

Table S1. Shapiro-Wilk results of heart rate achieved in the cardiopulmonary exercise test and mathematical models.

Method	Contrast	p-value
HR at VT1	0.908	0.094
220 – age	0.943	0.353
209 – 0.85 × age	0.943	0.353
208 – 0.7 × age	0.943	0.353
Karvonen Formula	0.944	0.370

HR: Heart rate; VT1: Ventilatory threshold 1.

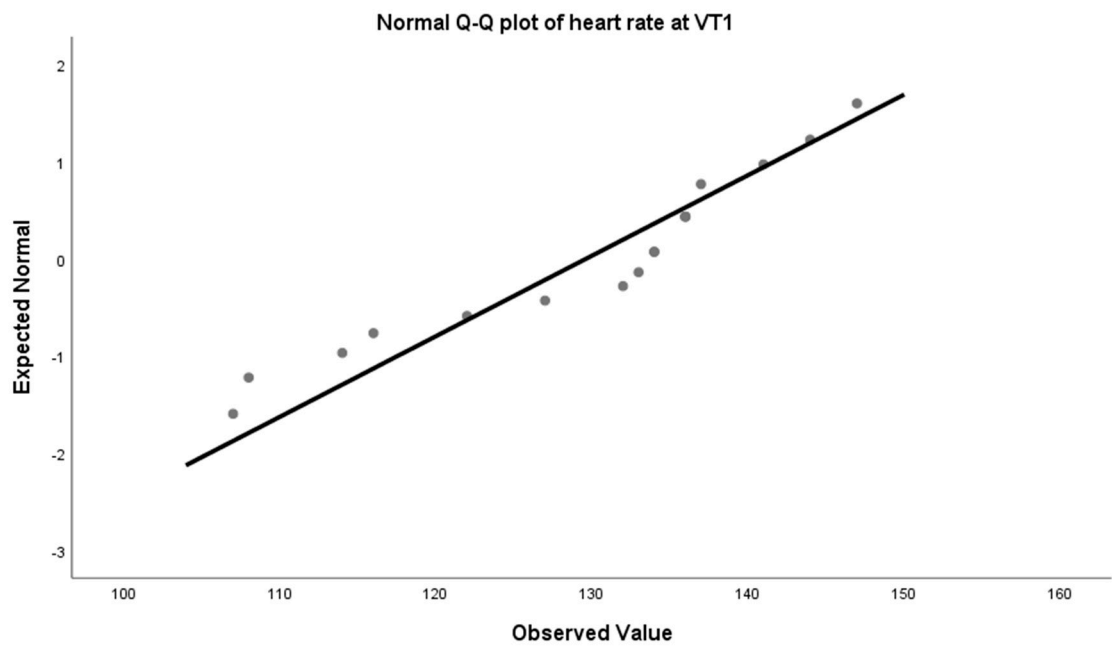


Figure S1. Normal Q-Q plot of heart rate at ventilatory threshold 1.

