Table 1 HIIT training protocol for OA rats

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| Session | Intensity（% VO2max） | Time（min） | cycle |
| Warm-up | 30% | 3 | 1 |
| High-intensity running | 80% | 1 | 5 |
| Moderate-intensity running | 50% | 3 | 5 |
| Cool down | 30% | 2 | 1 |