

| <i>Week</i> | <i>HIT</i>  |                               | <i>MICT</i>    |                               |
|-------------|---|-------------------------------|----------------|-------------------------------|
|             | <i>Session</i>  | <i>Session time (min:sec)</i> | <i>Session</i> | <i>Session time (min:sec)</i> |
| 1           | 30 s HIE, 2 min recovery; repeat 4x   | 20:00                         | 20 min MICT    | 30:00                         |
| 2           | 15 s HIE, 45 s recovery; repeat 8x  | 18:00                         | 20 min MICT    | 30:00                         |
| 3           | 30 s HIE, 90 s recovery; repeat 5x  | 20:00                         | 25 min MICT    | 30:00                         |
| 4           | 60 s HIE, 60 s recovery; repeat 5x  | 20:00                         | 25 min MICT    | 30:00                         |
| 5           | 30 s HIE, 60 s recovery; repeat 7x  | 20:30                         | 30 min MICT    | 35:00                         |
| 6           | 15 s HIE, 45 s recovery; repeat 12x   | 22:00                         | 30 min MICT    | 35:00                         |
| 7           | 30 s HIE, 60 s recovery; repeat 9x  | 23:30                         | 35 min MICT    | 40:00                         |
| 8           | 60 s HIE, 60 s recovery; repeat 7x  | 24:00                         | 35 min MICT    | 40:00                         |
| 9           | 30 s HIE, 60 s recovery; repeat 6x followed by 15 s HIE, 45 s recovery; repeat 5x | 24:00                         | 40 min MICT    | 45:00                         |
| 10          | 60 s HIE, 60 s recovery; repeat 5x followed by 15 s HIE, 45 s recovery; repeat 5x | 25:00                         | 40 min MICT    | 45:00                         |

All HIT sessions commenced and concluded with a 5 min period of low-intensity cycling. MICT sessions commenced and concluded with a 5 min period of low-intensity cycling during week 1 and 2, which was reduced to 2.5 min from week 3 onwards. This time is included in the session time. *HIE*, high intensity exercise.