

Table S2. Baseline characteristics of participants by volume (dose) of supervised exercise training undertaken during extended CR (n=435)

Characteristic	≤ 6.6 MET-h per week (n=179)	> 6.6 MET-h per week (n=256)	P Value
Age (y)	62.0 (9.4)	58.9 (8.4)	<0.0005
Sex, male n, (%)	128 (72)	227 (89)	<0.0005
Married / living with partner n, (%)	145 (81)	215 (84)	0.441
Previous MI n, (%)	53 (30)	97 (38)	0.082
Previous CABG n, (%)	79 (44)	121 (47)	0.558
Previous PCI n, (%)	29 (16)	35 (14)	0.493
Previous Angina n, (%)	49 (27)	67 (26)	0.826
Diabetes mellitus n, (%)	25 (14)	24 (9)	0.165
Hypertension n, (%)	24 (13)	35 (14)	1.000
Premature family history n, (%)	70 (39)	100 (39)	1.000
Chronic heart failure n, (%)	4 (2)	4 (2)	0.722
COPD n, (%)	2 (1)	5 (2)	0.705
Peripheral vascular disease n, (%)	2 (1)	2 (1)	1.000
Valvular disease n, (%)	13 (7)	11 (4)	0.204
Cerebrovascular disease n, (%)	0 (0)	4 (2)	0.147
BMI >30 (kg/m ²) n, (%)	55 (31)	57 (22)	0.058

Waist circumference (cm)	97.8 (13.2)	96.0 (10.0)	0.369
HDL cholesterol (mmol/L)	1.24 (0.31)	1.19 (0.33)	0.106
Total cholesterol (mmol/L)	5.55 (1.18)	5.37 (1.05)	0.107
TC/HDL ratio	4.71 (1.41)	4.76 (1.55)	0.742
LDL cholesterol (mmol/L)	3.59 (1.07)	3.39 (1.01)	0.051
Triglycerides (mmol/L) (LOG10)	1.48	1.54	0.424
Current smoker n, (%)	10(6)	12 (5)	0.664
Physically inactive n, (%)	53 (30)	53 (21)	0.041
SBP Rest (mmHg)	143 (23)	144 (20)	0.733
DBP Rest (mmHg)	85 (12)	86 (11)	0.074
HR Rest (bpm)	71 (14)	68 (15)	0.060
HR Rest (β -blocked) (bpm)	68 (16)	66 (15)	0.309
ACE Inhibitor n, (%)	45 (25)	44 (17)	0.053
Anti-platelet therapy n, (%)	130 (73)	211 (82)	0.018
B-Blocker n, (%)	77 (43)	113 (44)	0.845
Diuretic n, (%)	52 (29)	41 (16)	0.001
Statin n, (%)	67 (37)	109 (43)	0.321
Exercise Test Characteristics			
Test time (min)	8 (3)	10 (3)	<0.0005

Power output (Watts)	101 (29)	133 (34)	0.007
Exercise mode (treadmill) n, (%)	147 (82)	244 (95)	<0.0005
HR Peak (% APMHR)	97 (10)	93 (9)	0.005
HR Peak β -blocked (% APMHR)	93 (17)	94 (13)	0.415
RPE Peak	15 (2)	15 (1)	0.957
RPE Peak (β -blocked)	15 (2)	15 (2)	0.587
Estimated peak METs	6.1 (1.6)	7.5 (1.6)	<0.0005
Positive exercise test (ECG) n, (%)	16 (9)	30 (12)	0.429

Mean (SD) presented unless otherwise stated. MI, myocardial infarction; CABG, coronary artery bypass graft; PCI, percutaneous coronary intervention; COPD, chronic obstructive pulmonary disease; BMI, body mass index; sCRF, submaximal cardiorespiratory fitness level; ECG, electrocardiogram; HR, heart rate; bpm, beats per minute; HDL, high-density lipoprotein; LDL, low-density lipoprotein; APMHR, age-predicted maximum heart rate.