

Supplementary table 1. Results on the maximal exercise test, 6MWT and activity monitoring for all participants that were recruited to the randomized controlled trial (n=30). The table shows descriptive data for each group (HIIT, MIT and control group) at the three time points (at baseline, at three months post-discharge and at one-year follow-up).

	HIIT			MIT			Control		
	Baseline	3 months	12 months	Baseline	3 months	12 months	Baseline	3 months	12 months
Graded maximal exercise test	(n=10)	(n=9)	(n=8)	(n=10)	(n=9)	(n=6)	(n=9)	(n=7)	(n=6)
Peak VO ₂ (L/min)	2.70 (0.81)	3.00 (0.62)	3.11 (0.74)	2.79 (0.79)	3.23 (0.94)	3.08 (0.71)	2.78 (0.57)	3.15 (0.59)	3.02 (0.69)
Peak VO ₂ (ml/kg/min)	32.1 (9.1)	35.7 (5.3)	36.7 (7.7)	36.9 (11.8)	42.3 (12)	40.6 (12.8)	35.6 (6.0)	40.7 (6.5)	37.8 (7.7)
Peak HR (beats/min)	167 (13)	173 (15)	172 (18)	177 (24)	184 (15)	189 (12)	182 (11)	183 (14)	178 (11)
RER (ratio)	1.23 (0.10)	1.21 (0.71)	1.21 (0.02)	1.17 (0.14)	1.19 (0.07)	1.15 (0.08)	1.24 (0.06)	1.22 (0.06)	1.18 (0.06)
[La-] (mmol/liter)	8.96 (2.25)	8.7 (1.2)	7.40 (2.0)	8.99 (3.72)	10.4 (2.8)	9.34 (2.14)	8.78 (2.46)	8.02 (2.44)	7.67 (2.67)
6MWT	(n=10)	(n=9)	(n=8)	(n=9)	(n=9)	(n=6)	(n=10)	(n=7)	(n=6)
Distance (meters)	561 (93)	654 (96)	674 (88)	573 (96)	678 (136)	714 (75)	607 (77)	638 (80)	626 (101)
HR _{after-test} (beats/min)	118 (17)	134 (21)	138 (18)	145 (29)	152 (32)	166 (17)	143 (21)	142 (24)	138 (24.6)
Activity monitoring	(n=10)	(n=9)	(n=8)	(n=8)	(n=7)	(n=6)	(n=10)	(n=6)	(n=5)
TDEE (Kcal)	2666 (528)	2744 (359)	2908 (440)	2736 (603)	2768 (531)	2706 (523)	2437 (341)	2697 (405)	2558 (276)
Daily steps	5223 (2737)	6217 (3080)	7075 (3568)	6538 (3580)	6125 (2175)	5711 (2708)	5477 (1624)	5057 (922)	6025 (1851)

Abbreviations: Standard Deviation (SD), High-Intensity Interval Training (HIIT), Moderate-Intensity Training (MIT), Oxygen Uptake (VO₂), Heart Rate (HR), Respiratory Exchange Ratio (RER), blood lactate [La-], 6 Minute Walking Test (6MWT), Total Daily Energy Expenditure (TDEE), Kilocalories (Kcal).

Supplementary Table 2. Estimated regression coefficients, standard errors and 95 % confidence intervals of the linear mixed effect models for repeated measurements fitted with variance components covariance structure of the time course over the first year post-discharge for participants in the high intensity interval training (HIIT), moderate intensity training (MIT) and control groups.

		Estimates	SE	95% CI	
				Lower	Upper
Peak VO₂ (l/min)	^a (β_1) Intercept	2,91***	0,24	2,44	3,42
	^b (β_2) Group HIIT	-0,21	0,34	-0,90	0,49
	^c (β_3) Group MIT	-0,08	0,34	-0,78	0,61
	^d (β_4) Time	0,07	0,11	-0,15	0,29
	^e (β_5) Time * Group HIT	0,18	0,14	-0,11	0,47
	^f (β_6) Time * Group MIT	0,04	0,14	-0,26	0,34
Peak VO₂ (ml/kg/min)	^a (β_1) Intercept	37,0***	2,9	31,0	43,0
	^b (β_2) Group HIIT	-4,6	4,1	-13,0	3,9
	^c (β_3) Group MIT	0,7	4,1	-7,7	9,2
	^d (β_4) Time	0,2	1,3	-2,6	2,9
	^e (β_5) Time * Group HIT	2,4	1,7	-1,2	6,1
	^f (β_6) Time * Group MIT	0,8	1,8	-2,9	4,6
6MWT (meters)	^a (β_1) Intercept	613***	29	553	673
	^b (β_2) Group HIIT	-41	42	-125	43
	^c (β_3) Group MIT	-27	42	-112	57
	^d (β_4) Time	19	16	-14	52
	^e (β_5) Time * Group HIT	40	21	-4	84
	^f (β_6) Time * Group MIT	36	22	-10	82
TDEE (kcal)	^a (β_1) Intercept	2558***	173	2204	2912
	^b (β_2) Group HIIT	110	227	-355	576
	^c (β_3) Group MIT	187	239	-303	677
	^d (β_4) Time	65	77	-96	225
	^e (β_5) Time * Group HIT	85	96	-116	285
	^f (β_6) Time * Group MIT	-59	103	-275	157
Daily steps (number)	^a (β_1) Intercept	5266***	951	3329	7201
	^b (β_2) Group HIIT	-35	1230	-2547	2476
	^c (β_3) Group MIT	1349	1295	-1290	3988
	^d (β_4) Time	292	582	-906	1489
	^e (β_5) Time * Group HIT	568	730	-940	2077
	^f (β_6) Time * Group MIT	-703	788	-2329	924

Abbreviations: Standard error (SE), Confidence interval (CI), Oxygen Uptake (VO₂), 6 Minute Walking Test (6MWT), Total Daily Energy Expenditure (TDEE), Kilocalories (kcal).

^a estimate of baseline value for the control group; ^b estimate of the difference between HIIT and control group at baseline;

^c estimate of the difference between MIT and control group at baseline; ^d estimate of change per time unit; ^e estimate of difference per time unit between HIIT group and control group; ^f estimate of difference per time unit between MIT and control group.

* Statistically significant at a level of $p < 0.05$, ** $p < 0.01$, and *** $p < 0.001$