

Supplementary Table 2 | Summary of training loads during normal training week in two different training periods (n = 24)

		Number of training units per week	CR 1 (km)	CR 2 (km)
General preparation period	Mean	4.85	71.94	16.63
	SD	0.92	13.23	4.22
Pre-start preparation period	Mean	5.4	69.45	18.62
	SD	0.64	12.45	4.22

Note:

CR 1 - 70–80% HR max - continuous running in the first intensity range (70-80% HRmax);

CR 2 - 80–90% HR max - continuous running in the second intensity range (80-90% Hrmax);