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Table I - *Description of characteristics of the clinical trial population in patients with CAD*

Author/year		Age	Gender	BMI	Ejection fraction
Rognmo *et al.,* 2004	HIIT MIT	62,9±11.2 61,2 ±7,3	75% (M) 25% (F) 88,8% (M) 22,2%(F)	26.7±4.1 26.9±2.7	54.8 ±9.1 51.9 ±9.6
Warbuton *et al.*, 2005	HIIT MIT	55±7 57±8	100%(M) 0 (F) 100% (M) 0 (F)	Data not provided	Data not provided
Currie *et al.,* 2013	HIIT MIT	62 ± 11 68 ± 8	n = 11* n = 11*	27.9±4.9 27.3 ±4.2	Data not provided
Currie *et al.,* 2014	HIIT MIT	63 ± 8 66 ± 8	n = 9* n =11*	28.9±4.8 27.3±4.0	Data not provided
Keteyan *et al.,* 2014	HIIT MIT	60 ± 7 58 ±9	73% (M) 27% (F) 92% (M) 8% (F)	30,4 ± 5,6 30,6 ± 6,2	Data not provided
Cardozo et al., 2015	HIIT	56± 21	63% (M) e 37% (F)	27.5 ± 5.9	63 ± 12
	MITCG	62 ±12	66% (M) e 34%(F)	26.8 ± 4.8	60 ± 14
		64 ± 12	76%(M) e 24% (F)	26.9 ± 4.4	67 ± 10
Conraads *et al.,* 2015	HIIT	57±8.8	91% (M) e 9%(F)	28.0 ± 4.4	57.1 ± 8.5
	MIT	59.9±9.2	89% (M) e 11% (F)	28.5 ± 4.3	56.8 ± 7.7
Prado *et al.,* 2016	HIIT MIT	56.5 ± 2.7 61.3 ± 2.2	82,3% (M) 17,7%(F) 77,7% (M) 33,3% (F)	28.5 ± 0.7 28.0 ± 1.0	57.2 ± 2.0 55.1 ± 4.1
Jaureguizar *et al.*, 2016	HIIT	58 ± 11	92% (M) 8%(F)	29,6± 4,4	62 ± 11
	MIT	58 ± 11	72% (M) 28%(F)	29,5 ± 4,1	59 ± 14
Pattyn *et al.,* 2017	HIIT	57 ± 8,8	91 % (M) 9 % (F)	28 ±4,4	Data not provided
	MIT	59,9 ± 9,2	89 % (M) 11 % (F)	28,5 ± 4,3	

HIIT = High Intensity Interval Training; MIT = Moderate Intensity Training; CG = Control Group; M = Male; F = Female. *There was no gender distinction

Table II - *Description of clinical trial protocols included in systematic review and their respective results*

Author/Year	Test protocol	Training protocol	Results
Rognmo *et al.,* 2004 [20]	Performed on treadmill with speed: 3km/h at 6km/h and slope: 0% to 5%. 2% slope increase every minute.	**HIIT:** Heating and relaxation (60% to 75% of peak VO_2 and 50% to 60% of peak HR) Conditioning (80% to 90% of peak VO2 and 85% to 95% of peak HR) range: 3 minutes **MIT:** Intensity of 50-60% VO_2peak for 40 minutes	**HIIT**: ↑VO_2 peak **MIT**: ↑VO_2 peak
Warbuton *et al.,* 2005 [21]	Performed in two days on treadmill Day 1: The Bruce protocol was used until the individual reached exhaustion Day 2: High intensity exhaust time test (90% of HR reserve).	**HIIT**: Conditioning with duration of 2 minutes and intensity of 90% of HR and VO_2. (Range With 85% a 95%), And Recovery with duration of 2 minutes, using 40% of HR and VO_2 of reservation. (range from 35% to 45%) **MIT**: 30 minutes of aerobic training with 65% of HR and VO_2 of reservation	**HIIT**:↑ VT in both groups, the ventilatory efficacy wasn't changed during CR **MIT**:↑ VT in both groups, the ventilatory efficacy wasn't changed during CR

