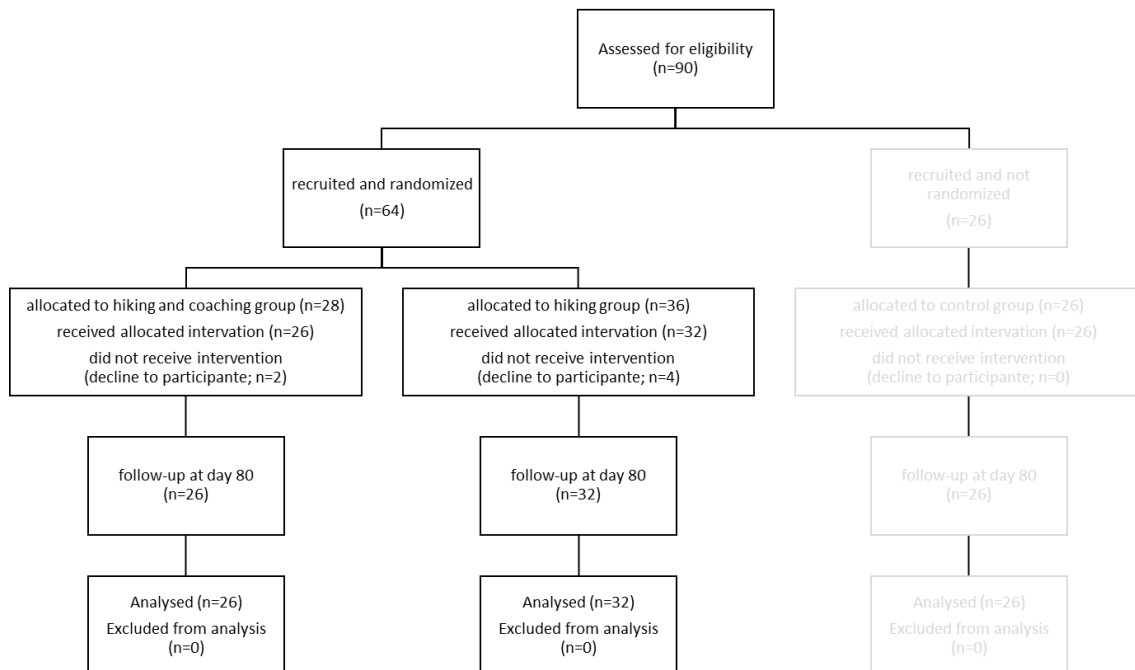


Participant Flow Chart



Baseline Characteristics

Baseline Characteristics				
	all	coaching (co)	hiking (hi)	control (kg)
Mean age (min – max)	37.73 (22 – 54)	41.96 (22 – 52)	36.24 (22 – 54)	35.12 (29 – 51)
gender (male/female)	43/45	14/14	16/18	13/13
smoking (yes/no)	18/70	7/21	5/29	6/20

Adverse Effects HICO-Study

All participants tolerated the intervention well – no harms or adverse effects like injuries or cardiovascular events were observed in any group.

Outcome Measures

Summary of outcomes				
		day 0	day 7	day 80
VO2MAX	co	43,16 (7,2)	45,62 (5,65)	48,06 (7,56)
	hi	47,83 (7,97)	48,29 (7,54)	50,92 (12,9)
	kg	48 (6,72)	46,71 (7,13)	47,55 (7,12)
FVC %	co	1,09 (0,15)	1,08 (0,13)	1,1 (0,12)
	hi	1,1 (0,16)	1,09 (0,13)	1,09 (0,14)
	kg	1,09 (0,17)	1,09 (0,17)	1,11 (0,23)
FEV1 %	co	1,03 (0,13)	1,02 (0,12)	1,02 (0,11)
	hi	1,05 (0,14)	1,03 (0,13)	1,04 (0,13)
	kg	1,01 (0,13)	1,03 (0,14)	1,02 (0,16)
PEF %	co	1,11 (0,22)	1,1 (0,18)	1,05 (0,14)
	hi	1,01 (0,17)	1,01 (0,2)	1,01 (0,16)
	kg	1,03 (0,19)	1,09 (0,18)	1,05 (0,18)
EQ5D - VAS	co	80,38 (15,09)	87,31 (7,78)	82,69 (10,79)
	hi	83,44 (9,71)	86,88 (9,31)	83,13 (12,3)
	kg	79,23 (16,95)	81,92 (15,75)	78,85 (20,26)
EQ5D - Score Index	co	0,97 (0,04)	0,97 (0,04)	0,98 (0,04)
	hi	0,97 (0,05)	0,98 (0,04)	0,98 (0,04)
	kg	0,97 (0,04)	0,96 (0,05)	0,95 (0,05)
SF36 - PF	co	95,77 (4,17)	96,73 (3,73)	96,92 (4,26)
	hi	97,66 (4,21)	97,66 (5,53)	98,44 (4,66)
	kg	95,77 (5,6)	97,5 (4,3)	97,88 (3,79)
SF36 - RP	co	97,12 (10,79)	95,19 (14,18)	95,19 (12,29)
	hi	92,97 (18,22)	93,75 (16,8)	96,88 (17,68)
	kg	87,5 (30,21)	91,35 (24,44)	88,46 (30,19)
SF36 - BP	co	73,69 (21,4)	81,12 (17,3)	79,12 (20,36)
	hi	86,38 (18,13)	83,78 (20,16)	86,5 (18,35)
	kg	77,08 (22,94)	79,27 (18,84)	81,23 (19,16)
SF36 - GH	co	76,81 (11,09)	81,58 (10,47)	81,38 (12,02)
	hi	81,09 (11,92)	85,19 (12,39)	84,44 (11,16)
	kg	74,42 (17,13)	78,42 (15,58)	75,35 (16,65)
SF36 - VT	co	64,23 (12,86)	64,81 (12,53)	66,15 (16,14)
	hi	62,66 (15,4)	67,34 (15,4)	65,47 (19,97)
	kg	61,73 (18,16)	62,12 (13,94)	64,81 (13,89)
SF36 - SF	co	85,58 (22,83)	88,94 (16,33)	88,94 (19,47)
	hi	88,28 (14,53)	90,23 (14,1)	88,28 (19,03)
	kg	87,98 (16,39)	90,87 (16,79)	91,83 (13,67)
SF36 - RE	co	89,74 (24,53)	93,59 (18,9)	96,15 (10,86)
	hi	89,58 (19,74)	94,79 (14,93)	100 (0)
	kg	89,74 (26,28)	93,59 (21,12)	92,31 (23,68)
SF36 - MH	co	77,08 (10,34)	78,15 (11,82)	78,77 (12,12)
	hi	76,63 (14,59)	77,25 (12,5)	77,38 (18,36)
	kg	80,46 (13,31)	80,92 (11,05)	80,15 (14,15)

co: coaching and hiking group, hi: hiking group, kg: control group

all values: means (sd)