Supplemental Table 1: IncRNA genes that are DE in mouse.

	Mouse (GRC))		Human (GRCh38/hg19)				
lncRNA gene name (Ensembl ID)	comparison source	log₂FC	p-adj	known tissue expression	lncRNA ortholog gene name (Ensembl ID)	FC info	known tissue expression	known function
Gm43672 (ENSMUSG00000106019)	TG vs nTG	-0.557	7.62E-11	Heart, brain, muscle, trachea,	ENSG00000308496			
	TG_f vs nTG_f	-0.630	1.04E-06	skin, spleen				
	TG_HIIT vs	-0.583	3.17E-06					
	nTG_HIIT			https://rnacentral.or				
	TG_Sed vs nTG_Sed	-0.531	6.55E-04	g/rna/URS0002A331 56/10090				
	TG_m vs nTG_m	-0.486	1.99E-03					
Gm9905	TG vs nTG	-0.594	3.10E-08					
(ENSMUSG00000053358)	TG_HIIT vs nTG_HIIT	-0.689	3.17E-06					
	TG_m vs nTG_m	-0.587	1.74E-03					
	TG_f vs nTG_f	-0.602	2.28E-03					
Gm20632 (ENSMUSG00000093577)	TG_HIIT vs nTG_HIIT	-0.546	1.80E-03	All tissues have low expression	ENSG00000290792			
				https://rnacentral.or g/rna/URS0002A237 A7/10090				
Gm42918	TG_m vs nTG_m	-0.951	9.07E-04					
(ENSMUSG00000106209)	TG vs nTG	-0.680	1.20E-03					
	TG_HIIT vs nTG_HIIT	-0.810	4.42E-03					
Banf2os	TG vs nTG	-0.965	3.11E-08	All tissues have low				
(ENSMUSG00000086384)	TG_f vs nTG_f	-1.086	1.38E-04	expression				
	TG_Sed vs nTG_Sed	-1.047	6.55E-04	https://rnacentral.or				
	TG_HIIT vs nTG_HIIT	-0.883	1.80E-03	g/rna/URS0002A19 B47/10090				
	TG_m vs nTG_m	-0.842	1.01E-02					
Gm13375	TG_HIIT vs	-0.488	4.46E-03	Brain, skin, bone,				
(ENSMUSG00000075514)	nTG_HIIT			thymus, lung, colon, spleen				
				https://rnacentral.or g/rna/URS0002A250 4A/10090				
RP23-166L22.2	TG vs nTG	-1.361	1.64E-06	All tissues have low				
(ENSMUSG00000110340)	TG_f vs nTG_f	-1.740	5.94E-03	expression				

	TG_m vs nTG_m	-1.159	1.01E-02				
G730003C15Rik (ENSMUSG00000097573)	TG_HIIT vs nTG_HIIT	-0.684	5.47E-03	https://rnacentral.or g/rna/URS0002A4F3	ENSG00000287133		
,	TG vs nTG	-0.536	8.45E-03	18/10090			
E230013L22Rik	TG vs nTG	-0.476	9.14E-05	Heart			Most upregulated IncRNA after X-ray
(ENSMUSG00000096957)	TG_HIIT vs nTG_HIIT	-0.539 1.80E-0		https://rnacentral.or			irradiation in mouse lung tissue, modulates the mRNA BNIP1 ⁴⁴
	TG_f vs nTG_f	-0.525	2.13E-02	g/rna/URS0002A1C 2B5/10090			
2900072N19Rik (ENSMUSG00000087018)	TG vs nTG	-0.760	8.45E-03	Brain https://rnacentral.or	LINC02710 (ENSG00000255269)	Testis https://rnacentr	
				g/rna/URS0002A578 2B/10090		al.org/rna/URS0 000EF618F/960 6	
C530005A16Rik (ENSMUSG00000085408)	TG vs nTG	-0.414	9.85E-03	Brain			
				https://rnacentral.or g/rna/URS0002A5A 50C/10090			
Prr33 (ENSMUSG00000043795)	TG_HIIT vs nTG_HIIT	-0.519	1.80E-03				Annotated in GENCODE M10 as long intergenic non-coding RNA, but traditionally
	TG_m vs nTG_m	-0.499	1.01E-02	-			annotated as protein-coding.
0 07750	TG vs nTG	-0.373	2.68E-02				
Gm37752 (ENSMUSG00000103385)	TG vs nTG	2.438	1.83E-02				
Gm45012	TG vs nTG	-0.422	9.49E-04	Heart	ENSG00000300258		
(ENSMUSG00000109052)	TG_HIIT vs nTG_HIIT	-0.415	4.00E-02	https://rnacentral.or g/rna/URS0002A2D 746/10090			
PARTICL (ENSG00000286532)	TG_HIIT vs nTG_HIIT	-0.468	2.45E-02	Heart, arteries, prostate, esophagus, brain, fallopian tubes, cervix, testis, colon, thyroid, bladder, skin	PARTICL (ENSG00000286532)		Upregulated following low-dose irradiation. Alters H3K27me3 distribution and interacts with DNA methyltransferase 1. 45,46 Forms triple helices clustered at tumor suppressor genes. 47
				https://rnacentral.or g/rna/URS0002A471 37/9606			
Mir223hg (ENSMUSG00000078122)	TG_m vs nTG_m TG_HIIT vs nTG_HIIT	0.685	1.99E-03 4.72E-02	Heart, lung, Spleen, liver, skin, mammary gland, bone, uterus,	Mir223hg (ENSG00000274536)	Appendix, tonsil, lung, bladder, bone, leukocyte, lymph node,	Positive regulator of inflammation in atherosclerosis. ^{57,58} Differentially expressed in lung adenocarcinoma and ovarian cancer. ^{48,49}

