

		r	r²	95% CI	p-value
Baseline VO_{2max}	Baseline SV	0.794	0.630	0.592-0.902	<0.0001
	Baseline Q _{max}	0.775	0.601	0.560-0.892	<0.0001
	Baseline PV	0.361	0.153	0.0126-0.671	0.0439
	Baseline BV	0.709	0.503	0.451-0.858	<0.0001
	Baseline tHb	0.785	0.615	0.576-0.897	<0.0001
Δ VO_{2max}	Δ SV	-0.0462	0.00213	-0.419-0.340	0.8191
	Δ Q _{max}	-0.0964	0.00929	-0.460-0.294	0.6324
	Δ PV	0.318	0.101	-0.0703-0.623	0.1058
	Δ BV	0.400	0.160	0.0237-0.677	0.0386
	Δ tHb	0.405	0.164	0.0300-0.681	0.0359

Supplementary table 2. Bivariate correlations between baseline VO_{2max} and baseline measurements of SV, Q_{max}, PV, BV and tHb as well as bivariate correlations between Δ VO_{2max} and Δ SV, Δ Q_{max}, Δ PV, Δ BV and Δ tHb.