

miR	pre (log(2))	post (log(2))	fold change	p	FDR p
hsa-miR-5189-3p	9.16	0.8	-356.42	***	***
hsa-miR-2115-5p	7.54	0.65	-134.84	***	***
hsa-miR-6808-3p	6.13	0.73	-43.36	***	***
hsa-miR-6806-3p	4.77	0.63	-19.12	***	***
hsa-miR-4330	4.24	0.56	-16.64	***	***
hsa-miR-101-5p	4.1	0.65	-11.54	***	***
hsa-miR-4635	3.72	0.7	-10.8	***	***
hsa-miR-30e-3p	4.97	2.11	-10.49	***	***
hsa-miR-152-3p	6.71	4.44	-7.82	***	**
hsa-miR-199a-5p	4.66	2.12	-7.69	**	0.068
hsa-miR-499a-5p	3.63	1.64	-7.61	***	*
hsa-miR-18a-5p	5.67	3.74	-7.39	**	0.0808
hsa-miR-30a-3p	7.29	4.83	-7.15	***	***
hsa-miR-660-5p	3.6	1.23	-7.06	**	*
hsa-miR-29c-3p	3.14	1.29	-6.91	*	0.1392
hsa-miR-30e-5p	4.86	2.35	-6.87	***	**
hsa-miR-497-5p	3.12	1.12	-6.46	**	0.07
hsa-miR-128-3p	6.07	3.92	-6.36	***	**
hsa-miR-489-3p	4.5	2.73	-6.19	*	0.1814
hsa-miR-4663	2.83	0.79	-5.85	***	*
hsa-miR-199a-3p	7.62	5.42	-5.80	***	**
hsa-miR-199b-3p	7.62	5.42	-5.80	***	**
hsa-miR-192-5p	3.40	1.97	-5.36	**	*
hsa-miR-363-3p	4.15	2.115	-5.36	**	0.1016
hsa-miR-19b-3p	7.93	5.71	-5.33	***	**
hsa-miR-22-5p	3.53	1.90	-5.26	**	0.0654
hsa-miR-15a-5p	5.86	3.73	-5.12	***	*
hsa-miR-10a-5p	3.5	1.75	-4.93	**	*
hsa-miR-1	10.22	8.12	-4.91	***	***
hsa-miR-106b-5p	7.91	6.45	-4.77	*	0.1182
hsa-miR-3175	2.16	2.04	-4.74	0.9208	0.9764
hsa-miR-362-5p	3.75	2.68	-4.69	0.1397	0.5140
hsa-miR-27a-3p	8.21	6.22	-4.64	***	***
hsa-miR-4306	3.06	2.04	-4.57	0.1692	0.5486
hsa-miR-133a-5p	6.97	4.98	-4.54	***	***
hsa-miR-8089	3.13	4.99	4.60	***	*
hsa-miR-3188	2.75	4.48	4.62	**	*
hsa-miR-939-5p	1.76	3.67	4.65	***	**
hsa-miR-197-5p	3.75	5.725	4.85	***	**
hsa-miR-6124	3.57	5.475	4.92	***	*
hsa-miR-1229-5p	2.66	4.60	4.97	***	***
hsa-miR-7151-3p	1.05	3.3	5.08	***	***
hsa-miR-2110	2.77	4.72	5.57	**	*
hsa-miR-6848-5p	2.48	4.69	5.60	***	**
hsa-miR-6831-5p	4.78	6.53	5.64	**	0.0872

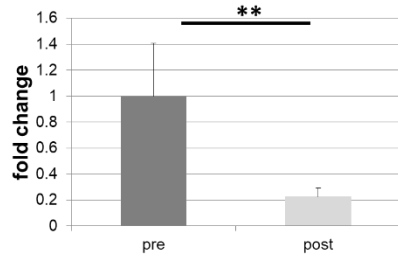
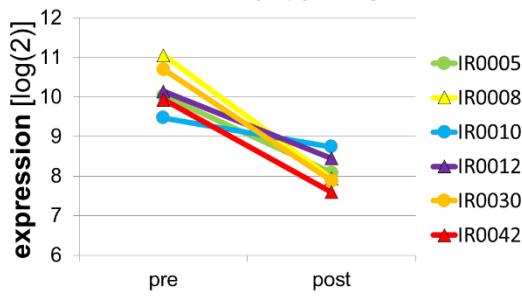
hsa-miR-7109-5p	3.60	5.70	5.66	**	*
hsa-miR-4667-5p	2.69	4.68	5.74	**	0.068
hsa-miR-7162-3p	1.53	3.93	6.15	***	*
hsa-miR-132-3p	1.86	4.25	6.46	***	**
hsa-miR-155-5p	0.97	3.605	7.32	***	***
hsa-miR-1226-5p	1.26	4.25	8.32	***	***
hsa-miR-7641	4.055	5.46	17.34	0.1420	0.5157
hsa-miR-6846-5p	1.53	6.12	24.37	***	***
hsa-miR-4743-5p	2.42	7.98	47.98	***	***
hsa-miR-4505	6.08	11.44	49.64	***	***

Suppl. Tab.1. miRs found to be regulated 4.5-fold or more in microarray analysis (n = 6). Values are log(2)-transformed data, as calculated by the program Transcriptome Analysis Console (TAC). P values and FDR (false discovery rate-corrected) p values are given for each miR. Differential expression of miRs labelled in red was subsequently verified by qPCR analysis. *: $p \leq 0.05$; **: $p \leq 0.01$; ***: $p \leq 0.001$.

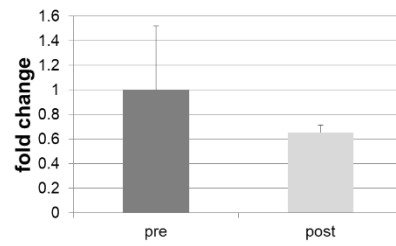
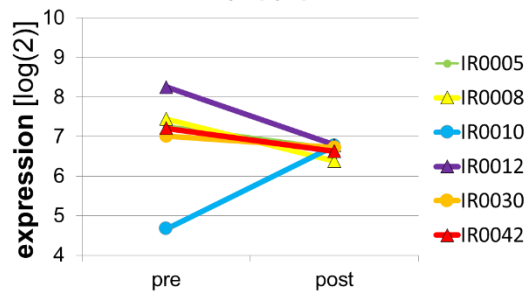
training #1	$\dot{V}O_{2max}$. T0 [mL/kgxmin]	$\dot{V}O_{2max}$. T1 [mL/kgxmin]	$\Delta\dot{V}O_{2max}$. T0/T1 [mL/kgxmin]	training #2	$\dot{V}O_{2max}$. T2 [mL/kgxmin]	$\Delta\dot{V}O_{2max}$. T0/T2 [mL/kgxmin]	$\Delta\dot{V}O_{2max}$. T1/T2 [mL/kgxmin]
all participants (n=29)	29.98 ±3.22	33.92 ±4.02	3.8 ±2.45	all participants (n=23)	34.89 ±4.1	4.98 ±3.08	0.91 ±2.78
HIIT-MICT (n=13)	30.84 ±2.74	36.07 ±2.61	5.23 ±1.69	HIIT-MICT (n=11)	36.2 ±3.55	4.81 ±3.04	-0.51 ±2.9
MICT-HIIT (n=16)	29.28 ±3.4	31.91 ±3.7	2.63 ±2.36	MICT-HIIT (n=12)	33.69 ±3.81	4.92 ±3.11	2.22 ±1.88

Suppl. Tab. 2. $\dot{V}O_{2max}$ data (means and standard deviations) of all subjects included in qPCR analysis. The first six weeks of training (training #1) were completed by n=29 female participants, the second block (training #2) only by n=23, due to COVID19-associated restrictions. “HIIT-MICT” corresponds to subjects randomized to starting with HIIT (training #1) and then switching to MICT (training #2), “MICT-HIIT” to the group that completed the training sessions in reverse order.

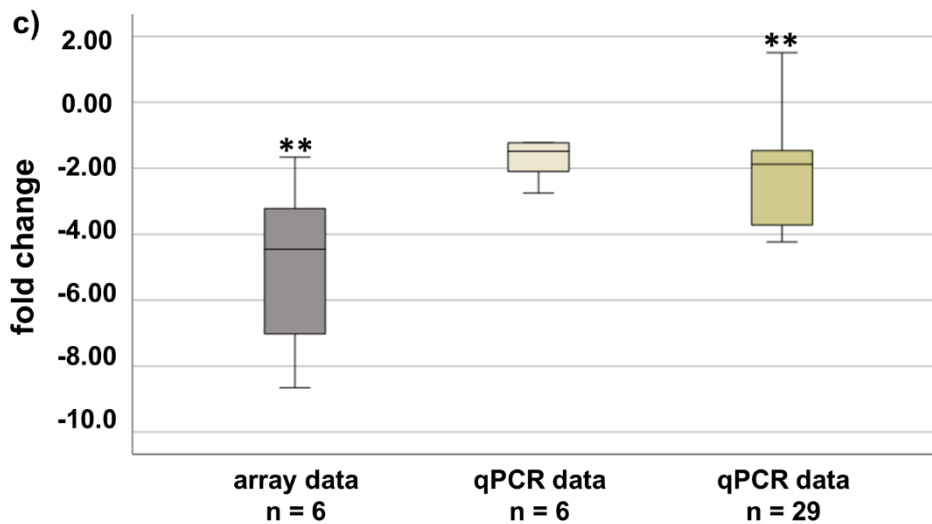
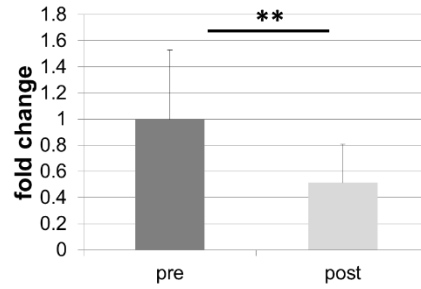
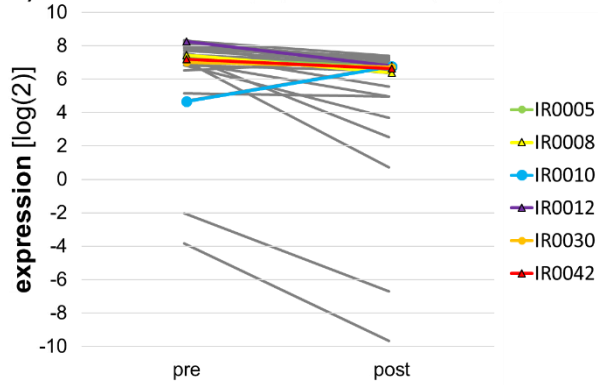
a) hsa-miR-1(-3p) array data



