

# **Feasibility and acceptability of six-weeks of high intensity interval training in wheelchair users with SCI**

**Short Title:** HIIT in Spinal Cord Injury (HIIT-SCI)

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## **Statistical Analysis Plan**

Distributions of all data will be examined. Should outliers or distributions that are nonlinear in nature be present, appropriate transformations will be performed. Means and standard deviations, or medians and ranges, as appropriate, will be calculated for all variables. Total number of training sessions completed and numbers of sessions meeting criteria for HIIT target intensity (e.g. average power achieved over work phases) will be determined to evaluate feasibility. A paired t-test will be used to compare the primary outcome measures obtained during the pre and post exercise max testing (i.e. physical capacity measures [peak power, peak  $\text{VO}_2^+$ , time to exhaustion]).