

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

|                                         |             | <b>Number of training<br/>units per week</b> | <b>CR 1<br/>(km)</b> | <b>CR 2<br/>(km)</b> |
|-----------------------------------------|-------------|----------------------------------------------|----------------------|----------------------|
| <b>General<br/>preparation period</b>   | <b>Mean</b> | 4.85                                         | 71.94                | 16.63                |
|                                         | <b>SD</b>   | 0.92                                         | 13.23                | 4.22                 |
| <b>Pre-start<br/>preparation period</b> | <b>Mean</b> | 5.4                                          | 69.45                | 18.62                |
|                                         | <b>SD</b>   | 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);