				I to to a distance of the state				
				bladder, adrenal			small intestine,	
				gland,			spleen	
				https://rnacentral.or g/rna/URS0002A33 BA1/10090			https://rnacentral.org/rna/URS0002A35E6A/960	
				<u> </u>			6	
Gm28703	TG_m vs nTG_m	-0.616	2.11E-02	All tissues have low			<u> </u>	
(ENSMUSG00000099512)	TG vs nTG	-0.470	2.89E-02	expression				
(211011000000000000012)	10 131110	0.470	2.002 02	охртосотот				
				https://rnacentral.or				
				g/rna/URS0002A2C				
				79C/10090				
Gm10435	TG vs nTG	-0.389	1.93E-03	Heart, lung,	ENSG00000287315			
(ENSMUSG00000072902)	TG_m vs nTG_m	-0.428	3.38E-02					
,	TG_HIIT vs	-0.387	4.40E-02	https://rnacentral.or				
	nTG_HIIT	0.007		g/rna/URS00007864				
				8E/10090				
9830004L10Rik	TG vs nTG	-0.660	2.68E-02		ENSG00000300443			
(ENSMUSG00000099552)								
Gm7628	TG vs nTG	-0.731	2.68E-02	All tissues have low				
(ENSMUSG00000025644)				expression				
,								
				https://rnacentral.or				
				g/rna/URS00008118				
				<u>60/10090</u>				
Gm17586	TG vs nTG	0.759	2.69E-04					
(A_J_v1:CM003964.1)	TG_HIIT vs	0.691	4.40E-02]				
	nTG_HIIT							
	TG_m vs nTG_m	0.758	4.79E-02					
ANRIL	TG vs nTG	0.649	3.10E-02	Small intestine,	ANRIL			Transcriptional regulator and epigenetic
(ENSG00000240498)				colon, brain	(ENSG00000264545)			modifier in myocardial infarction and
								coronary artery disease. ⁵¹ Antisense to
				https://rnacentral.or				CDKN2B. ANRIL KD has been shown to
				g/rna/URS00026A21				increase CDKN2B expression. 52,53
				AD/9606				Biomarker of different caners. ⁵⁰
6330403L08Rik	TG_HIIT vs	-0.387	3.14E-02	Heart, brain,	PDGFA-DT	HCM_m vs ctrl_m:	Heart	
(ENSMUSG00000075585)	nTG_HIIT			skeletal muscle,	(ENSG00000223855)	log2FC 0.327, p-		
	TG_HIIT vs	-0.387	3.14E-02	colon, small		adj 2.62E-01	https://rnacentr	
	nTG_HIIT			intestine, trachea			al.org/rna/URS0	
	TG_HIIT vs	-0.387	3.14E-02			HCM_f vs ctrl_f:	000314D59/960	
	nTG_HIIT			https://rnacentral.or		log2FC -0.499, p-	<u>6</u>	
				g/rna/URS00007759		adj 6.38E-01		
				<u>64/10090</u>				
						HCM vs ctrl:		
						log2FC 0.194, p-		
						adj 5.17E-01		