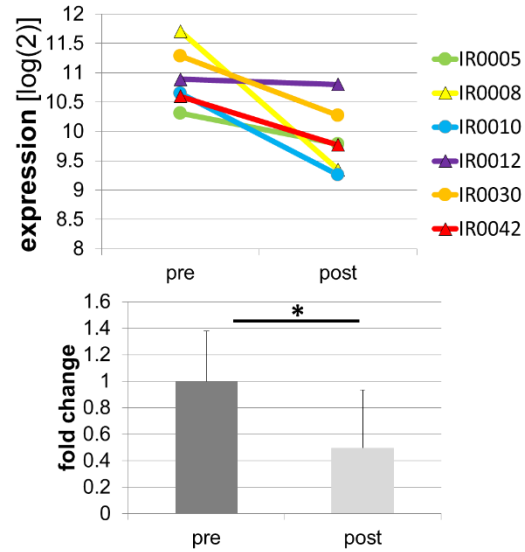
hsa-miR-1(-3p) qPCR data



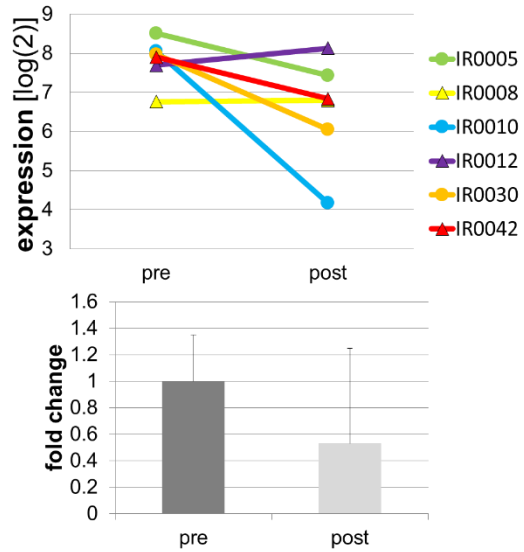
b) hsa-miR-1(-3p) qPCR data



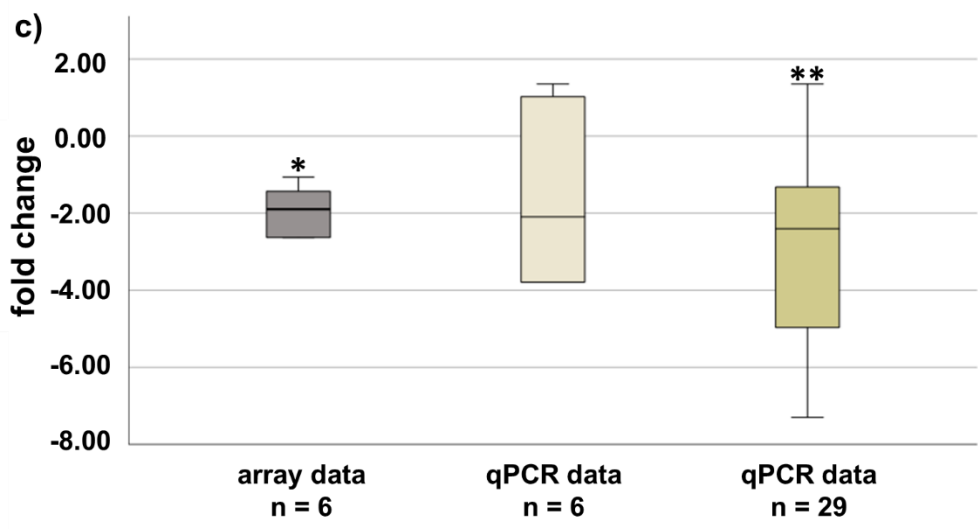
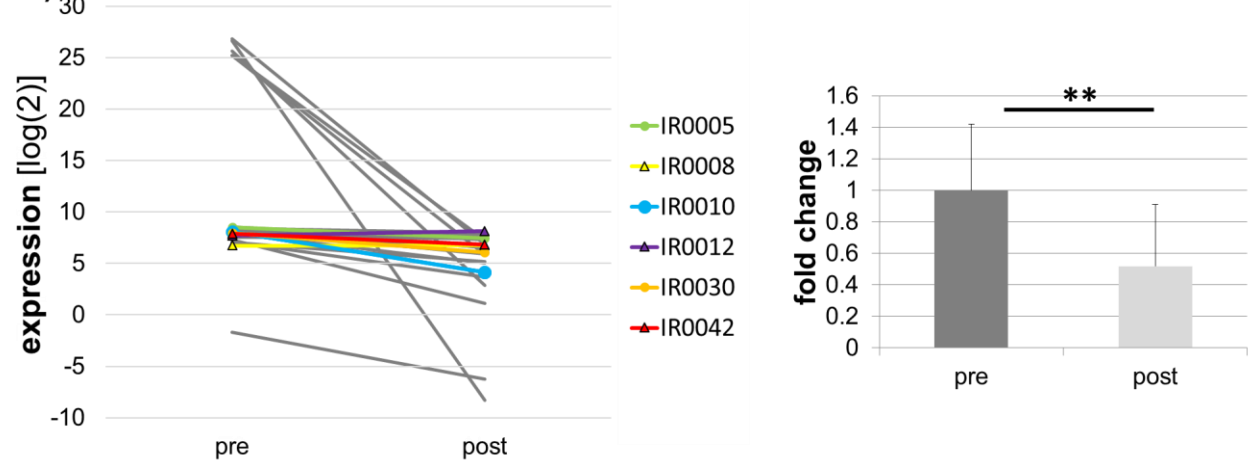
a) hsa-miR-133a-3p array data



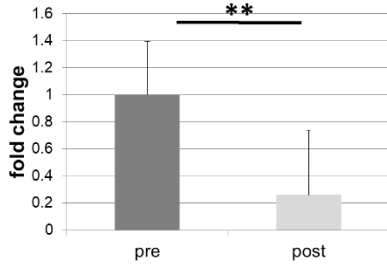
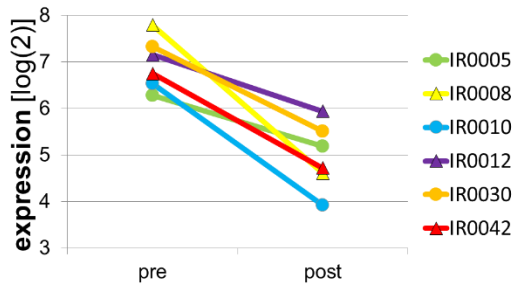
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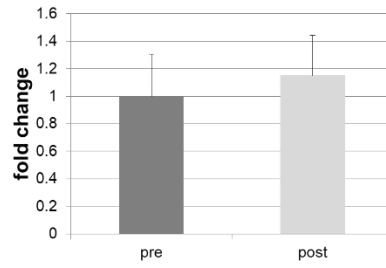
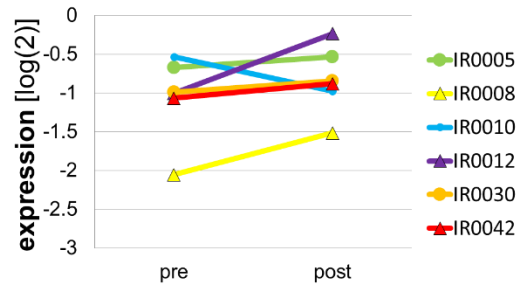
b) hsa-miR-133a-3p qPCR data



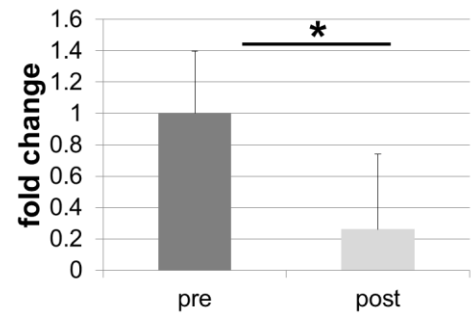
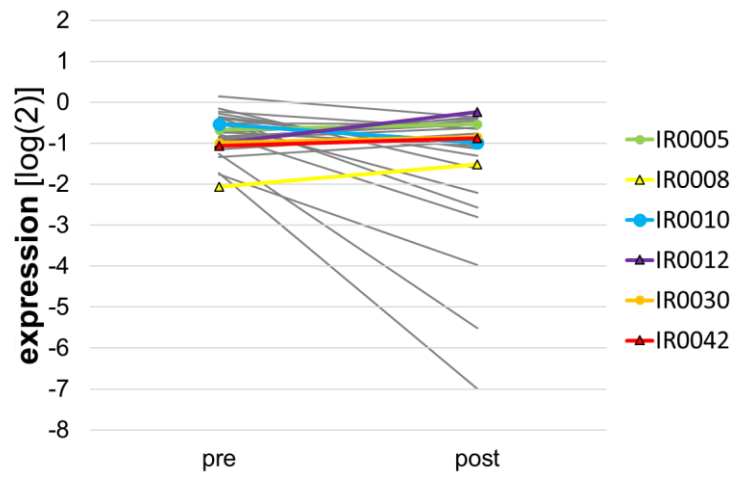
a) hsa-miR-133a-5p array data



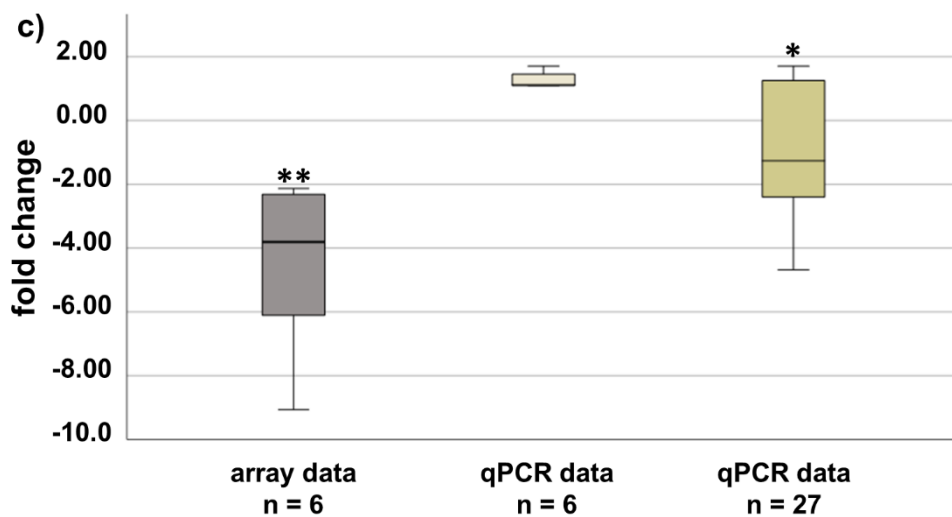
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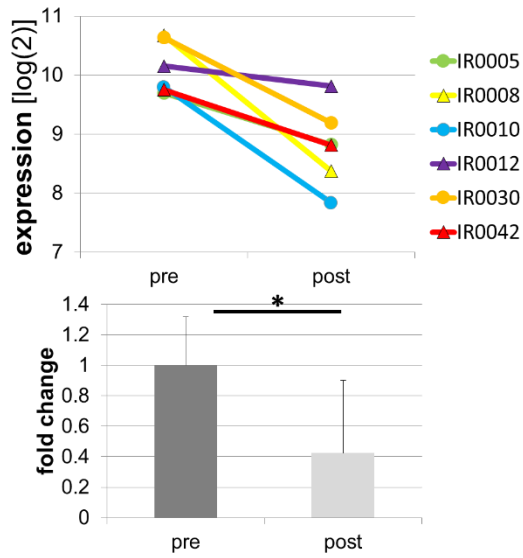
b) hsa-miR-133a-5p qPCR data



