Supplementary Table 3.

|  |  |  |  |
| --- | --- | --- | --- |
|  | HIGH V̇O2max | LOW V̇O2max | Two-way ANOVA |
| Group | Examination | Group\*Examination |
| PRE | POST | PRE | POST | p | η2 | p | η2 | p | η2 |
| Relative [%] |
| EPCR | 48.1±10.7\*§ | 43.6±13.9§ | 36.4±14.7§¶ | 39.3±15.1§¶ | <0.009 | 0.133 | 0.757 | 0.002 | 0.163 | 0.040 |
| ELA | 42.3±9.9\*§ | 45.3±13.2§ | 52.6±13.6§ | 52.9±15.2§ | 0.003 | 0.163 | 0.465 | 0.011 | 0.561 | 0.007 |
| EAER | 9.5±2.9 | 10.5±5 | 10.2±4.7 | 7.6±2.4 | 0.145 | 0.043 | 0.321 | 0.020 | 0.025 | 0.099 |
| p (η2) | <0.001(0.802) | <0.001(0.669) | <0.001(0.694) | <0.001(0.702) |  |  |  |  |  |  |
| Absolute [kJ] |
| EPCR | 34.5±15.5§ | 29.8±12.6§ | 30±17.9§¶ | 31.8±15.1§¶ | 0.704 | 0.003 | 0.621 | 0.005 | 0.257 | 0.026 |
| ELA | 28.7±6.9\*§ | 29.5±8.4\*§ | 38.9±10.3§ | 39.3±9§ | <0.001 | 0.290 | 0.488 | 0.010 | 0.852 | <0.001 |
| EAER | 6.3±1.6 | 6.6±2.9 | 7.2±2.5 | 5.7±1.7 | 0.999 | <0.001 | 0.172 | 0.038 | 0.054 | 0.074 |
| Total EE | 69.6±17.4 | 66±14 | 76.1±24.2 | 77±17.9 | 0.559 | 0.074 | 0.630 | 0.004 | 0.443 | 0.012 |
| p (η2) | <0.001(0.611) | <0.001(0.610) | <0.001(0.563) | <0.001(0.674) |  |  |  |  |  |  |