

Table S3. The results of the HIFT training units during the 4-week nutritional interventions period

TRENING	Group	Exercises duration (s) $\bar{X} \pm \text{SD}$ (95% CI)	Number of series $\bar{X} \pm \text{SD}$ (95% CI)
A1	Veg ^D	1181.7 \pm 11.5 (1173.5 - 1189.9)	8.8 \pm 1.4 (7.8 - 9.8)
	Mix ^D	1173.6 \pm 35.1 (1148.5 - 1198.7)	8.3 \pm 1.8 (7.0 - 9.6)
	<i>p</i> -value	0.850	0.492
A2	Veg ^D	1172 \pm 19.6 (1158.0 - 1186.0)	9.0 \pm 1.4 (8.0 - 10.0)
	Mix ^D	1175.2 \pm 15.0 (1164.5 - 1185.9)	8.3 \pm 1.2 (7.5 - 9.1)
	<i>p</i> -value	0.687	0.364
Veg ^D (A1 vs. A2)	<i>p</i> -value	0.171	0.361
Mix ^D (A1 vs. A2)	<i>p</i> -value	0.333	1.000
B	Veg ^D	1361.1 \pm 249.9 (1182.3 - 1539.9)	-
	Mix ^D	1392.4 \pm 283.2 (1189.8 - 1595.0)	-
	<i>p</i> -value	0.821	-
C1	Veg ^D	1167.7 \pm 36.5 (1141.6 - 1193.8)	8.9 \pm 1.0 (8.2 - 9.6)
	Mix ^D	1176.6 \pm 26.1 (1156.5 - 1196.6)	8.6 \pm 0.9 (7.9 - 9.2)
	<i>p</i> -value	0.775	0.438
C2	Veg ^D	1158.1 \pm 36.3 (1132.2 - 1184.0)	9.0 \pm 1.1 (8.2 - 9.8)
	Mix ^D	1152.2 \pm 42.4 (1121.8 - 1182.6)	8.8 \pm 0.9 (8.1 - 9.5)
	<i>p</i> -value	0.742	0.623
C3	Veg ^D	1138.4 \pm 22.9 (1122.0 - 1154.8)	9.4 \pm 0.8 (8.8 - 10.0)
	Mix ^D	1169.0 \pm 26.0 (1150.4 - 1187.6)	9.3 \pm 0.8 (8.7 - 9.9)
	<i>p</i> -value	0.012	0.791
C4	Veg ^D	1160.8 \pm 25.3 (1139.6 - 1181.9)	9.6 \pm 0.7 (9.0 - 10.2)
	Mix ^D	1154.2 \pm 35.5 (1128.8 - 1179.6)	9.5 \pm 0.8 (8.9 - 10.1)
	<i>p</i> -value	0.666	0.859
C5	Veg ^D	1155.0 \pm 21.1 (1139.9 - 1170.1)	10.1 \pm 0.9 (9.5 - 10.7)
	Mix ^D	1151.4 \pm 30.8 (1129.4 - 1173.4)	9.6 \pm 1.2 (8.8 - 10.4)
	<i>p</i> -value	0.764	0.257
C6	Veg ^D	1159.8 \pm 26.6 (1140.8 - 1178.8)	10.0 \pm 0.7 (9.5 - 10.5)

	Mix _D	1167.6 ± 20.6 (1152.9 - 1182.3)	10.1 ± 0.9 (9.5 - 10.7)
	<i>p</i> -value	0.473	0.970
Veg _D (C1-C6)		0.369	<0.001^a
Mix _D (C1-C6)	<i>p</i> -value	0.340	<0.001^b
	Veg _D	1313.2 ± 178.0 (1176.4 - 1450.0)	-
D1	Mix _D	1289.0 ± 216.5 (1134.1 - 1443.9)	-
	<i>p</i> -value	0.795	-
	Veg _D	1197.9 ± 222.7 (1038.6 - 1357.2)	-
D2	Mix _D	1253.2 ± 248.1 (1075.7 - 1430.7)	-
	<i>p</i> -value	0.606	-
	Veg _D	1107.1 ± 215.3 (953.1 - 1261.1)	-
D3	Mix _D	1148.7 ± 246.6 (972.3 - 1325.1)	-
	<i>p</i> -value	0.693	-
Veg _D (D1-D3)		<0.001^c	-
Mix _D (D1-D3)	<i>p</i> -value	0.002^d	-

Values are expressed as means (\bar{X}) ± SD and 95% CI. Veg_D – Vegan Diet; Mix_D – Mixed Diet; ^a C1 value is lower than C5 and C6, C2 is lower than C6; ^b C1 is lower than C6, C2 is lower than C6; ^c D1 is higher than D2 and D3, D2 is higher than D3; ^d D1 is higher than D3, D2 is higher than D3.