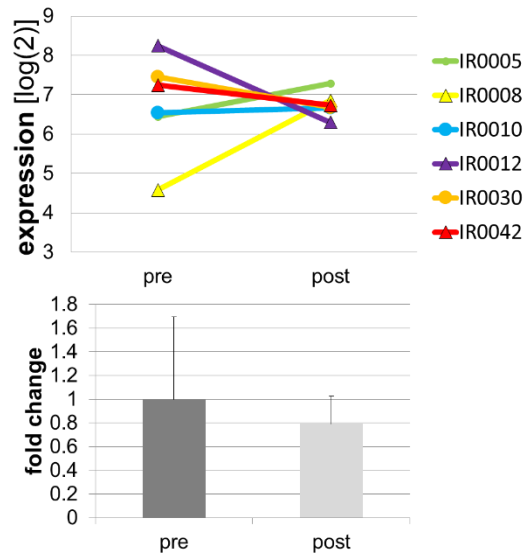
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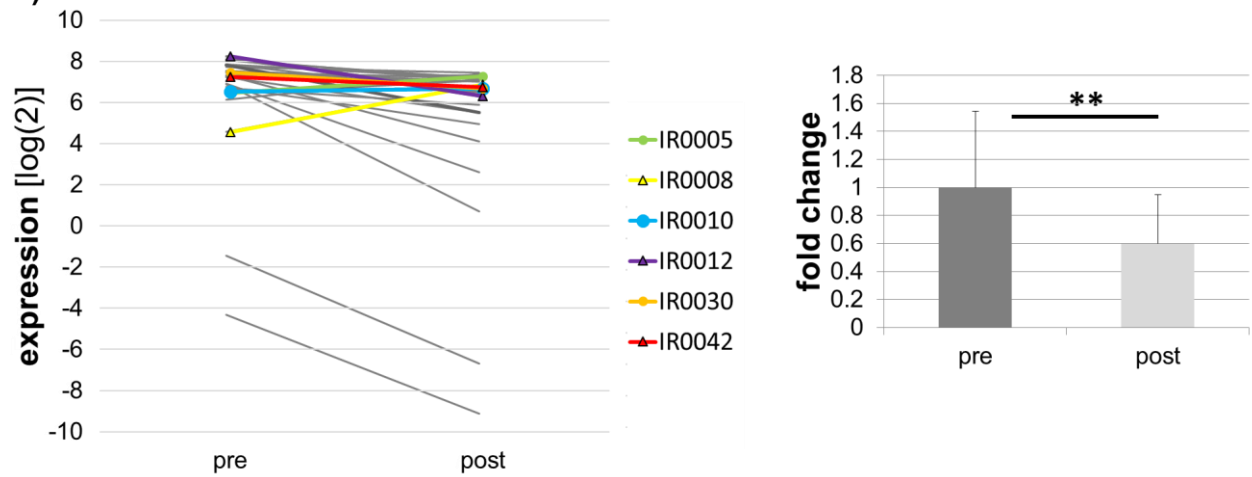
a) **hsa-miR-133b array data**



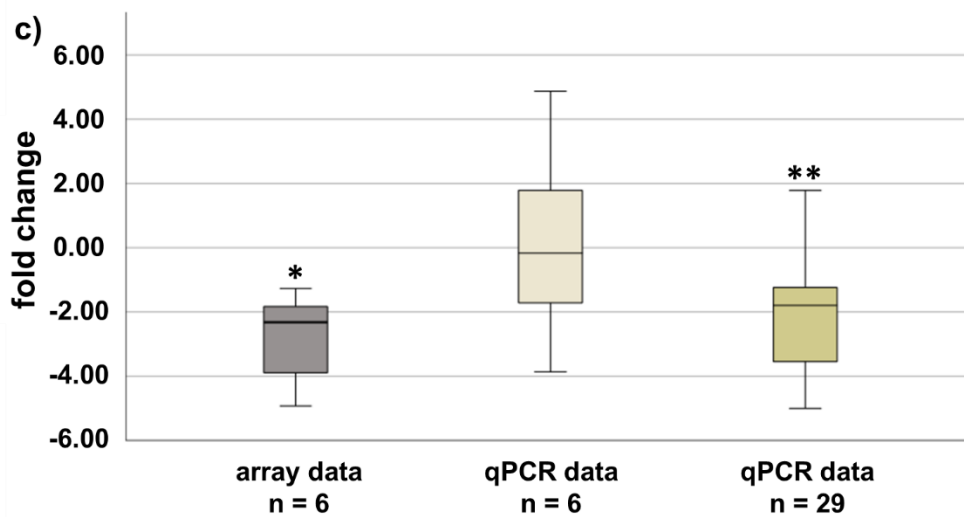
hsa-miR-133b qPCR data



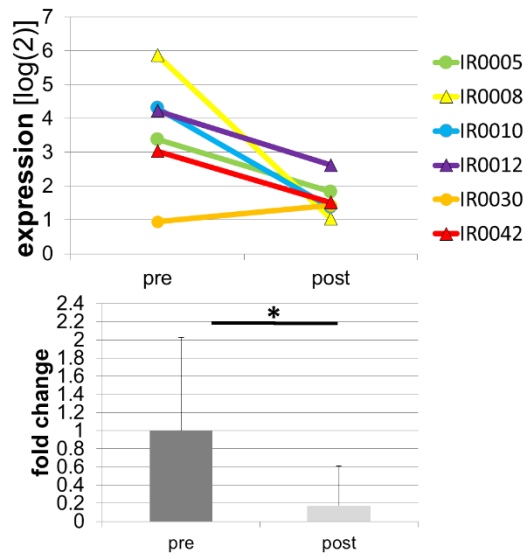
b) **hsa-miR-133b qPCR data**



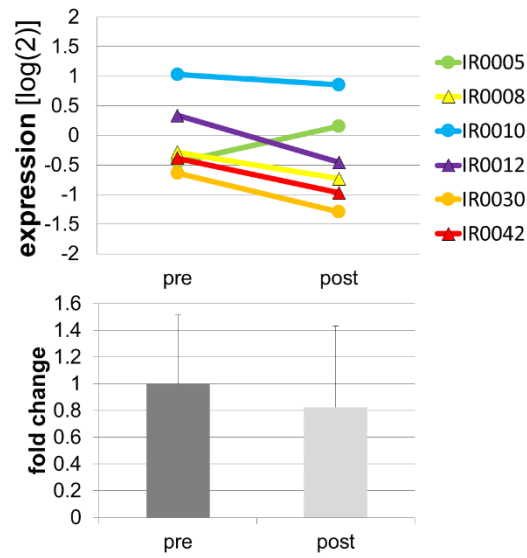
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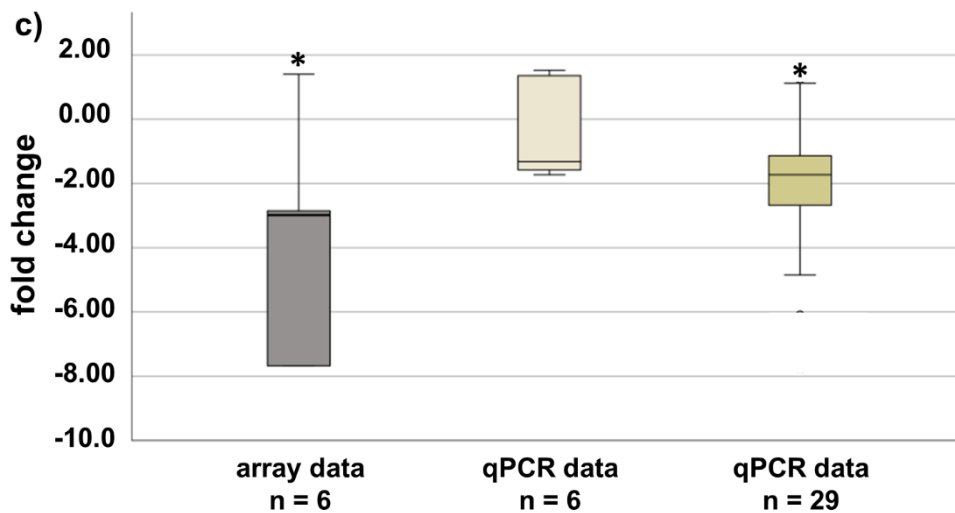
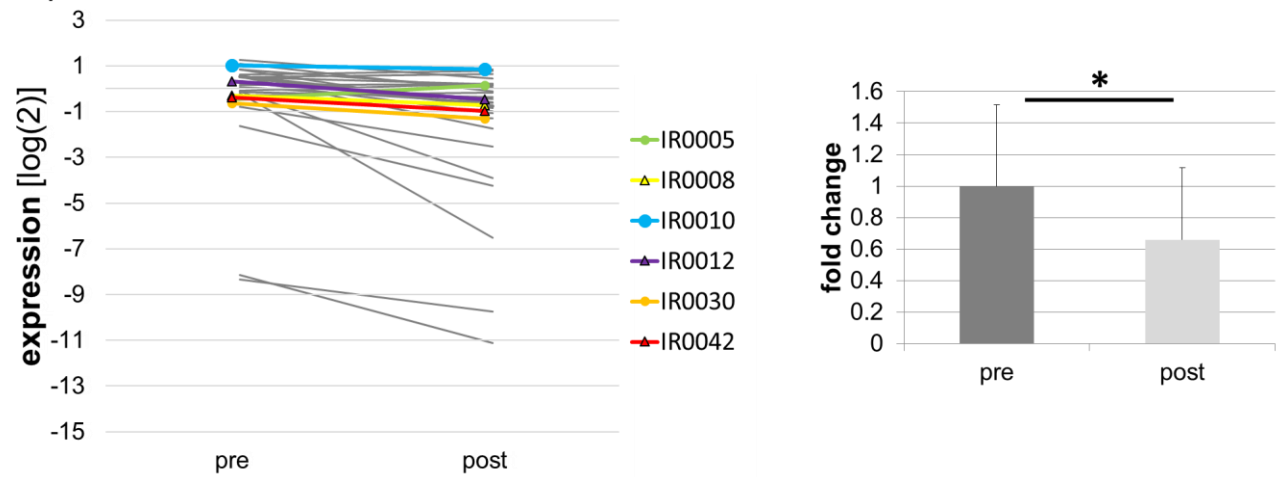
a) hsa-miR-499a-5p array data



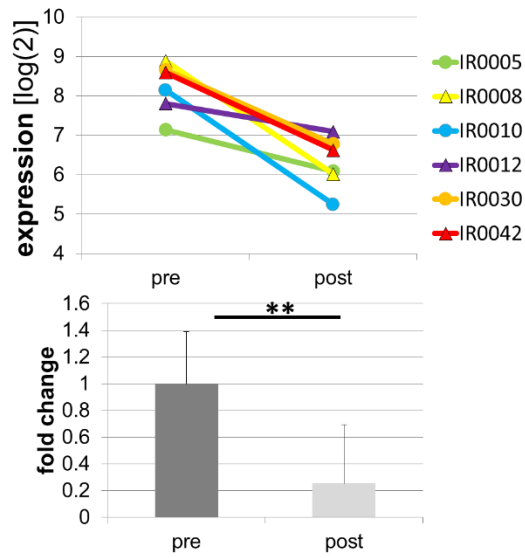
hsa-miR-499a-5p qPCR data



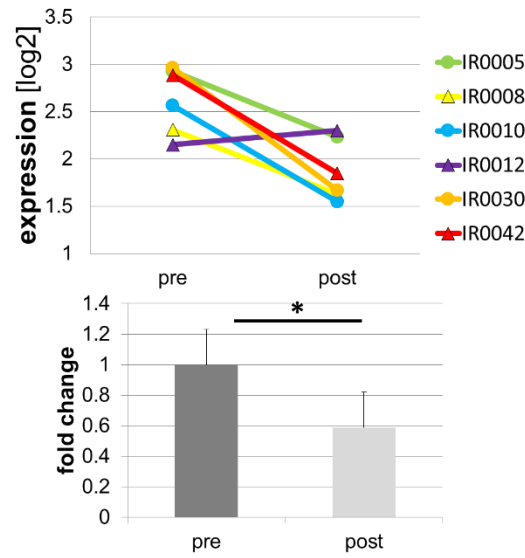
b) hsa-miR-499a-5p qPCR data



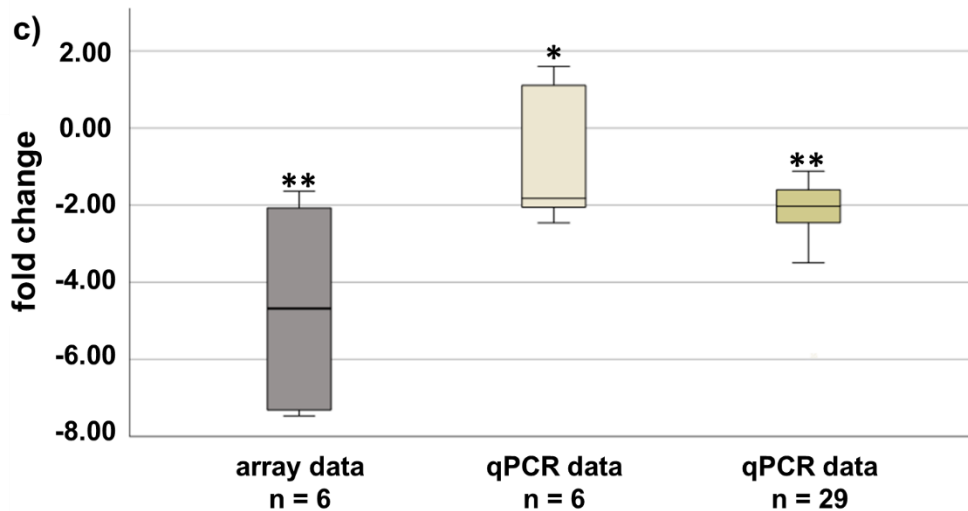
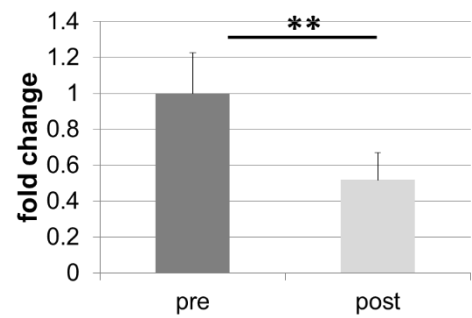
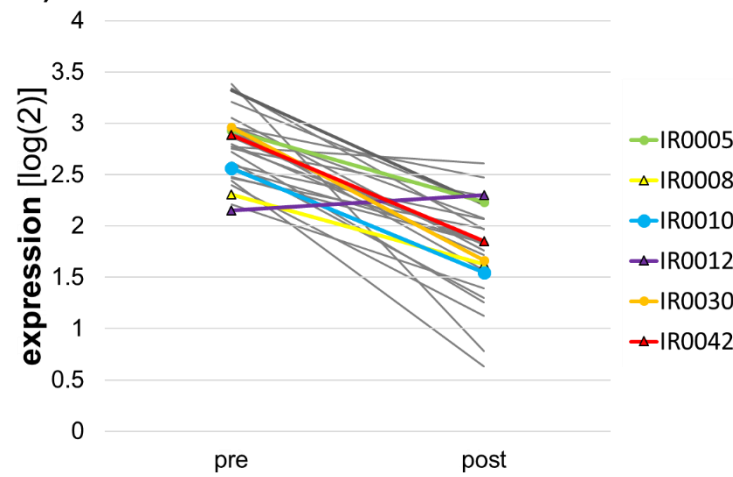
a) hsa-miR-27a-3p array data



