

**Table 1** Average raw data for urine osmolality, the physiological and hormone responses in the CTL, T1, T2 and T3 bouts and reproducibility data (when applicable) data for T1, T2 and T3 only.

		Average Raw Data				CV <sub>i</sub>	ICC	ES
		CTL	T1	T2	T3			
<b>Urine Osmolality</b> (mOsm·kg <sup>-1</sup> H <sub>2</sub> O)		304 ± 176 (80 – 600)	344 ± 191 (40 – 600)	302 ± 152 (80 – 600)	320 ± 168 (70 – 590)	N/A	N/A	N/A
<b>Speed</b> (km·h <sup>-1</sup> )	N/A		11.0 ± 2.1 (8.5 – 14.9)	11.0 ± 2.0 (8.4 – 15.8)	10.9 ± 1.9 (7.9 – 15.1)	3.7 ± 2.5%	0.90	-0.04
<b>Heart rate</b> (beats·min <sup>-1</sup> )		63 ± 7 (49 – 82)	169 ± 11 (148 – 193) <sup>†</sup>	166 ± 10 <sup>†</sup> (150 – 187)	165 ± 12 <sup>†</sup> (145 – 189)	3.0 ± 1.9%	0.72	-0.08
			<i>Pre-Exercise</i>	<i>Post-Exercise</i>	<i>30 min Post-Exercise</i>			
<b>Salivary Cortisol</b> (nmol·L <sup>-1</sup> )	<b>T1</b>		7.6 ± 6.3 (2.4 – 22.8)	8.2 ± 5.4 <sup>†</sup> (1.3 – 20.4)	6.2 ± 4.5 <sup>‡</sup> (1.7 – 14.4)	25 ± 15%	0.46	0.34
	<b>T2</b>		7.4 ± 5.3 (2.7 – 23.2)	6.8 ± 3.1 <sup>†</sup> (3.2 – 15.6)	6.2 ± 3.9 <sup>‡</sup> (1.3 – 14.6)			
	<b>T3<sup>#</sup></b>		8.5 ± 4.5 (2.0 – 23.4)	8.6 ± 4.8 <sup>†</sup> (2.5 – 21.5)	8.1 ± 5.2 (1.5 – 20.6)			
	<b>CTL</b>		7.6 ± 3.9 (3.2 – 19.0)	5.1 ± 1.9* (2.7 – 10.6)	4.7 ± 2.7* (2.4 – 14.2)			
<b>Salivary Testosterone</b> (pmol·L <sup>-1</sup> )	<b>T1</b>		514.5 ± 122.8 (318.2 – 755.4)	629.9 ± 213.1 <sup>*†</sup> (336.5 – 1402.3)	552.9 ± 218.4 <sup>**†</sup> (343.7 – 1253.4)	17 ± 7%	0.40	-0.10
	<b>T2</b>		490.6 ± 156.3 (317.5 – 964.2)	663.1 ± 226.5 <sup>*†</sup> (330.1 – 1267.0)	621.8 ± 199.0 <sup>**†</sup> (291.6 – 1194.1)			
	<b>T3</b>		522.9 ± 160.6 (242.1 – 922.6)	661.3 ± 235.2 <sup>*†</sup> (279.1 – 1287.1)	545.7 ± 178.5 <sup>**†</sup> (302.9 – 861.7)			
	<b>CTL</b>		484.1 ± 127.4 (268.8 – 671.5)	484.1 ± 127.4 (268.8 – 671.5)	454.7 ± 95.0* (294.2 – 625.2)			

**Values are Mean ± SD (min - max)**

Note: Heart rate and speed data are presented as average data in T1, T2 and T3. Abbreviations: CV<sub>i</sub> = Intra-individual coefficient of variation (%); ICC = Intraclass Correlation Coefficient, model (2,1); ES = Cohen's *d* Effect Size; N/A = not applicable. <sup>#</sup>Trial difference (T3 different than T2). <sup>\*</sup>Different than Pre-exercise values (*P* < 0.01). <sup>\*\*</sup>Different than Pre-exercise values (*P* < 0.05). <sup>‡</sup>Different than Post-exercise values (*P* < 0.05). <sup>†</sup>Different than CTL (*P* < 0.01).