### Table 1. Physiological and perceptual responses to the training sessions.

<table>
<thead>
<tr>
<th></th>
<th>10CON</th>
<th>10INT</th>
<th>25CON</th>
<th>25INT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed (km·h⁻¹)</td>
<td>17.5 ± 0.5*</td>
<td>22.1 ± 0.5*</td>
<td>15.2 ± 0.5§</td>
<td>18.8 ± 0.5</td>
</tr>
<tr>
<td>%PTV</td>
<td>89 ± 1.1*</td>
<td>112 ± 1.7*</td>
<td>77 ± 1.5§</td>
<td>95 ± 2.1</td>
</tr>
<tr>
<td>HRmean (bpm)</td>
<td>173 ± 2*</td>
<td>162 ± 3§</td>
<td>160 ± 4</td>
<td>155 ± 4</td>
</tr>
<tr>
<td>Total Distance (m)</td>
<td>2914 ± 77</td>
<td>1500</td>
<td>6316 ± 193</td>
<td>3750</td>
</tr>
<tr>
<td>RPEmean</td>
<td>17 ± 0.3§</td>
<td>17 ± 0.2†</td>
<td>13 ± 0.3</td>
<td>13 ± 0.2</td>
</tr>
<tr>
<td>RPEend</td>
<td>19 ± 0.2†</td>
<td>19 ± 0.2†</td>
<td>15 ± 0.3</td>
<td>15 ± 0.2</td>
</tr>
<tr>
<td>Motivation</td>
<td>7.1 ± 0.3</td>
<td>7.5 ± 0.4</td>
<td>7.6 ± 0.2</td>
<td>7.5 ± 0.2</td>
</tr>
</tbody>
</table>

Table 1: Values are mean ± SEM. Speed = Average speed, %PTV = Average speed expressed as a percentage of peak treadmill velocity, HR = Average heart rate, RPEmean = Average rating of perceived exertion, RPEend = Final rating of perceived exertion. Statistical significance: *P<0.05 from 25CON and 25INT, †P<0.05 from 10INT, §P<0.05 from 25INT.

### Table 2. Details of the 1500m TT’s performed after each training session and at baseline.

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>10CON</th>
<th>10INT</th>
<th>25CON</th>
<th>25INT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed (km·h⁻¹)</td>
<td>19.4 ± 0.4</td>
<td>18.1 ± 0.5a</td>
<td>18.0 ± 0.5a, §</td>
<td>18.7 ± 0.4a</td>
<td>18.6 ± 0.5a</td>
</tr>
<tr>
<td>%PTV</td>
<td>98.2 ± 1.0</td>
<td>91.9 ± 1.2a</td>
<td>91.2 ± 0.9a, §</td>
<td>94.7 ± 0.8a</td>
<td>94.2 ± 1.2a</td>
</tr>
<tr>
<td>HRmean (bpm)</td>
<td>172 ± 2.4</td>
<td>173 ± 2.5</td>
<td>172 ± 2.1</td>
<td>174 ± 2.2</td>
<td>172 ± 2.5</td>
</tr>
<tr>
<td>RPEmean</td>
<td>18 ± 0.4</td>
<td>18 ± 0.4</td>
<td>18 ± 0.4</td>
<td>17.5 ± 0.4</td>
<td>17.8 ± 0.3</td>
</tr>
<tr>
<td>RPEend</td>
<td>19 ± 0.2</td>
<td>20 ± 0.2</td>
<td>20 ± 0.1</td>
<td>19 ± 0.2</td>
<td>19± 0.2</td>
</tr>
<tr>
<td>Motivation</td>
<td>8.2 ± 0.2b</td>
<td>7.0 ± 0.3</td>
<td>7.4 ± 0.4</td>
<td>7.3 ± 0.3</td>
<td>7.7 ± 0.3</td>
</tr>
</tbody>
</table>

Table 2: Values are mean ± SEM. Speed = Average speed, %PTV = Average speed expressed as a percentage of peak treadmill velocity, HR = Average heart rate, RPEmean = Average rating of perceived exertion, RPEend = Final rating of perceived exertion. Motivation was assessed prior to the 1500m performance trial. Statistical significance: aP<0.05 from baseline, bP<0.05 from 10CON, §P<0.05 from 25CON.