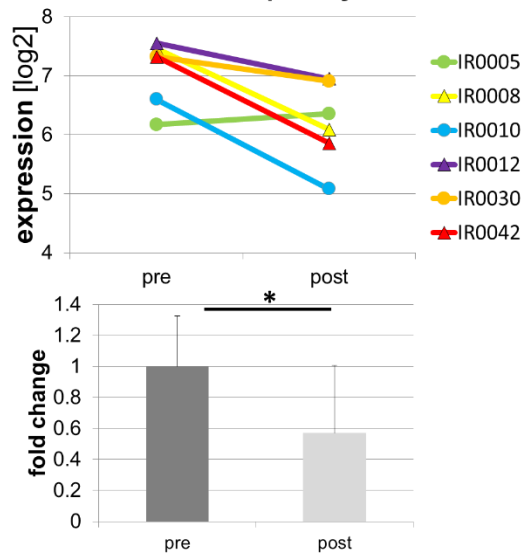
hsa-miR-27a-3p qPCR data



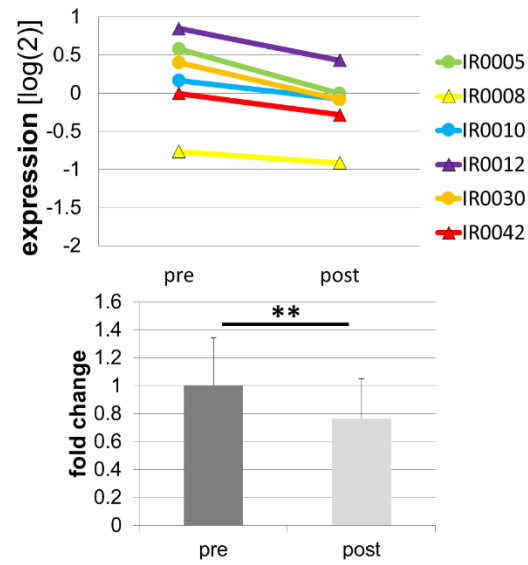
b) hsa-miR-27a-3p qPCR data



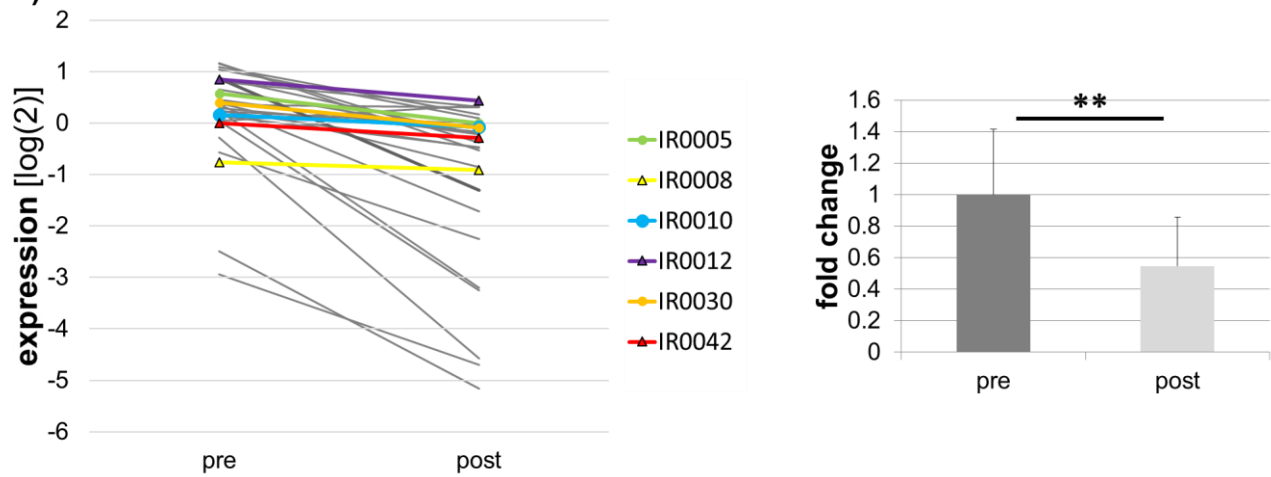
a) hsa-miR-378a-5p array data



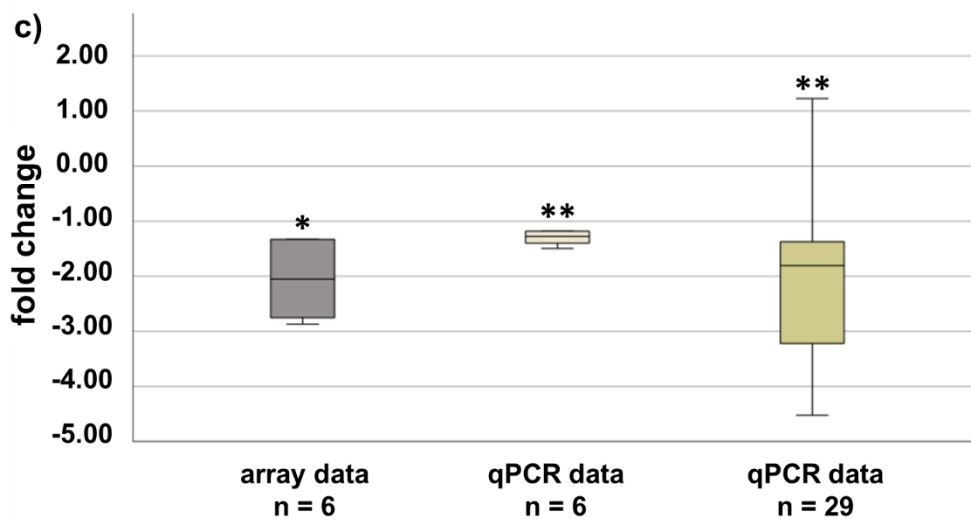
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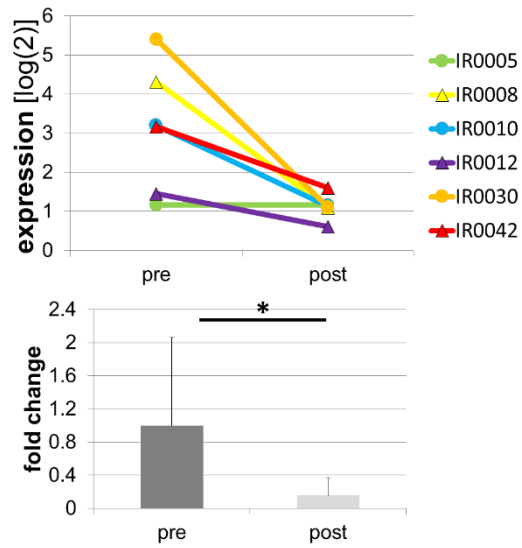
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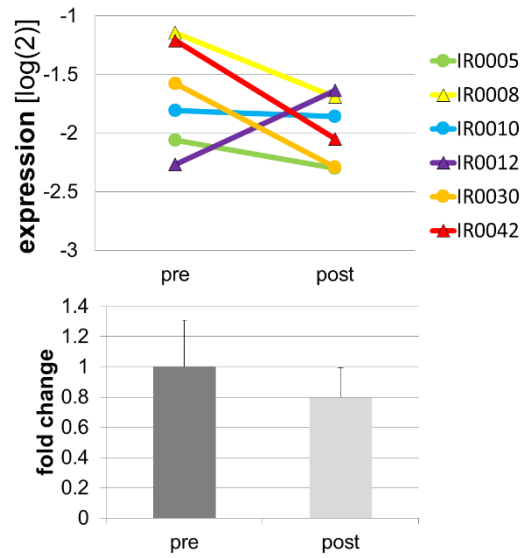
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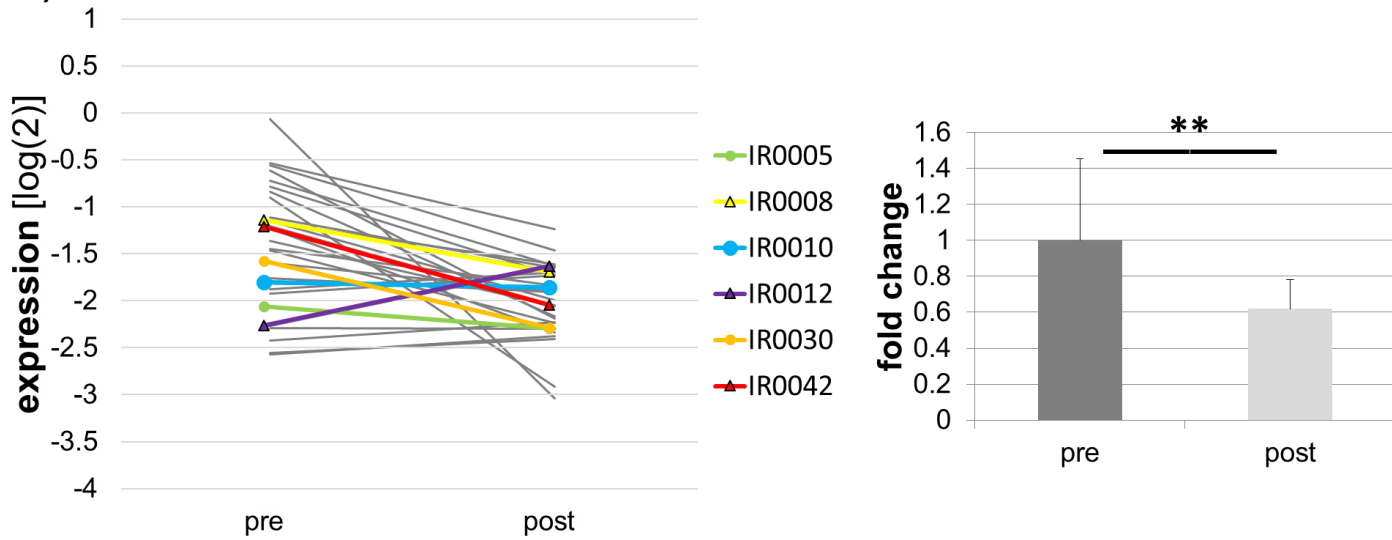
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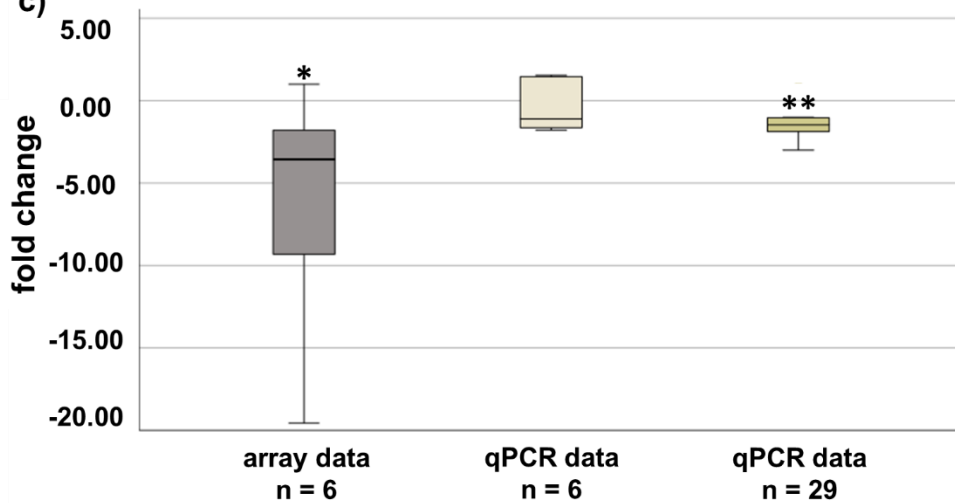
hsa-miR-497-5p qPCR data



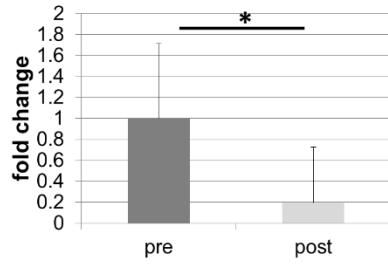
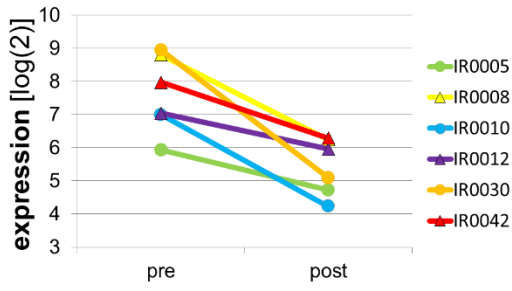
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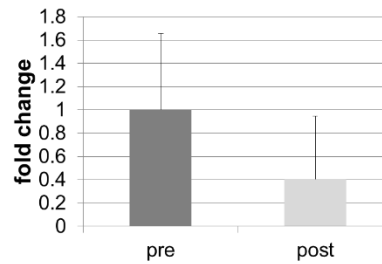
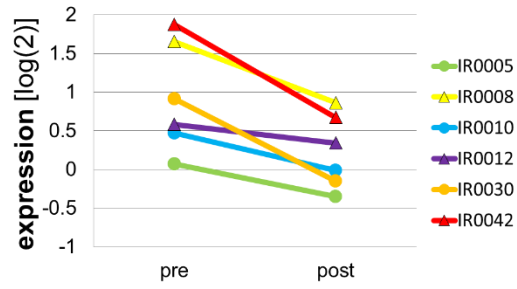
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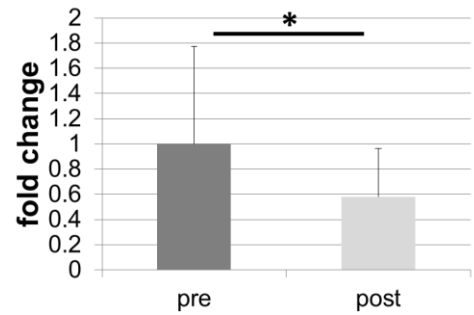
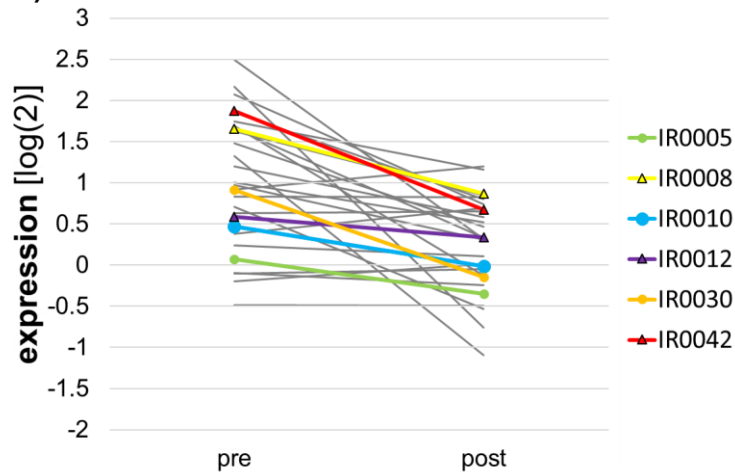
a) hsa-miR-199a-3p array data



