

Table 4. Effects of HIT vs endurance training on VO_{2max} .

	Effect on VO_{2max} ($mL \cdot kg^{-1} \cdot min^{-1}$)		
	Mean	$\pm 95\%$ CL	Inference
Main effect			
HIT vs endurance training	1.2	± 0.9	Possibly small \uparrow
Modifying effects^a			
HIT repetition duration longer by 164 s	2.2	± 2.1	Likely small \uparrow
Age higher by 12.9 years	1.8	± 1.7	Likely small \uparrow
Intervention duration longer by 10.3 weeks	1.7	± 1.7	Likely small \uparrow
Work:rest ratio higher by 1.4	1.6	± 1.5	Likely small \uparrow
Baseline VO_{2max} lower by $14.5 mL \cdot kg^{-1} \cdot min^{-1}$	0.8	± 1.3	Possibly small \uparrow

^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.