17	78% ± 10%	75% ± 9%	37 ± 5	39 ± 4	28 ± 7	27 ± 3

Immediately 40 ± 10 44 ± 10 48 ± 13 76 ± 11 78 ± 10 $57\% \pm 7\%$ $51\% \pm 6\%$ 35 ± 5 36 ± 4 18 ± 5 18 ± 2

Post

30-Minutes 42 ± 11 46 ± 9 50 ± 14 81 ± 10 84 ± 12 $53\% \pm 8\%$ $46\% \pm 7\%$ 35 ± 4 34 ± 3 14 ± 3 15 ± 3

Post

Means \pm SD. MCA_v = middle cerebral artery blood velocity. MAP = mean arterial pressure. HR = heart rate. P_{ET}CO₂ = expired end tidal carbon dioxide. RR = respiratory rate. R = active recovery. H = high-intensity.
