

Table 3. Effects of HIT on VO_{2max} .

	Effect on VO_{2max} ($mL \cdot kg^{-1} \cdot min^{-1}$)		
	Mean	$\pm 95\%CL$	Inference
Main effect			
HIT vs control	5.5	± 1.2	Likely large \uparrow
Modifying effects^a			
Baseline VO_{2max} lower by $18.5 mL \cdot kg^{-1} \cdot min^{-1}$	3.2	± 1.9	Likely moderate \uparrow
Intervention duration longer by 13 weeks	3.0	± 1.9	Likely moderate \uparrow
Age higher by 11.7 years	0.8	± 2.1	Unclear
Work:rest ratio higher by 1.1	0.5	± 1.6	Unclear
HIT repetition duration longer by 161 s	-1.8	± 2.7	Likely small \downarrow

^a 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)
HIT: high-intensity interval training.
 VO_{2max} : maximal oxygen uptake.
CL: confidence limits.
 \uparrow : increase. \downarrow : decrease