Assessed for Eligibility
N = 338

Randomized
N = 238

1. Did not meet inclusion criteria: N = 38
2. Declined to continue participation: N = 19
3. Could not complete submax test: N = 12
4. Could not be reached for randomization after submax test: N = 31

COSTRIDE
N = 123

N = 103 (83.7%)
Withdrawed after randomization:
N = 3

HW
N = 115

N = 88 (76.5%)
Withdrawed after randomization:
N = 1

3-Month Follow-up
N = 103 (83.7%)

6-Month Follow-up
N = 103 (80.5%)

9-Month Follow-up
N = 75 (61.0%)

12-Month Follow-up
N = 94 (76.4%)

3-Month Follow-up
N = 104 (90.4%)

6-Month Follow-up
N = 104 (90.4%)

9-Month Follow-up
N = 86 (74.8%)

12-Month Follow-up
N = 87 (75.7%)