



## Metabolic Predictors of Cardiorespiratory Fitness Responsiveness to Continuous Endurance and High-Intensity Interval Training Programs: The TIMES Study - A Randomized Controlled Trial

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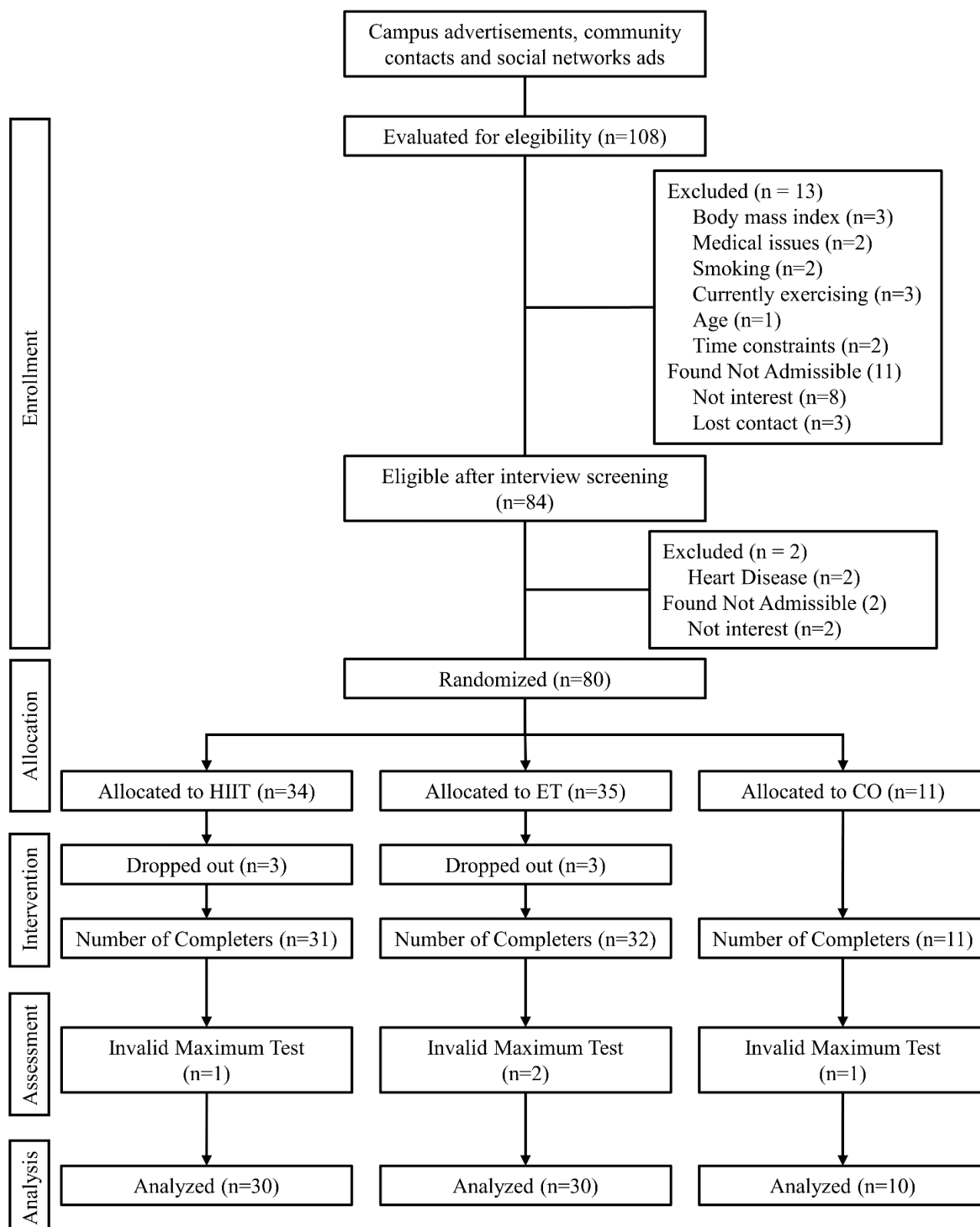
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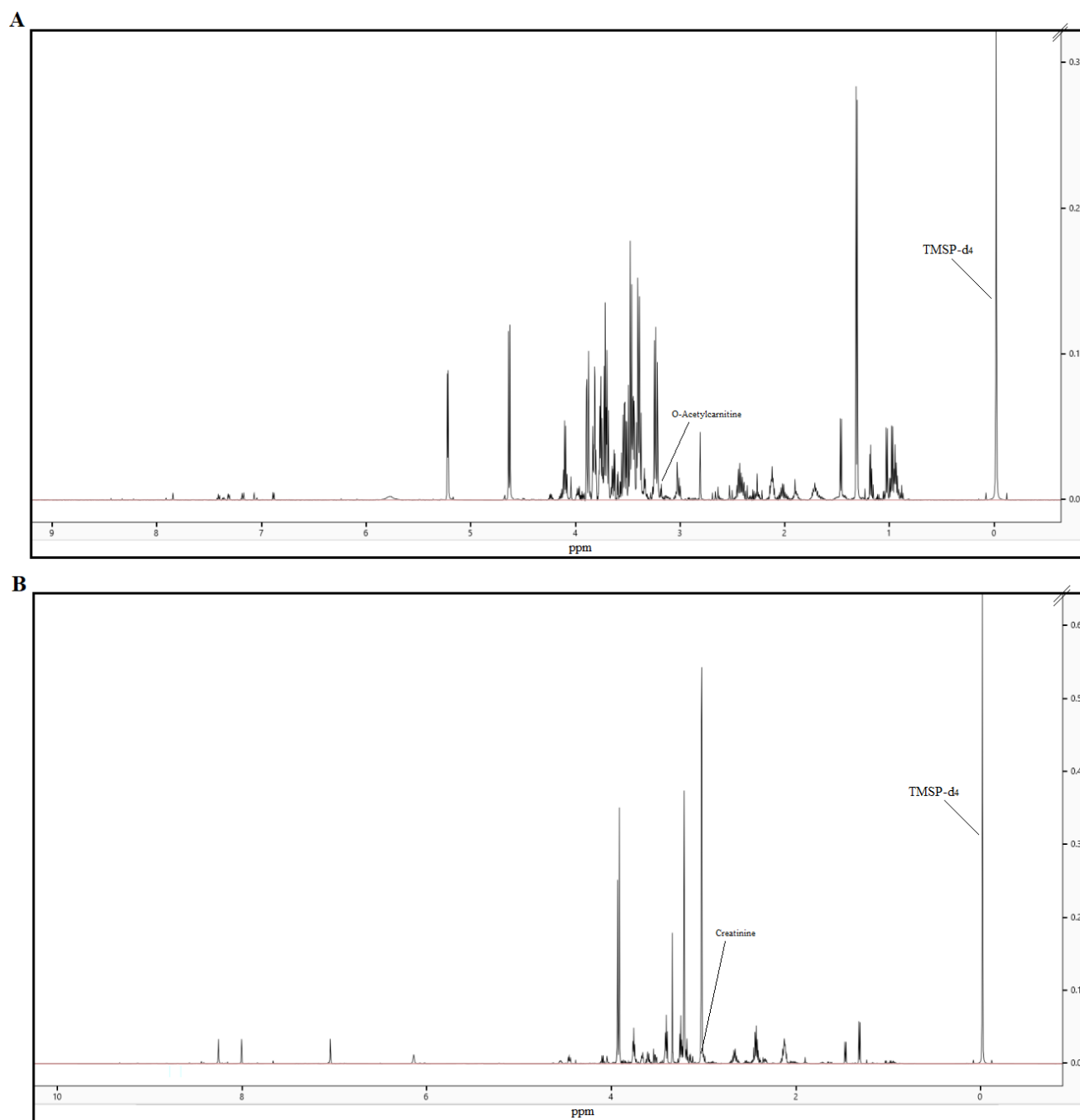
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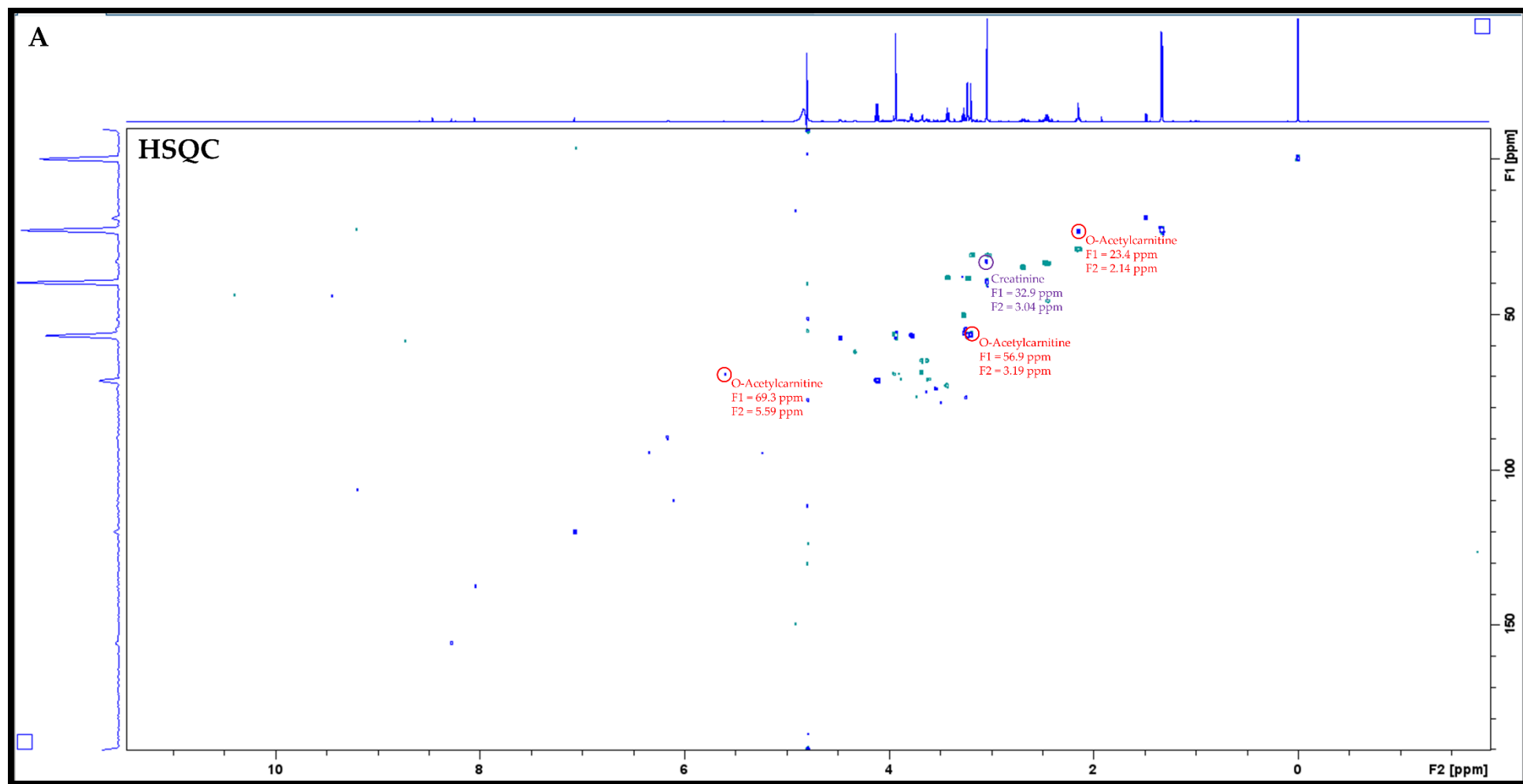
Supplementary Material

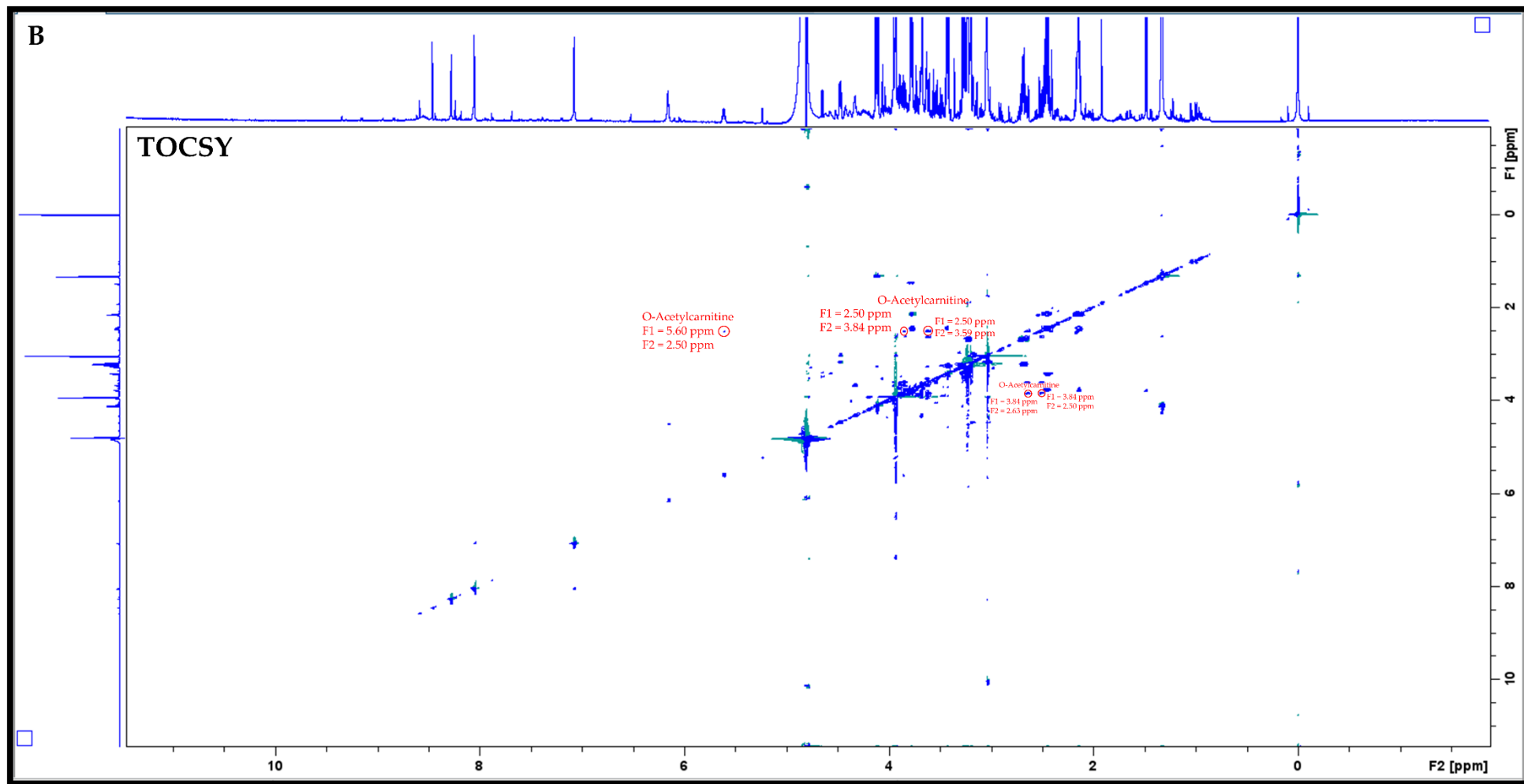


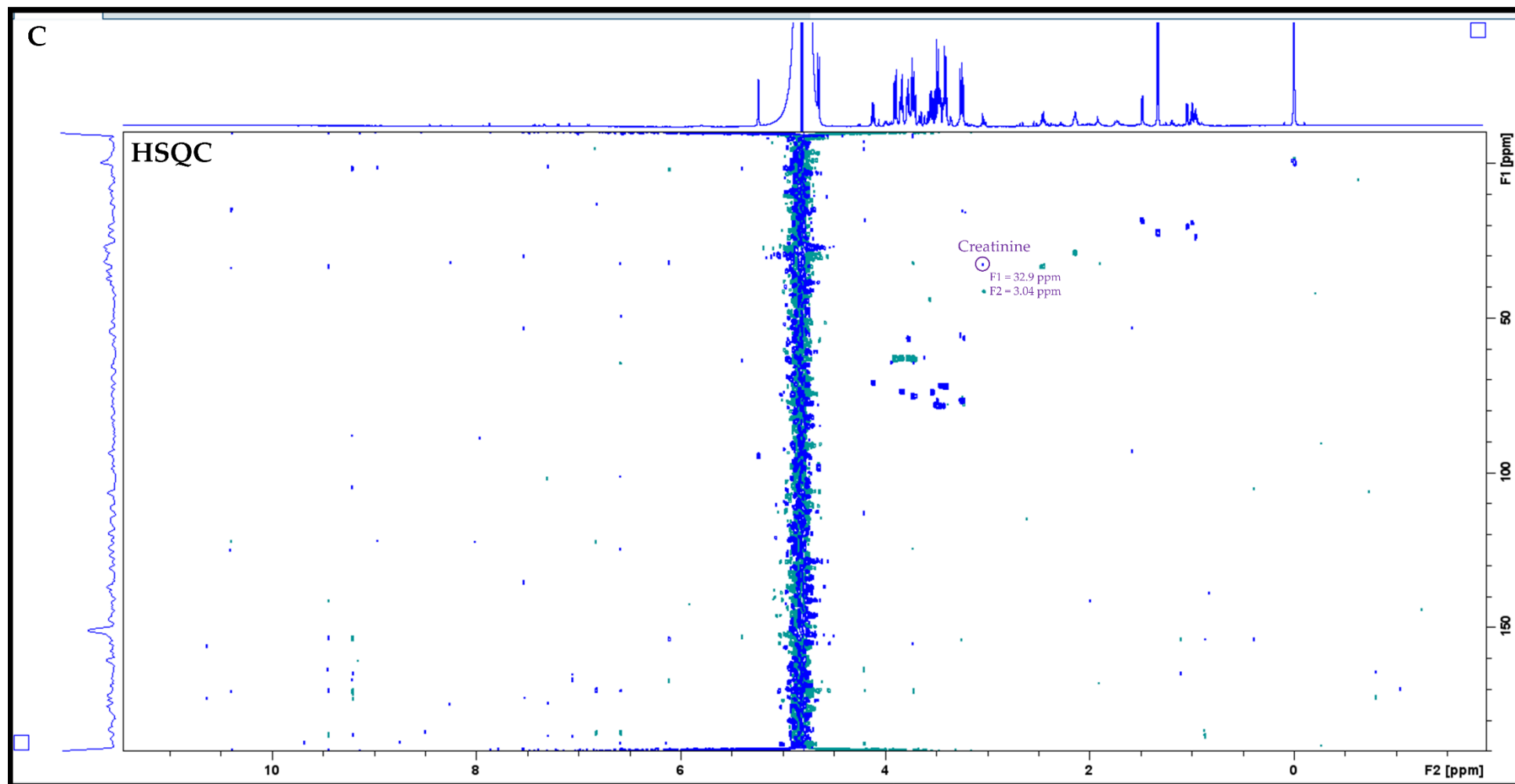
**Figure S1.** Flow diagram of participants in the TIMES study [10].



**Figure S2.**  $^1\text{H}$  NMR spectrum with the most relevant serum (A) and intramuscular (B) metabolites annotated, acquired at 14.1 T, 25 °C in  $\text{D}_2\text{O}$ . TMSP- $\text{d}_4$  was used as internal reference.







**Figure S3.** 2D Hetero Single Quantum Coherence (HSQC) experiment for skeletal muscle (**A**) and serum (**C**) samples and Total Correlation Spectroscopy (TOCSY) experiment for skeletal muscle sample (**B**) with the most relevant metabolites annotated. No correlation was noted for the serum creatinine and O-acetylcarnitine in the TOCSY experiment.