CAE: continuous aerobic exercise

EF: ejection fraction

HF: heart failure

IT: interval training

NYHA: New York Heart Association

PRISMA: Preferred Reporting Items for Systematic Reviews and Meta-Analyses

PROSPERO: Prospective Register of Systematic Reviews

RER: respiratory exchange ratio

VO2peak: peak oxygen uptake

VO2VT1: oxygen uptake at first ventilatory threshold

VO2VT2: oxygen uptake at second ventilatory threshold