**Supplementary material 1**

**Table 1. 12-Week Periodization of Running Training Using the Following Intensity Scores: E, Easy; M, Moderate; T, Threshold; and I, Interval, as a Function of the Heart Rate at VT2.**

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| --- | --- | --- | --- |
|  | **Sessions** | **1** | **2** |
| **Week** |  |  |  |
| **1** |  | 1 x 2500 m – E running5 x 5 min – M running– 1-min walking interval1 x 1590 m – M running | 1 x 530 m – walking3 x 1590 m – T running– 1-min walking interval10 min – M running |
| **2** |  | 400 m – E runningProgressive 400/800/1200 m– 400-m interval – E runningRegressive 1200/800/400 m – 400-m interval – E running | 200 m – M running1-min walking1060 m – M running1-min walking3750 m – M running |
| **3** |  | 10 min – E running1-min walking30 min – M running1-min walking10 min – M running | 1250 m – M running1-min walking10 min – E running1-min walking4250 m – M running |
| **4** |  | 1250 m – T running3 x 800 m – I running(Return to the HR of E zone)4 x 400 m – I running(Return to the HR of M zone)1060 m – M running | 530 m – walking5000 m – M running1-min walking1000 m – I running |
| **5** |  | 1060 m – E running2 x 1000 m – I running(Return to HR of E zone)1480 m – M running | 530 m – E running4 x 800 m – I running– 1-min rest interval4 x 400 m – I running– 1-min E running interval2120 m – E running |
| **6** |  | 800 m – E running1780 m – M running6 x 300 m – I running– 100-m walking interval3030 m – E running | 1250 m – E running20 x 100 m – I running– 100-m walking interval6250 m – T running |
| **7** |  | 10 min – E running4 x 3 min – M running– 2-min walking interval6 x 2 min – T running– 1-min walking interval | 5 min – E running5 x 4 min - M running– 1-min walking interval25 min – M running |
| **8** |  | 1060 m – E running25 min – M running6 x 3 min – T running– 1-min walking interval | 530 m – E running4000 m – M running6 x 1 min – T running– 1-min walking interval |
| **9** |  | 1780 m – E running35 min – M running6 x 1 min – T running– 30-s walking interval | 625 m – E running20 min – M running10 x 2 min – T running– 1-min walking interval |
| **10** |  | 5 min – E running8 x 800 m – running(Return to HR of E zone)25 min – M running | 930 m – walking1200 m – T running2 x 800 m – T running3 x 400 m – T running4 x 200 m – T running– 1-min walking interval |
| **11** |  | 2 x 200 m – E running5 x 530 m – T running– 2-min walking interval5 x 5 min – M running– 1-min walking interval | 1200 m – E running3 x 800 m – T running– 2-min walking interval4 x 400 m – I running– 2-min walking interval20 min – M running |
| **12** |  | 800 m – E running4 x 800 m – T running– 2-min walking interval3 x 400 m – I running– 2-min walking interval15 min – M running | 800 m – E running1200 m – T running2-min walking1000 m – T running2-min walking2 x 800 m – M running– 1-min walking interval3 x 400 m – T running– 2-min walking interval |