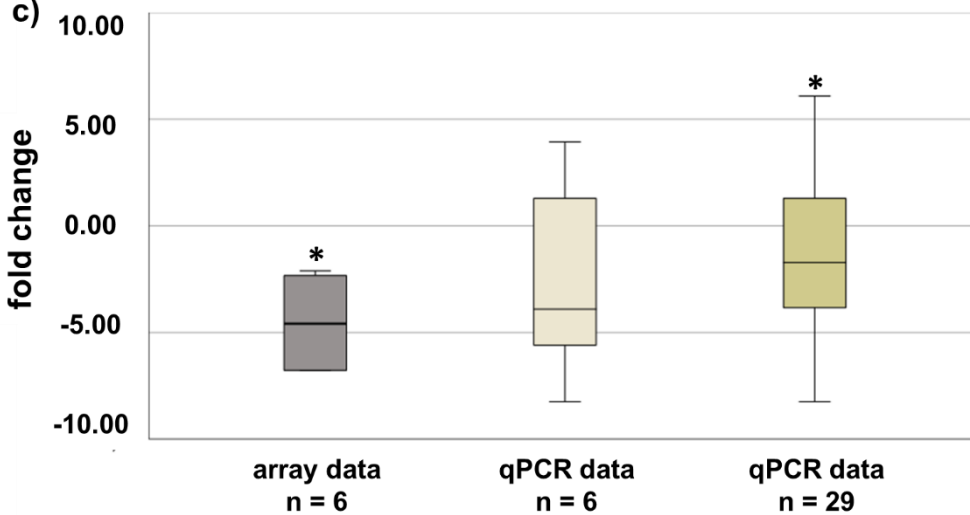
hsa-miR-199a-3p qPCR data



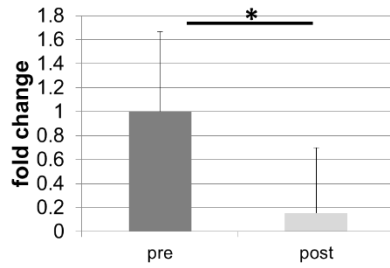
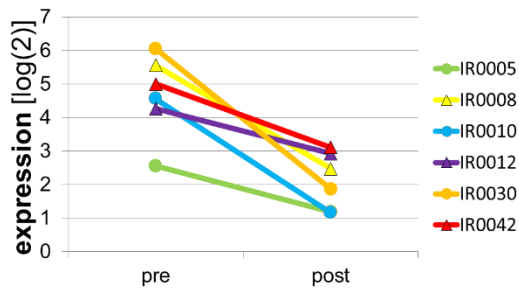
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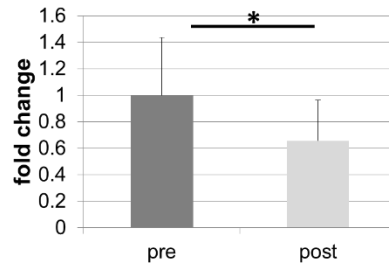
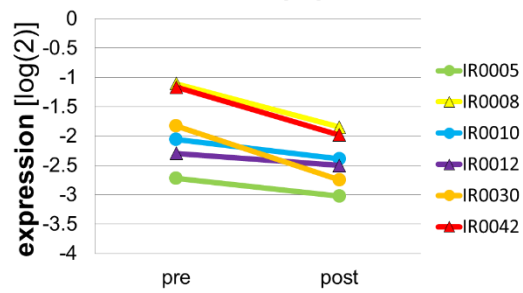
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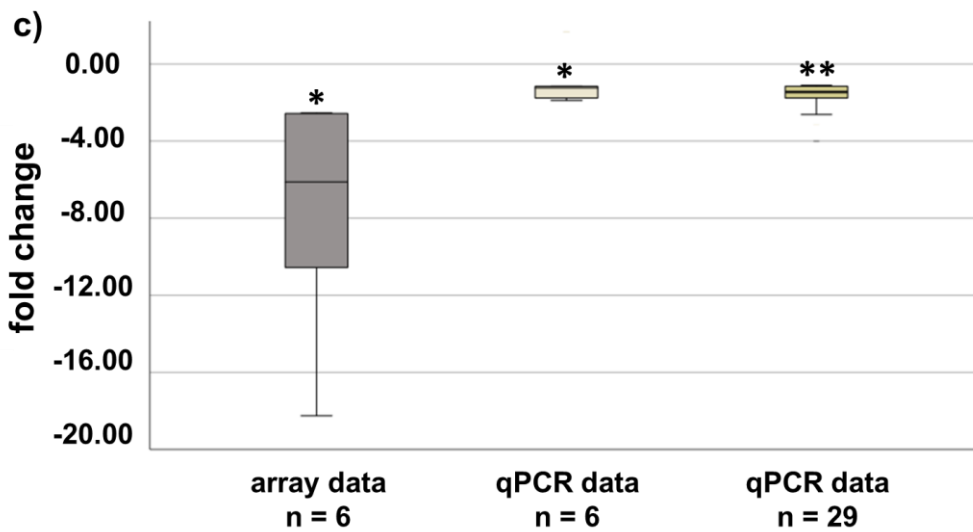
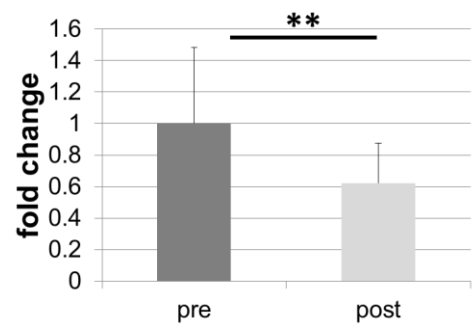
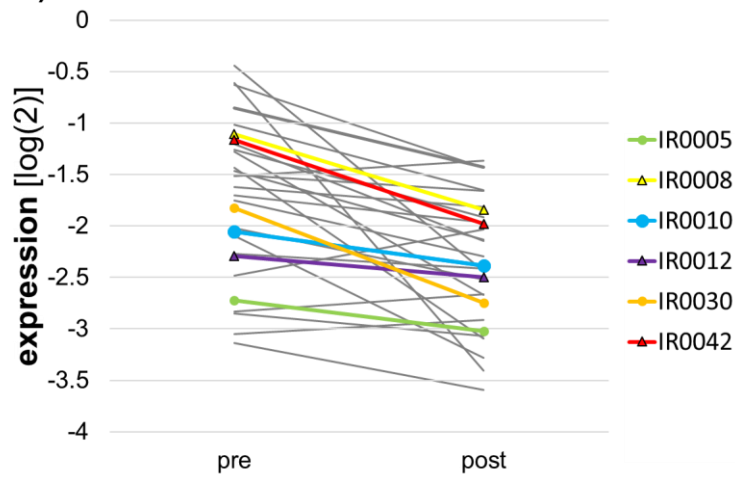
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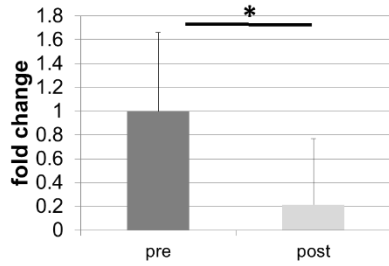
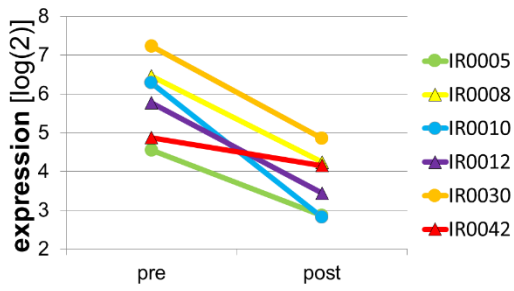
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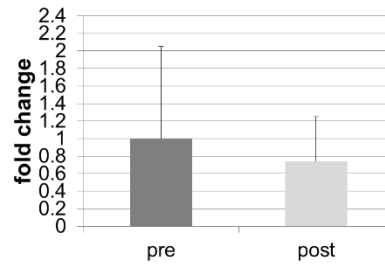
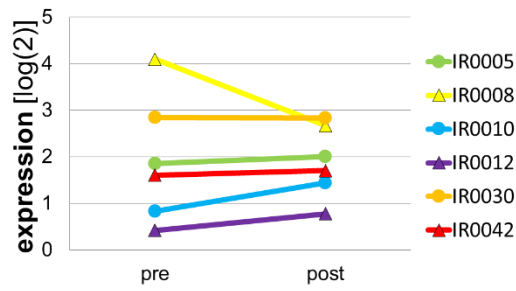
b) hsa-miR-199a-5p qPCR data



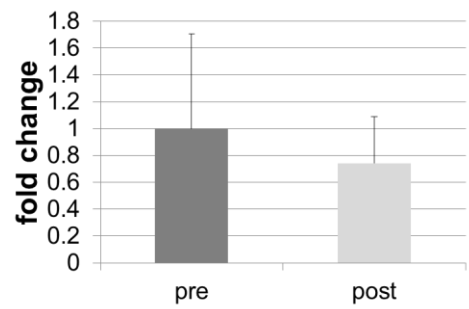
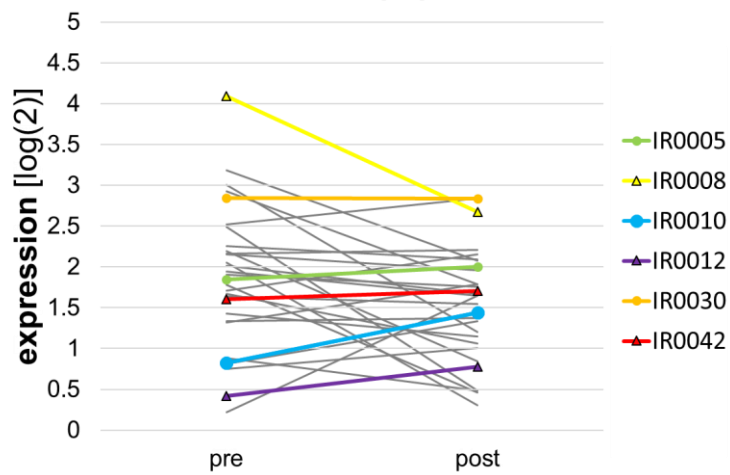
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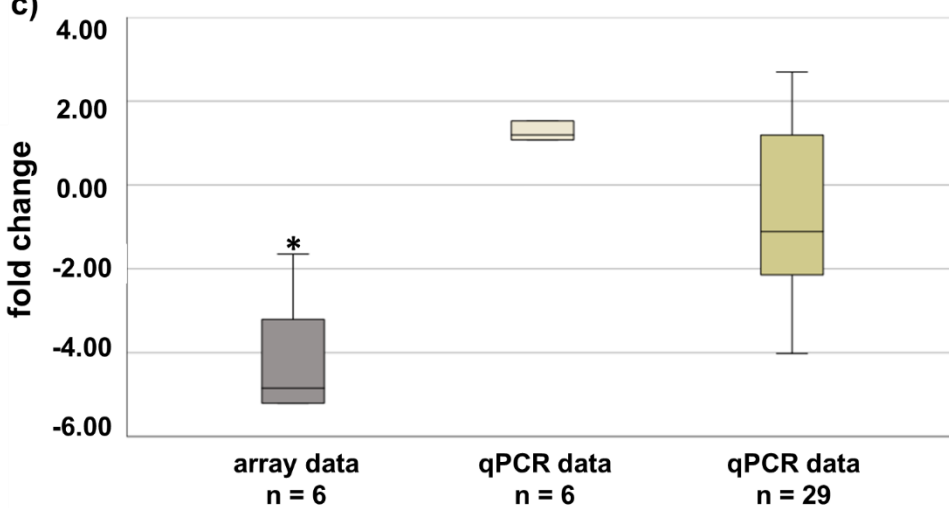
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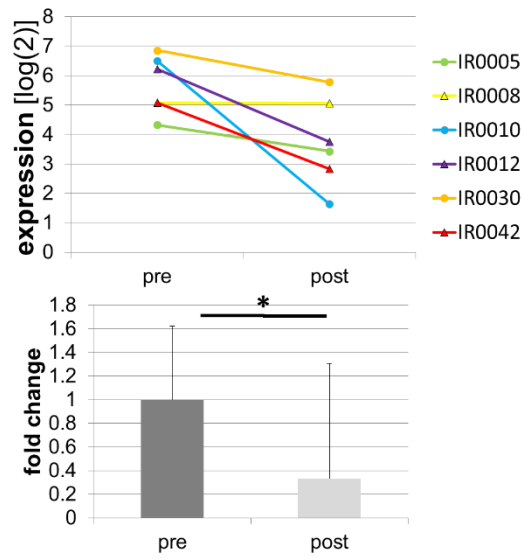
b) hsa-miR-15a-5p qPCR data