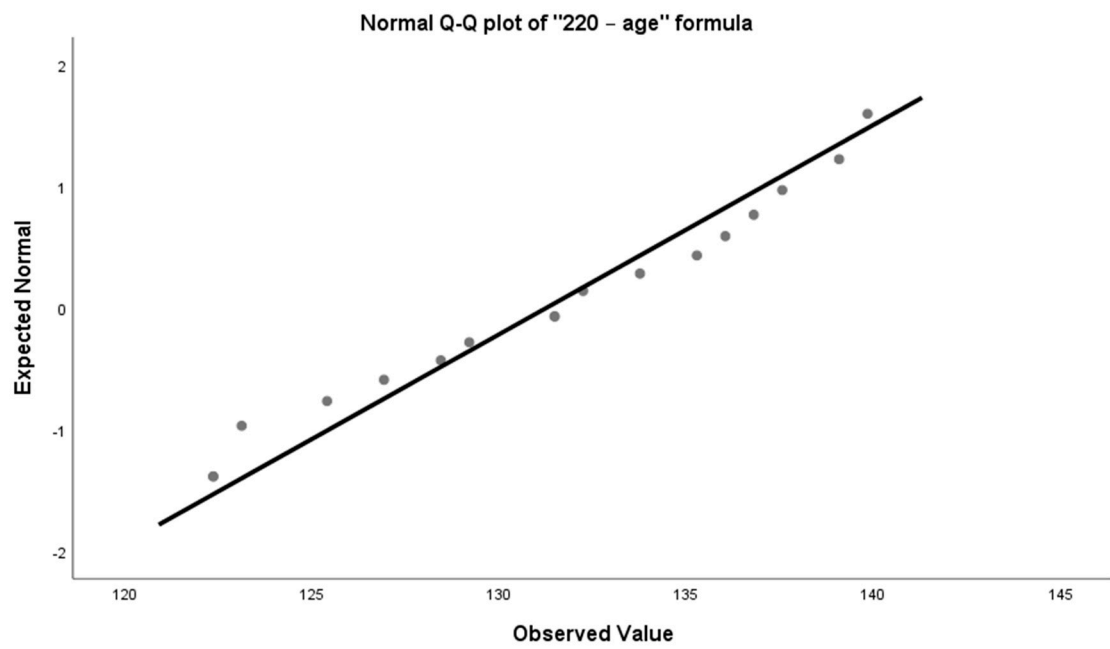


Figure S2. Normal Q-Q plot of "220 - age" formula.

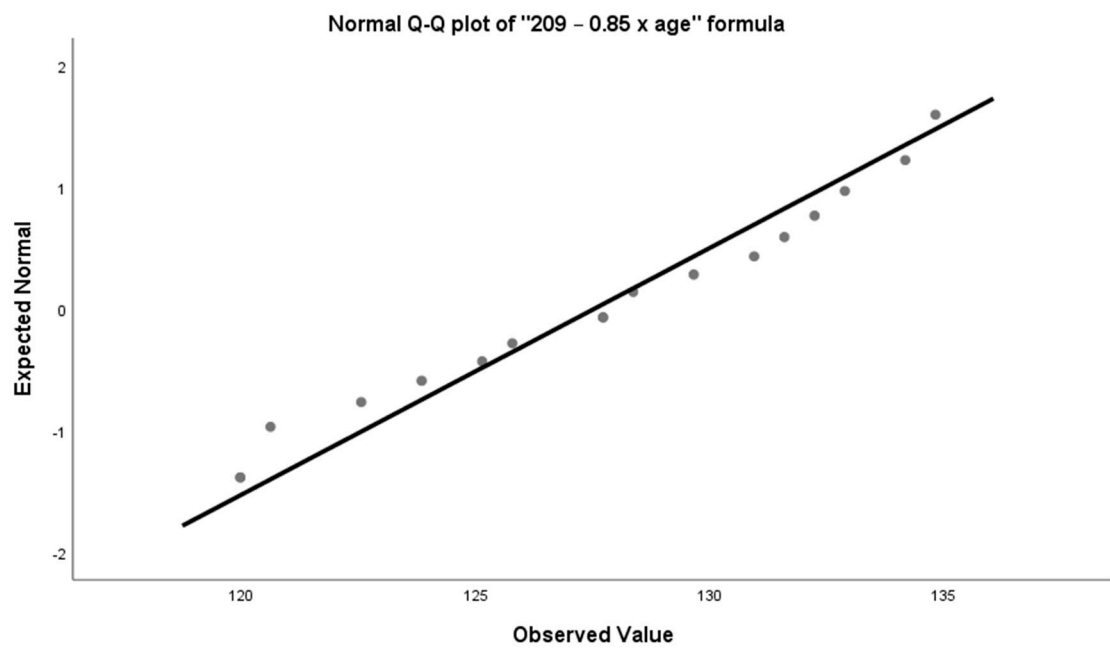


Figure S3. Normal Q-Q plot of "220 - age" formula.

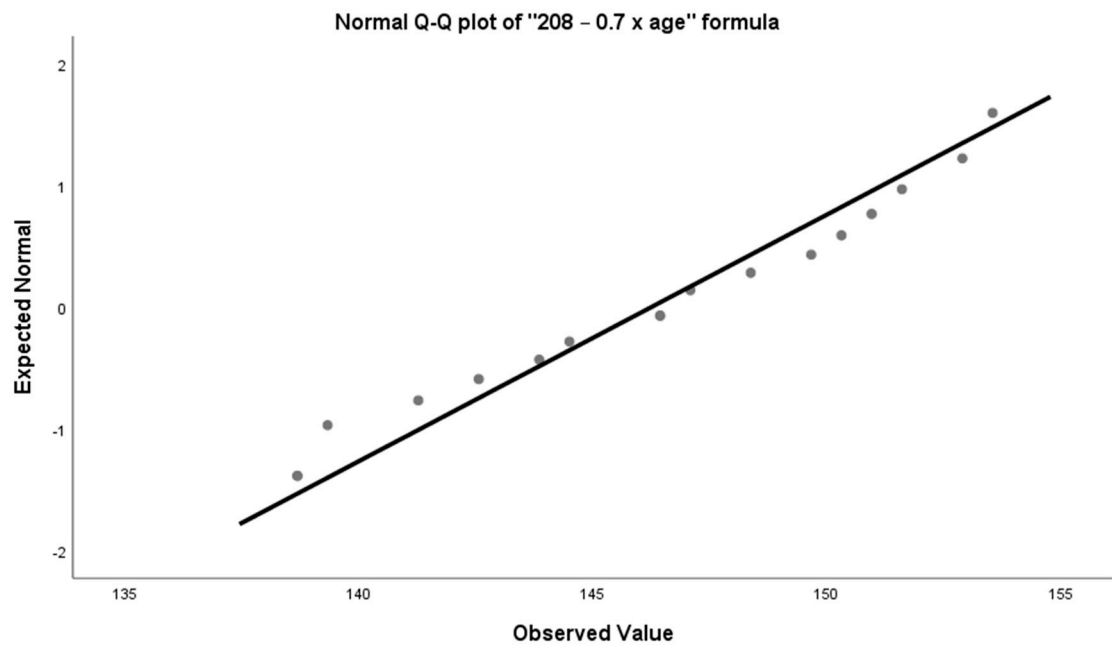


Figure S4. Normal Q-Q plot of "208 - 0.7 × age" formula.

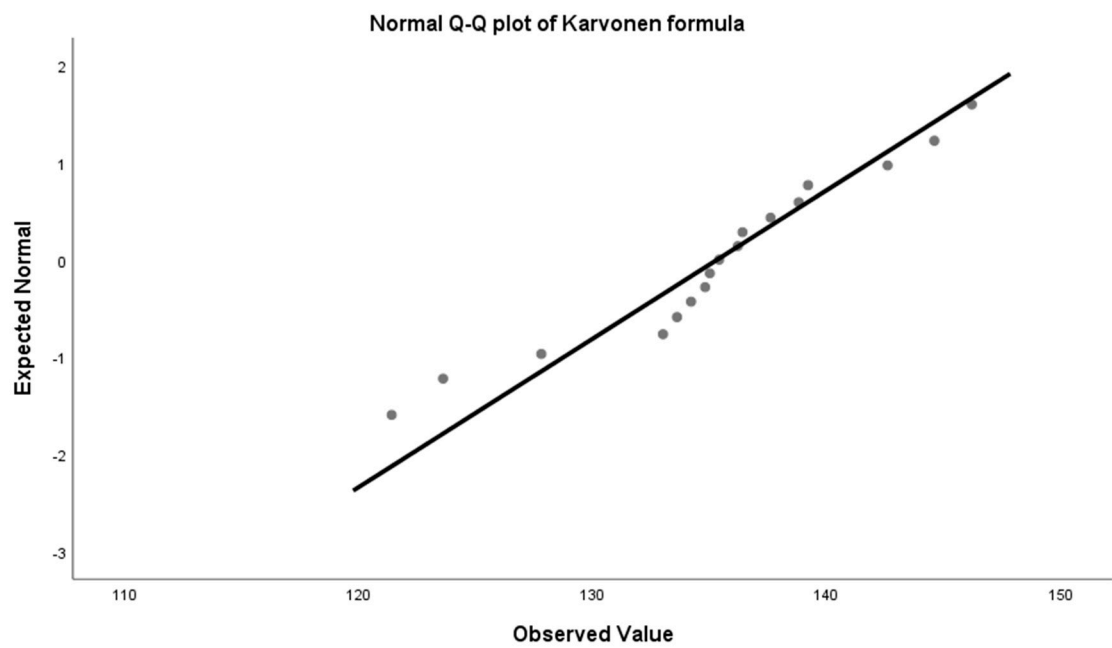


Figure S5. Normal Q-Q plot of Karvonen formula.