

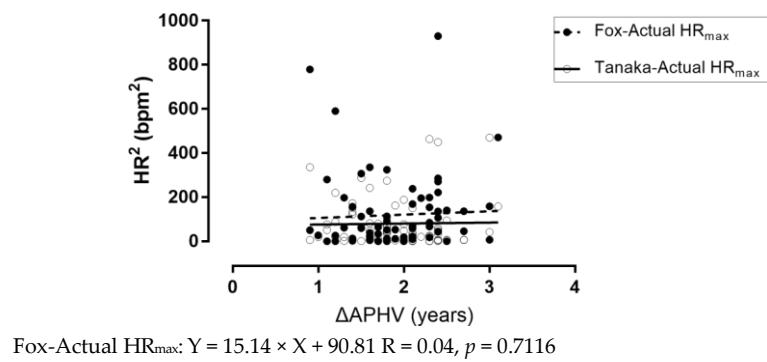
# Supplementary material

**Table S1.** Comparison (paired-samples *t*-test) of squared differences (predicted-actual HR<sub>max</sub>) by maturation level.

Variable	Total (n = 71)	Less Matured (n = 37)	More Matured (n = 34)
Fox - Actual HR <sub>max</sub> (bpm <sup>2</sup> )	119.6 ± 172.9 *	107.1 ± 171.7 <sup>a</sup>	133.2 ± 175.7 <sup>b</sup>
Tanaka - Actual HR <sub>max</sub> (bpm <sup>2</sup> )	80.2 ± 110.6	81.5 ± 89.6	78.7 ± 131.1

\*difference between the two variables at  $p = 0.043$ . <sup>a</sup>  $p = 0.340$  (comparison between the two variables).

<sup>b</sup>  $p = 0.060$  (comparison between the two variables).



**Figure S1.** Single scatter plot with maturation on the horizontal x-axis, and the (squared) differences (Delta HR) on the y-axis.

## Mixed models analysis

### Syntax

```
mixed HRmax with Assessment_method by Maturation_group
/fixed Assessment_method Maturation_group Assessment_method * Maturation_group
/print = solution
/method = mL
/random intercept | subject(id)
```

**Table S2.** Estimates of Fixed Effects <sup>a</sup>.

Parameter	Estimate	Std. Error	df	t	Significance	95% Confidence Interval	
						Lower Bound	Upper Bound
Intercept	202.29	162	213	124.506	<0.001	199.09	205.49
Assessment_method	-0.84	0.75	213	-1.122	0.263	-2.33	0.64
[Maturation_group = 1.00]	3.03	2.25	213	1.346	0.180	-1.41	7.47
[Maturation_group = 2.00] <sup>b</sup>	0 <sup>b</sup>	0					
[Maturation_group = 1.00] * Assessment_method	-0.85	1.04	213	-0.812	0.418	-2.90	1.21
[Maturation_group = 2.00] * Assessment_method <sup>b</sup>	0 <sup>b</sup>	0					

<sup>a</sup> Dependent Variable: HR<sub>max</sub>. <sup>b</sup> This parameter is set to zero because it is redundant.