

Table 2. Effect measures of the aerobic interval training program

	Control group (n=11)		Training group (n=19)		P value Δ inter-group
	Baseline	12-weeks	Baseline	12-weeks	
Peak oxygen uptake (ml/kg/min)	16.9 \pm 2.8	16.2 \pm 2.7	17.6 \pm 3.6	18.7 \pm 3.8 *	<0.05
Maximal workload (watts)	130 \pm 26.3	130 \pm 28.4	136.6 \pm 33.6	146.3 \pm 39 *	<0.05
Flow-mediated vasodilation					
First baseline diameter (mm)	3.94 \pm 0.61	3.82 \pm 0.35	3.56 \pm 0.87	3.78 \pm 1.02	
Absolute diameter change (mm)	0.25 \pm 0.13	0.26 \pm 0.14	0.24 \pm 0.12	0.36 \pm 0.15*	<0.05
Relative diameter change (%)	7.15 \pm 4.5	6.93 \pm 4.5	6.28 \pm 3.61	9.42 \pm 4.09*	0.06

Values are means with standard deviation.

* Difference from baseline to 12-weeks within group $p < 0.05$.