Currie *et al.,* 2013 [22]	It was performed with cycloergometer with work load: 100 kpm and 100 kpm increase every 1 minute.	**HIIT:** 10 cycling intervals from 1 minute to 89% peak workload. **MIT:** 58% of the peak work. Progression from 30 minutes to 40 then to 50 minutes	**HIIT:** ↑VO_2 max, VO_2 on VT and Workload **MIT:** ↑VO_2 max, VO_2 on LA and peak workload
Currie *et al.,* 2014 [23]	It was performed with cycloergometer with workload: 100 kpm and 100 kpm increase every 1 minute.	**HIIT**: Active interval of 1 minute with a load of 10% and the active period with an intensity of 85% and the progression was: 100% in the 2nd month,108% in the 3rd month, 121% in the 4th to the 6th month **MIT**: 57% of the peak work. 30 minutes from 1st to 3rd and 50 minutes from 4th to 6th month	**HIIT:** ↑ Significant HR variation (p=0,005) ↓External work ↑VO_2 peak during the 3° and the 6º month (p<0,001) **MIT:** ↑VO_2 peak during the 3° and the 6º month (p<0,001)
Keteyan *et al.,* 2014 [24]	The modified Bruce protocol was performed on an ergometric treadmill. Patients were encouraged to reach the classification: difficult and very difficult on the Borg scale	**HIIT**: Active Heating and recovery using 60% to 70% of the FC. Conditioning with intensity of: 80% to 90% of HR. Active intervals of 4 minutes. **MIT:** Periods: heating, conditioning and relaxation with an intensity of 60% to 80% of the HR reserve.	**HIIT**:↑ VO_2 on VT ↓ HR submaximum ↑ Workload ↑ VO_2 max **MIT**: ↑ de 33% VO_2 max ↓ HR submaximum
Cardozo *et al.,* 2015 [25]	It was performed on the treadmill with increases of workload every 8 to 12 minutes	**HIIT** = Exercises with up to 90% of peak HR, and 60% of peak HR, with alternating workloads every 2 minutes **MIT** = 5 minutes of Heating + 30 minutes of exercise on the treadmill (70% to 75% of peak hr) + 5 minutes of deheating. **GC:** Did not participate in the trainings	**HIIT:** ↑VO_2peak (p=0,04) e O_2P (p=0,05) and maintenance of the levels VE/CO_2 slope (p=0,48) and OUES (p=0,16), VE and VO_2 on VT **MIT**: Stabilization of the levels of VO_2 peak, O_2P (p>0,05) and the VE/CO_2 slope and OUES (p=0,48) (p=0,16) e VE and VO_2 on VT **GC**: ↓VO_2 peak O_2P
Conraads *et al.,* 2015 [26]	Performed on an ergometer bicycle with power from 10 to 20 W and increases from 10W to 20 W every minute.	**HIIT**: Exercise with 90 to 95% of the HR on the ergometric bike. **MIT**: Exercise with 70 to 75% of the FC performed on an ergometer bicycle	**HIIT:** ↑VO_2 peak, HR max and O_2P (p<0,001) **MIT:** ↑VO_2 peak, HR max and O_2P (p<0,001)

Jaureguazar *et al.,* 2016 [27]	Performed in a cycle ergometer with gradual increments of 10, 15 or 20 W / min.	**HIIT**: Repetitions of 20 seconds with intensity of 50% in the first month. **MIT:** first month the intensity was based on the HR below the 1st La 2nd month: intensity corresponding to 10% of the HR in the 2nd LA	**HIIT**: ↑VO_2 and ventilatory threshold (p<0,05). ↑ Workload and HR Max (p<0,001) **MIT:** ↑VO_2 and ventilatory threshold (p<0,05).
Prado *et al.,* 2016 [28]	Maximum test performed on the ergometric treadmill with ramp protocol with load increase every minute	**HIIT**: 7 times of 3 minutes with intensity equivalent to RCP and 7 "intervals" of 3 minutes with intensity, equivalent to VT **MIT:** 50 minutes of treadmill exercise in VT intensity	**HIIT:** ↑VO_2 peak, VO_2 (VT), OUES and ventilatory efficiency and ↓ VE/VCO_2 slope **MIT:** ↑VO_2 peak, VO_2 (VT), OUES and Ventilatory efficiency and ↓ VE/VCO_2 slope No difference between groups in peak HR and VCO_2/VO_2
Pattyn *et al.,* 2017 [29]	Maximum test performed on the ergometric treadmill with ramp protocol with load increase every minute	**HIIT**: Heating with 60% to 70% of HR peak and conditioning in 4 times 85% to 95% of peak HR. Active intervals in 4-Stroke with 50% of peak HR. **MIT**: Heating: 60% to 70% of peak HR and conditioning: 75% of the peak HR**.**	**HIIT**:↑VO_2 peak, OUES, VO_2 and the load on the first and second threshold (p<0,05). VE/VCO_2 slope has not undergone any changes (p>0,05) **MIT:** ↑VO_2 peak, OUES, VO_2 and the load on the 1st and 2nd threshold (p<0.05). VE/VCO_2 slope has not undergone any changes (p>0,05)

HIIT = High Intensity Interval Training, MIT = Moderate Intensity Training; CG = Control Group; HR = Heart rate; BP = Blood Pressure; VO_2 peak = Oxygen consumption at maximum stress point; CR = Cardiac Rehabilitation; VE = Pulmonary ventilation; PuO_2 = Oxygen Pulse; OUES: Inclination on oxygen consumption efficiency; VE/VCO_2 slope = Inclination of the ventilatory equivalent of carbon dioxide; VT = Ventilatory threshold; VE/VO_2 = Ventilatory equivalent of oxygen; VE/VCO_2 = Ventilatory equivalent of carbonic gas; RCP = Respiratory compensation Point