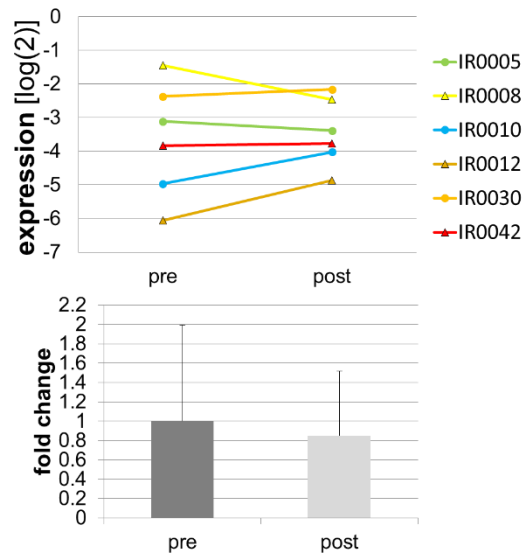
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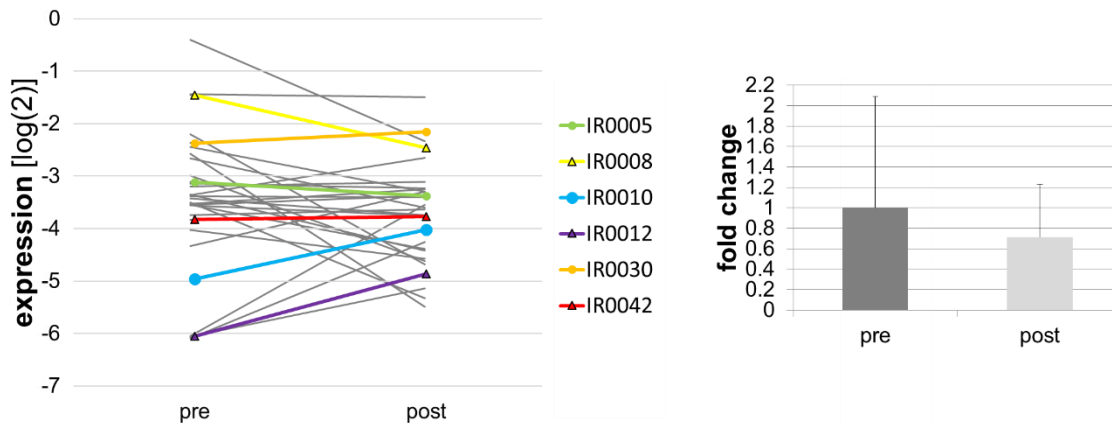
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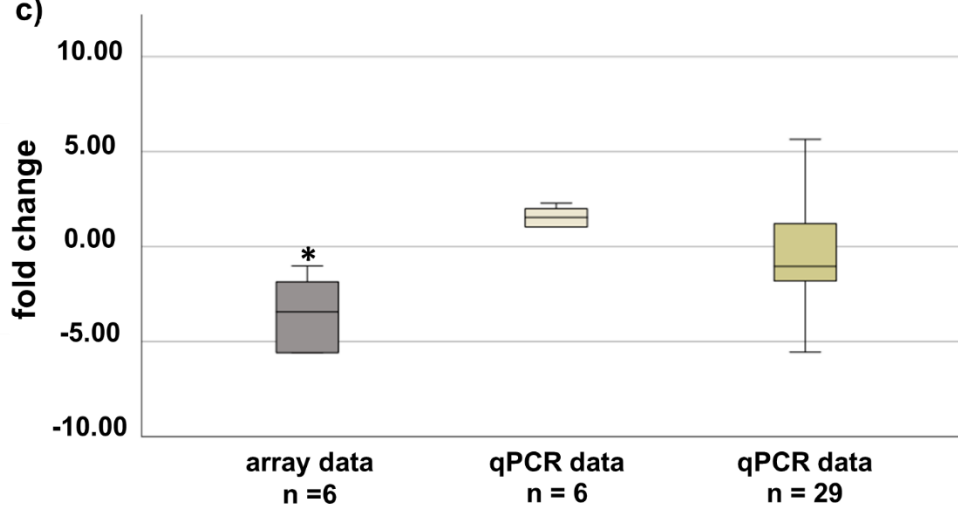
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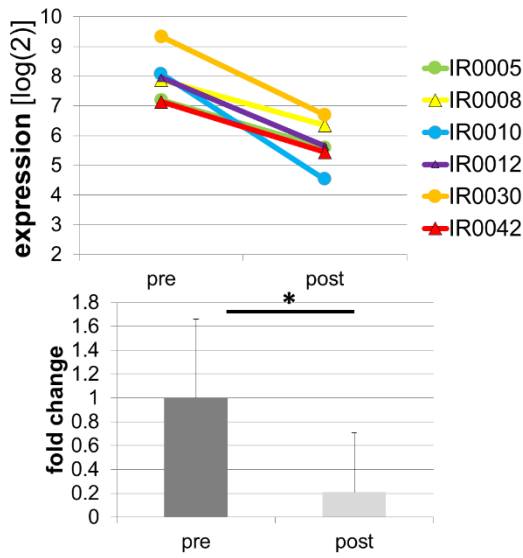
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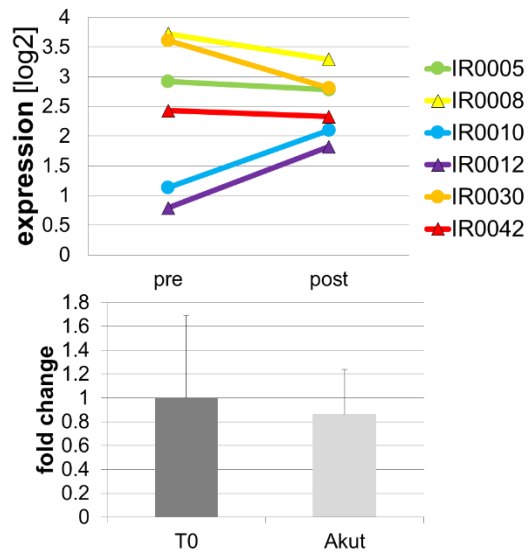
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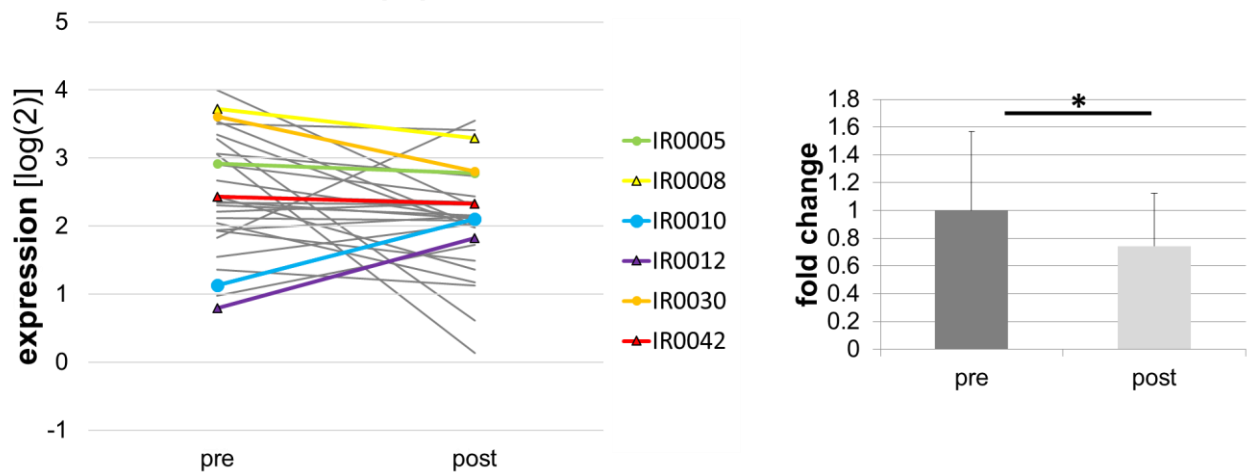
a) hsa-miR-19b-3p array data



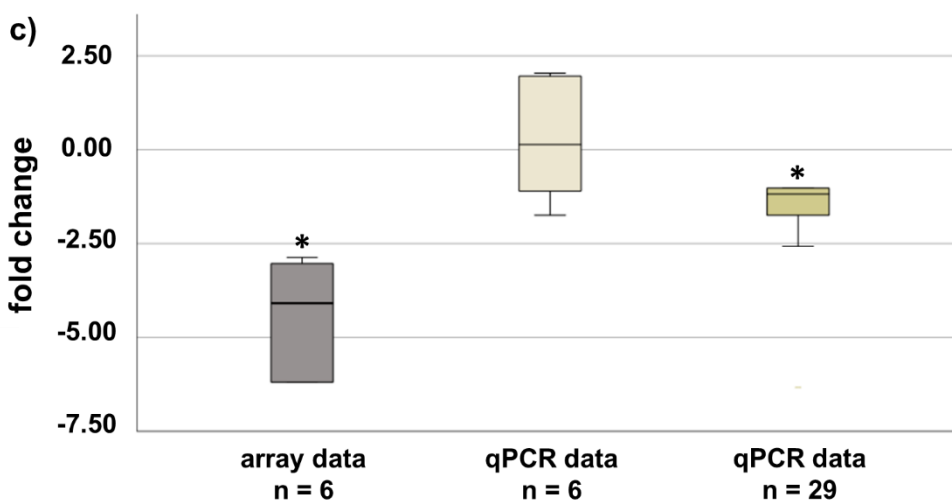
hsa-miR-19b-3p qPCR data



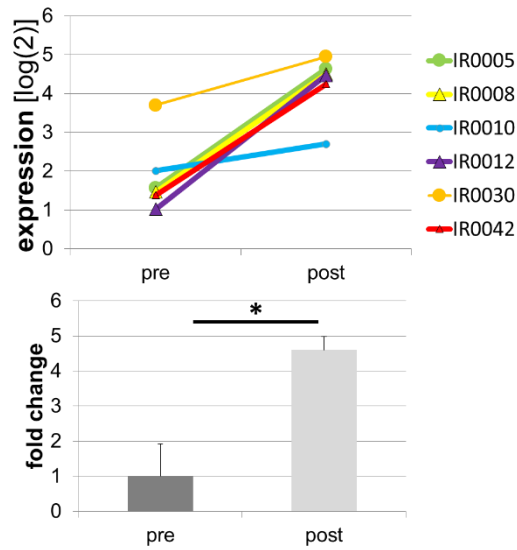
b) hsa-miR-19b-3p qPCR data



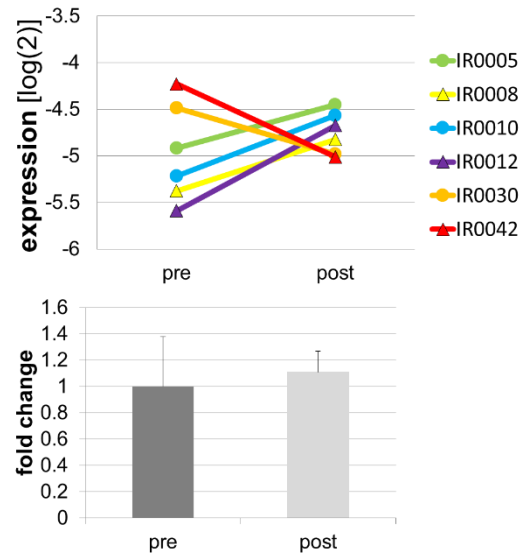
c)



