

**Table S1.** Effect of 24TR on muscle fiber microvascularisation

		37Y				50Y			
		PRE		POST		PRE		POST	
CD (mm <sup>-2</sup> )		367	± 27	338	± 12	389	± 22	403	± 25
CAF	I	5.03	± 0.27	5.00	± 0.27	5.74	± 0.33	5.37	± 0.30
	IIA	4.14	± 0.41	4.04	± 0.32	4.21	± 0.52 §	3.59	± 0.49 §
C/Fi	I	2.03	± 0.15	2.02	± 0.13	2.35	± 0.14	2.17	± 0.14
	IIA	1.62	± 0.19 §	1.65	± 0.14	1.64	± 0.24 §	1.38	± 0.19 §
CFPE (nm <sup>-1</sup> )	I	7.21	± 0.46	6.94	± 0.19	8.05	± 0.55	7.95	± 0.49
	IIA	6.02	± 0.64 §	6.05	± 0.34	6.14	± 0.54 §	5.72	± 0.52 §

CD, capillary density; CAF, fiber-type specific capillary-to-fiber ratio; C/Fi, individual capillary-to-fiber ratio; CFPE, capillary-to-fiber perimeter. Data are means ± SE for groups 37Y and 50Y, either PRE or POST 24TR. §*P* < 0.05 vs. type-I fiber.