

Table 2. Effects of endurance training on  $VO_{2max}$ .

	Effect on $VO_{2max}$ ( $mL \cdot kg^{-1} \cdot min^{-1}$ )		
	Mean	$\pm 95\%CL$	Inference
<b>Main effect</b>			
Endurance training vs control	4.9	$\pm 1.4$	Possibly large $\uparrow$
<b>Modifying effects<sup>a</sup></b>			
Age lower by 13.7 years	2.4	$\pm 2.1$	Possibly moderate $\uparrow$
Intervention duration longer by 13 weeks	2.2	$\pm 3.0$	Possibly moderate $\uparrow$
Baseline $VO_{2max}$ lower by $12.6 mL \cdot kg^{-1} \cdot min^{-1}$	1.4	$\pm 2.0$	Possibly small $\uparrow$

<sup>a</sup> modifying effects are presented as the effect of two standard deviations of the numerical covariates (i.e. a typically high value minus a typically low value)  
 $VO_{2max}$ : maximal oxygen uptake.  
 CL: confidence limits.  
 $\uparrow$ : increase.