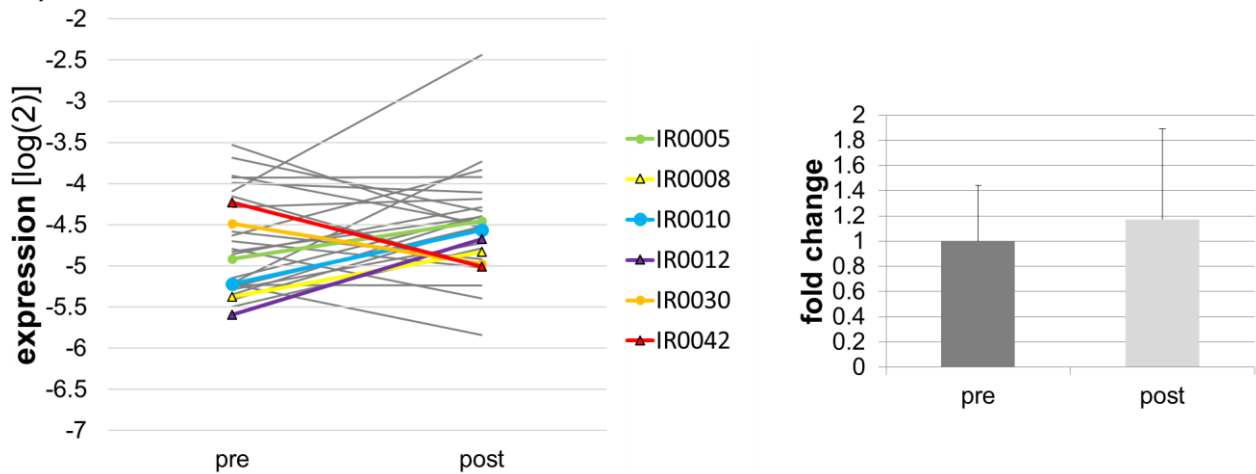
a) hsa-miR-132-3p array data



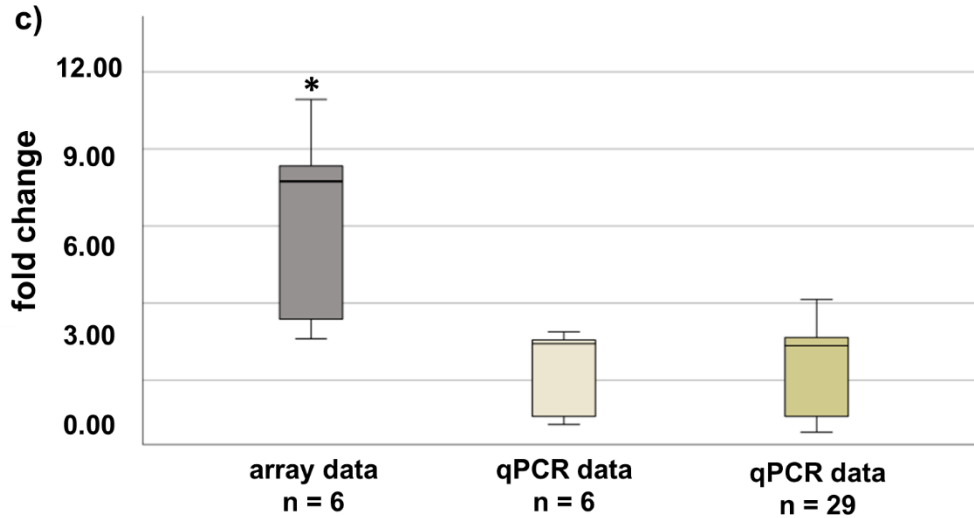
hsa-miR-132-3p qPCR data



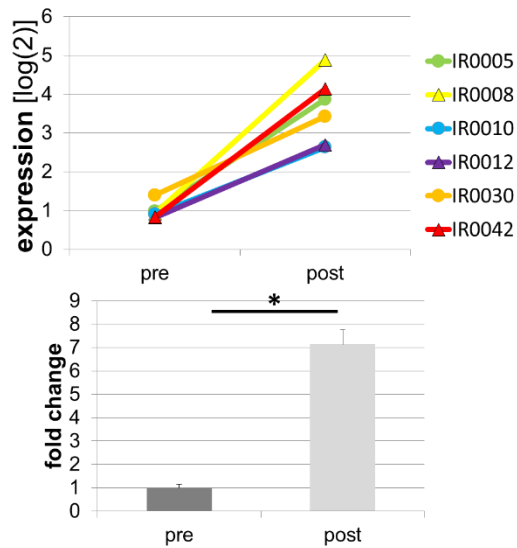
b) hsa-miR-132-3p qPCR data



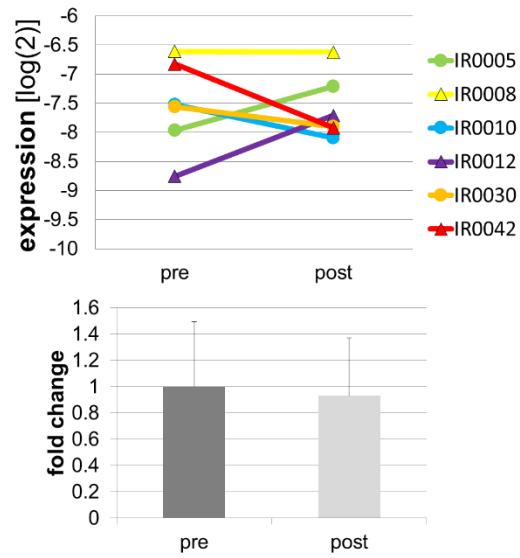
c)



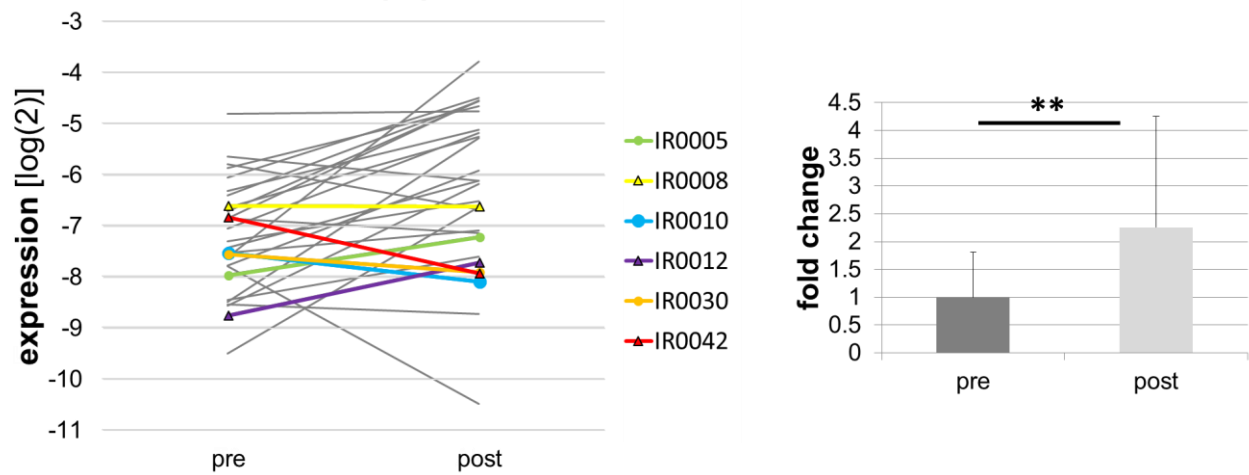
a) hsa-miR-155-5p array data



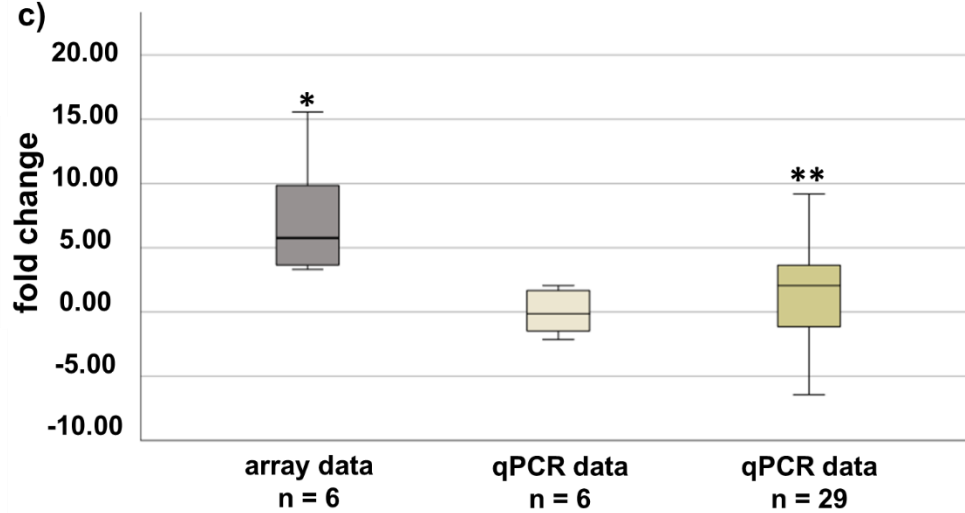
hsa-miR-155-5p qPCR data



b) hsa-miR-155-5p qPCR data



c)



Suppl. Fig.1 (previous pages). Changes in miR concentrations in skeletal muscle tissue in response to a single bout of exercise. (a) Comparison of microarray and qPCR data (n=6). (b) Changes in miR concentrations as assessed by qPCR in all participants (n=29). (c) Fold changes as detected by microarray (n=6), qPCR (n=6), and qPCR (n=29). Subjects of the MICT-HIIT group are labelled with circles, those of the HIIT-MICT group with triangles.