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| S1 Table: Changes in discipline specific performance |
|  | Measured values | Changes with fatigue and recovery |
|  | Day 1 | Day 8 | Day 11 | Δ Fatigue | p | Δ Recovery | p |
| Cycling Time trial time [sec]♂ 40 km time trial | 3942 ± 212 | 4010 ± 201 | 3929 ± 219 | 68 ± 114(2 ± 3 %) | 0.0040.011 | -78 ± 108(-2 ± 3 %) | <0.0010.002 |
| ♀ 20 km time trial | 2123 ± 64 | 2169 ± 118 | 2124 ± 105 | 47 ± 85(2 ± 4 %) | 0.235 | -46 ± 102(2 ± 5 %)  | 0.257 |
| HIIT Mean peak velocity [m\*s-1]♂ | 5.45 ± 0.29 | 5.33 ± 0.27 | 5.43 ± 0.25 | -0.11± 0.11(-2 ± 2 %) | <0.0010.007 | 0.09 ± 0.06(2 ± 1 %) | 0.024<0.001 |
| ♀ | 4.54 ± 0.19 | 4.34 ± 0.19 | 4.52 ± 0.38 | -0.20± 0.14(-4 ± 3 %) | <0.001 | 0.18 ± 0.36(4 ± 8 %) | 0.139 |
| StrengthMVIC [N] ♂ | 1492 ± 341 | 1458 ± 276 | 1474 ± 295 | -41 (-106; 48)(-3 (-7; 3) %) | 0.0480.330 | 26 (-25; 62 )(2 (-1; 5) %) | 0.0940.300 |
| ♀ | 756 ± 88 | 722 ± 95 | 746 ± 98 | -40 (-51; -6)(-6 (-6; -1) %) | 0.021 | 7 (0; 66)(1 (0; 8) %) | 0.123 |
| Means ± Standard deviation or median (interquartile range) as appropriateMean velocity during repeated sprint testsMVIC: Maximum voluntary isometric contraction force (mean of squad and bench press exercises)Δ Fatigue: Change from day 1 to day 8; Δ Recovery: Change from day 8 to day 11 |