Reviewer's report

Title: High-intensity compared to moderate-intensity training for exercise initiation, enjoyment, adherence, and intentions: an intervention study

Version: 2 Date: 31 March 2014

Reviewer: Walker Poston

Reviewer's report:

- Major Compulsory Revisions

I apologize for not catching this earlier. The analytic approach for the primary outcomes is confusing and it is hard to tell from the reporting in the results or the table whether the significant differences presented (or p-values in Table 3) refers to the between group or within group t-test results. In addition, for the between group (independent samples t-test), what was the outcome? Did they use the post-test scores and use the baseline on that measure as a covariate or did they use a difference score (i.e., post-test minus baseline). In terms of parsimony, I think it would be best to either use the change score for the between group difference only or the authors could opt to do a 2x2 factorial analysis (i.e., repeated measures ANOVA), with one factor being the group of assignment (HIFT vs. ART) and the other factor being time (baseline vs. post-test) as the authors seem to be interested in within group change over time also. Using this approach they would be able to examine the main effect for group assignment, the main effect for time, and the interaction between group assignment and time.

- Minor Essential Revisions

I think it would be good to note that the time to complete daily workouts exclude warm-up and warm-down times, stretching, and skill work.

- Discretionary Revisions

It might be useful to also present the injury rate as injuries per X hours trained, as was done in the Hak et al., paper (in the discussion).

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests.