**Supplementary Table 1: Constant workload exercise and heart rate responses at the three levels of fraction of inspired oxygen studied during active progressive normobaric hypoxia exposure**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Participant #** | **1** | **2** | **3** | **4** | **5** | **7** | **8** |
| Self-selected treadmill speed (km hr-1) | 2.3 | 2.3 | 1.9 | 1.3 | 1.6 | 4.8 | 2.9 |
| Treadmill incline (%) | 4 | 0 | 0 | 0 | 0 | 0 | 5 |
| Target HR GXT (bpm)1 | 82 | 88 | 80 | 104 | 121 | 110 | 127 |
| Target HR Age (bpm)2 | 92 | 81 | 87 | 108 | 121 | 106 | 123 |
|  |  |  |  |  |  |  |  |
| Average HR at FIO2 = 20.9% (bpm) | 84 | 82 | 81 | 112 | 145 | 121 | 118 |
| Average HR at FIO2 = 17.0% (bpm) | 84 | 88 | 81 | 112 | - | 132 | 120 |
| Average HR at FIO2 = 15.0% (bpm) | 89 | 90 | 81 | 116 | - | 144 | 120 |

140 % of maximal HR recorded during graded exercise test; 240 % of age predicted maximal HR; FIO2 = fraction of inspired oxygen