**Supplementary data**

**Cardiorespiratory variables between the sets**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Set** | 1 | 2 | 3 | Set main effect |
| ΣVEex (L) | 280±502,3 | 299±51 | 299±50 | p<0.001 |
| ΣVErest (L) | 285±73 | 296±77 | - | p=0.115 |
| V̇Epeak (L·min-1) | 171±25 | 169±24 | 172±23 | p=0.527 |
| ΣVO2ex (L) | 7.00±0.80 | 7.08±0.85 | 6.89±0.95 | p=0.238 |
| ΣVO2rest (L) | 5.49±0.77 | 5.58±0.77 | - | p=0.327 |
| V̇O2peak (L·min-1) | 3.79±0.52 | 3.76±0.52 | 3.73±0.50 | p=0.582 |
| ΣVCO2ex (L) | 7.66±1.112,3 | 6.48±0.763 | 5.85±0.82 | p<0.001 |
| ΣVCO2rest (L) | 7.25±1.382 | 6.45±1.10 | - | p<0.001 |
| V̇CO2peak (L·min-1) | 4.28±0.622,3 | 3.52±0.493 | 3.25±0.49 | p<0.001 |
| HRex (bpm) | 153±1123 | 157±12 | 159±11 | p<0.001 |
| HRrest (bpm) | 122±152 | 129±14 | - | p<0.001 |
| HRpeak (bpm) | 169±9 | 170±11 | 172±10 | p=0.122 |
| Aerobic contribution (%) | 17.4±1.72,3 | 18.9±1.9 | 19.3±2.0 | p<0.001 |

*Data are shown as mean±standard deviation. ΣVEex: accumulated ventilation during exercise, ΣVErest: accumulated ventilation during recovery, V̇Epeak: peak minute ventilation, ΣVO2ex: accumulated oxygen consumption during exercise, ΣVO2rest: accumulated oxygen consumption during recovery, V̇O2peak: peak oxygen consumption, ΣVCO2ex: exhaled carbon dioxide during exercise, ΣVCO2rest: exhaled carbon dioxide during recovery, V̇CO2peak: peak exhaled carbon dioxide, HRex: heart rate during exercise, HRrest: HR during recovery, HRpeak: peak heart rate, bpm: beats per minute. 2: significantly different from set 2, 3: significantly different from set 3*