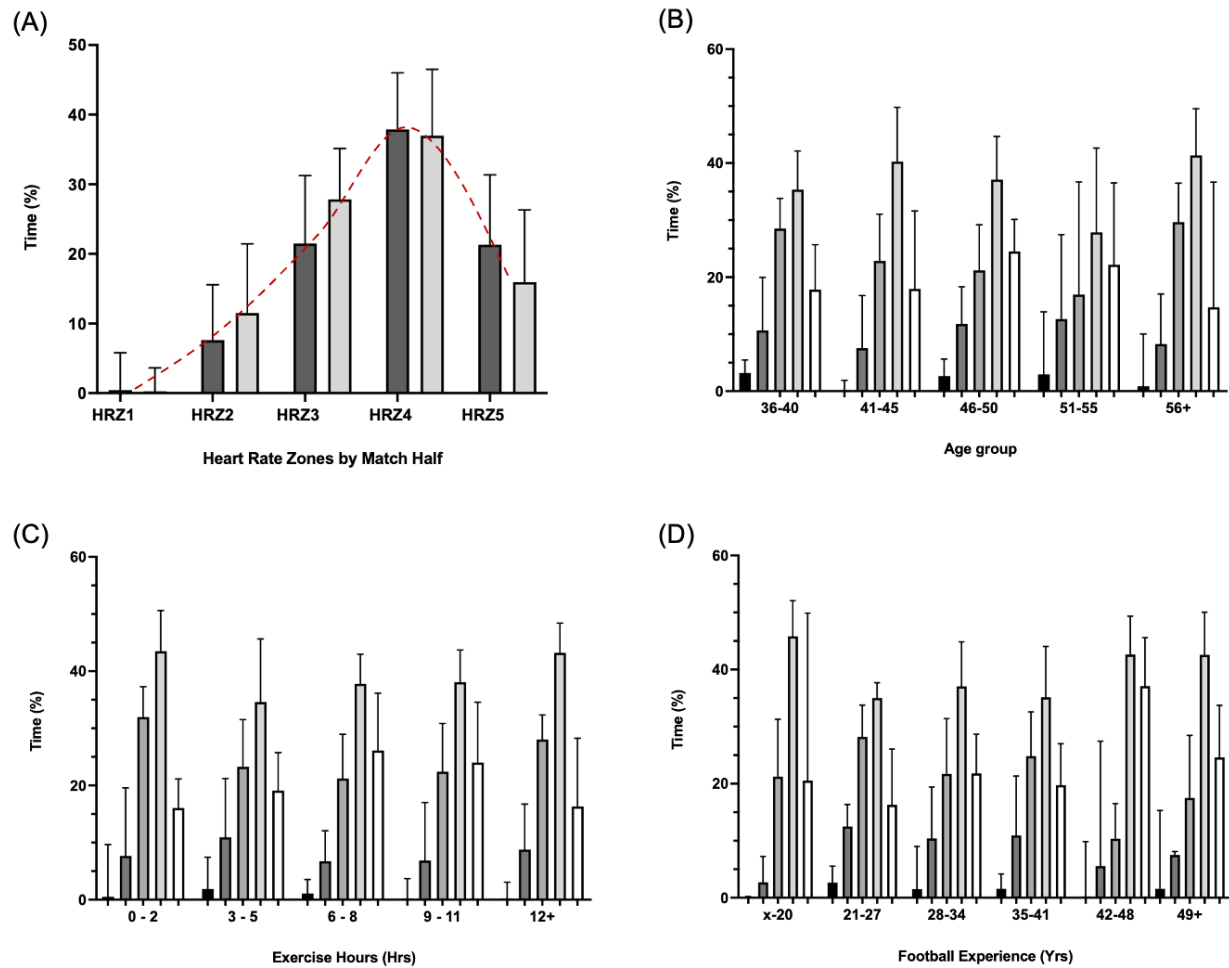


Supplementary files



Supplementary file S1: Bar chart of time spent in HRZs 1-5 (n=91); (A) Match Half, (B)

Age Group, (C) Exercise Hours, (D) Football Experience.

<i>Players</i>	Exercise Intensity		
	Light	Moderate	vigorous
	<i>HR_{max} 50-63%</i>	<i>HR_{max} 64-76%</i>	<i>HR_{max} 77-93%</i>
<i>n = 91</i>	2	20	69
	<i>HRR 20-39%</i>	<i>HRR 40-59%</i>	<i>HRR 60-84%</i>
<i>n = 91</i>	0	41	50

Supplementary file S2: The exercise intensity to which all 91 veterans' football players were exposed was described using percentage maximum heart rate (HRmax) and percentage HRR (heart rate reserve) according to the American College of Sports Medicine (ACSM) criteria¹⁸.