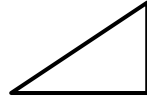

Preliminary visit

Incremental test

Visit 1



Experimental visits

Experimental training sessions

Performance assessment

Visit 2^{*}

**1500m
TT**

Visit 3^{*}

10CON

5-min recovery
↔

**1500m
TT**

Visit 4^{*}

10INT

5-min recovery
↔

**1500m
TT**

Visit 5^{*}

25CON

5-min recovery
↔

**1500m
TT**

Visit 6^{*}

25INT

5-min recovery
↔

**1500m
TT**