Gm45051	TG_HIIT vs	-0.582	3.14E-02	Kidney			
(ENSMUSG00000108435)	nTG_HIIT						
				https://rnacentral.or			
				g/rna/URS00009C6			
0 10115	TO LUIT	0.540	0.145.00	0DF/10090			
Gm10115 (ENSMUSG00000062319)	TG_HIIT vs nTG_HIIT	0.540	3.14E-02	Heart, brain			
(ENSI-10300000002319)	TG vs nTG	0.443	3.48E-02	https://rnacentral.or			
	10 13 1110	0.443	3.40L-02	g/rna/URS0000781B			
				46/10090			
Gm43318	TG vs nTG	1.918	3.34E-02				
(ENSMUSG00000105974)							
Gm43267	TG vs nTG	-1.062	3.43E-02				
(ENSMUSG00000104662)							
Gm43426 (ENSMUSG00000106214)	TG vs nTG	1.105	3.48E-02				
RP24-96N12.2	TG vs nTG	-0.335	3.48E-02	All tissues have low			
(ENSMUSG00000110322)	TG_HIIT vs nTG_HIIT	-0.384	4.72E-02	expression			
				https://rnacentral.or			
				g/rna/URS0002A607			
	TG_HIIT vs	-0.540		90/10090 Heart, muscle, lung,			
Gm44386	TC HIITVE	1 0 5 10	4.40E-02	Heart muscle lung			
(ENSMUSG00000107689)	nTG_HIIT	-0.540	4.40L-02	adipose tissue,	ENSG00000233060	Brain	
		-0.540	4.40L-02	adipose tissue, kidney, thymus,	EN3900000233060	https://rnacentr	
		-0.340	4.40L-02	adipose tissue,	EN3900000233000	https://rnacentral.org/rna/URS0	
		-0.540	4.40L-02	adipose tissue, kidney, thymus, skin, colon, trachea	ENSG00000233060	https://rnacentral.org/rna/URS00002EFB52/960	
		-0.340	4.401-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or	ENSG00000233060	https://rnacentral.org/rna/URS0	
		-0.540	4.401-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207	ENSG00000233060	https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689)	nTG_HIIT			adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090		https://rnacentral.org/rna/URS00002EFB52/960	
		1.039	4.71E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207	ENSG00000294490	https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2	nTG_HIIT			adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2	nTG_HIIT			adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2	nTG_HIIT			adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2	nTG_HIIT TG_m vs nTG_m			adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360)	nTG_HIIT	1.039	4.71E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360)	TG_m vs nTG_m TG_HIIT vs	1.039	4.71E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090 All tissues have low expression		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360)	TG_m vs nTG_m TG_HIIT vs	1.039	4.71E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090 All tissues have low expression https://rnacentral.or descriptions.		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360)	TG_m vs nTG_m TG_HIIT vs	1.039	4.71E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360) RP23-299N4.1 (ENSMUSG00000109841)	TG_M vs nTG_m TG_HIIT vs nTG_HIIT	1.039	4.71E-02 4.72E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 653/10090		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360) RP23-299N4.1 (ENSMUSG00000109841)	TG_m vs nTG_m TG_HIIT vs	1.039	4.71E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4B 653/10090 All tissues have low		https://rnacentral.org/rna/URS00002EFB52/960	
(ENSMUSG00000107689) Arhgap27os2 (ENSMUSG00000085360) RP23-299N4.1 (ENSMUSG00000109841)	TG_M vs nTG_m TG_HIIT vs nTG_HIIT	1.039	4.71E-02 4.72E-02	adipose tissue, kidney, thymus, skin, colon, trachea https://rnacentral.or g/rna/URS0002A207 69/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 BB/10090 All tissues have low expression https://rnacentral.or g/rna/URS0002A4F8 653/10090		https://rnacentral.org/rna/URS00002EFB52/960	

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				https://rnacentral.or g/rna/URS0002A49E 0F/10090		
9430062P05Rik	TG vs nTG	-0.467	4.95E-02			
(ENSMUSG00000104263)						
Gm17281	TG_HIIT vs	-0.337	4.99E-02			
(MGP_FVBNJ_G0005910)	nTG_HIIT					

Description:

Sorted by ascending average p-adj value across each comparison source.

Legend:

TG: transgenic, nTG: non-transgenic, M: male, F: female, HIIT: high intensity interval training, Sed: sedentary, HCM: hypertrophic cardiomyopathy, NF: non-failing, FC: fold change, *p*-adj: Benjamini-Hochberg-adjusted *p*-value