

Supplementary Materials: Acute and Chronic Effects of Low-Volume High-Intensity Interval Training Compared to Moderate-Intensity Continuous Training on Glycemic Control and Body Composition in Older Women with Type 2 Diabetes

Table S1. HIIT progression protocol from week 1 to 4.

	Bloc	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	Warm up	40%	55%	55%	55% / 75%	55% / 75%
	Int 1	60% / 40%	60% / 40%	60% / 45%	75% / 45%	90% / 45%
	Int 2	60% / 40%	75% / 40%	75% / 45%	90% / 45%	90% / 45%
	Int 3	60% / 40%	60% / 40%	60% / 45%	75% / 45%	90% / 45%
	ACTIVE RECOVERY 2 MINUTES @ 45% HRR					
	Int 4	60% / 40%	60% / 40%	60% / 40%	75% / 45%	90% / 45%
	Int 5	60% / 40%	75% / 40%	75% / 40%	90% / 45%	90% / 45%
	Int 6	60% / 40%	60% / 40%	60% / 40%	75% / 45%	90% / 45%
	Cool down	40%	40%	40%	40%	40%
	Wednesday	Warm up	40%	55%	55%	55% / 75%
Int 1		60% / 40%	60% / 40%	60% / 45%	75% / 45%	90% / 45%
Int 2		60% / 40%	75% / 40%	75% / 45%	90% / 45%	90% / 45%
Int 3		60% / 40%	60% / 40%	60% / 45%	75% / 45%	90% / 45%
ACTIVE RECOVERY 2 MINUTES @ 45% HRR						
Int 4		60% / 40%	60% / 40%	60% / 45%	75% / 45%	90% / 45%
Int 5		60% / 40%	75% / 40%	75% / 45%	90% / 45%	90% / 45%
Int 6		60% / 40%	60% / 40%	60% / 45%	75% / 45%	90% / 45%
Cool down		40%	40%	40%	40%	40%
Friday		Warm up	40%	55%	55%	55% / 75%
	Int 1	60% / 40%	60% / 45%	75% / 45%	75% / 45%	90% / 45%
	Int 2	60% / 40%	75% / 45%	75% / 45%	90% / 45%	90% / 45%
	Int 3	60% / 40%	60% / 45%	75% / 45%	75% / 45%	90% / 45%
	ACTIVE RECOVERY 2 MINUTES @ 45% HRR					
	Int 4	60% / 40%	60% / 45%	60% / 45%	75% / 45%	90% / 45%
	Int 5	60% / 40%	75% / 45%	75% / 45%	90% / 45%	90% / 45%
	Int 6	60% / 40%	60% / 45%	60% / 45%	75% / 45%	90% / 45%
	Cool down	40%	40%	40%	40%	40%

Data are presented in % of Heart Rate Reserve (HRR); Int = interval; Week 4 the warmup is split in 2 distinct phase: 2 minutes at 55% HRR and 1 minute at 75% HRR. The intensity of exercise at week 5 is the same until week 12.