

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

	10CON	10INT	25CON	25INT
Speed (km·h ⁻¹)	17.5 ± 0.5 ^{†, *}	22.1 ± 0.5 [*]	15.2 ± 0.5 [§]	18.8 ± 0.5
%PTV	89 ± 1.1 ^{†, *}	112 ± 1.7 [*]	77 ± 1.5 [§]	95 ± 2.1
HR _{mean} (bpm)	173 ± 2 ^{†, *}	162 ± 3 [§]	160 ± 4	155 ± 4
Total Distance (m)	2914 ± 77	1500	6316 ± 193	3750
RPE _{mean}	17 ± 0.3 [*]	17 ± 0.2 [*]	13 ± 0.3	13 ± 0.2
RPE _{end}	19 ± 0.2 [*]	19 ± 0.2 [*]	15 ± 0.3	15 ± 0.2
Motivation	7.1 ± 0.3	7.5 ± 0.4	7.6 ± 0.2	7.5 ± 0.2

Table. 1: Values are mean ± SEM. Speed = Average speed, %PTV = Average speed expressed as a percentage of peak treadmill velocity, HR = Average heart rate, RPE_{mean} = Average rating of perceived exertion, RPE_{end} = 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.

	Baseline	10CON	10INT	25CON	25INT
Speed (km·h ⁻¹)	19.4 ± 0.4	18.1 ± 0.5 ^a	18.0 ± 0.5 ^{a, #}	18.7 ± 0.4 ^a	18.6 ± 0.5 ^a
%PTV	98.2 ± 1.0	91.9 ± 1.2 ^a	91.2 ± 0.9 ^{a, #}	94.7 ± 0.8 ^a	94.2 ± 1.2 ^a
HR _{mean} (bpm)	172 ± 2.4	173 ± 2.5	172 ± 2.1	174 ± 2.2	172 ± 2.5
RPE _{mean}	18 ± 0.4	18 ± 0.4	18 ± 0.4	17.5 ± 0.4	17.8 ± 0.3
RPE _{end}	19 ± 0.2	20 ± 0.2	20 ± 0.1	19 ± 0.2	19 ± 0.2
Motivation	8.2 ± 0.2 ^{b, #}	7.0 ± 0.3	7.4 ± 0.4	7.3 ± 0.3	7.7 ± 0.3

Table. 2: Values are mean ± SEM. Speed = Average speed, %PTV = Average speed expressed as a percentage of peak treadmill velocity, HR = Average heart rate, RPE_{mean} = Average rating of perceived exertion, RPE_{end} = Final rating of perceived exertion. Motivation was assessed prior to the 1500m performance trial. Statistical significance: ^a*P*<0.05 from baseline, ^b*P*<0.05 from 10CON, [#]*P*<0.05 from 25CON.