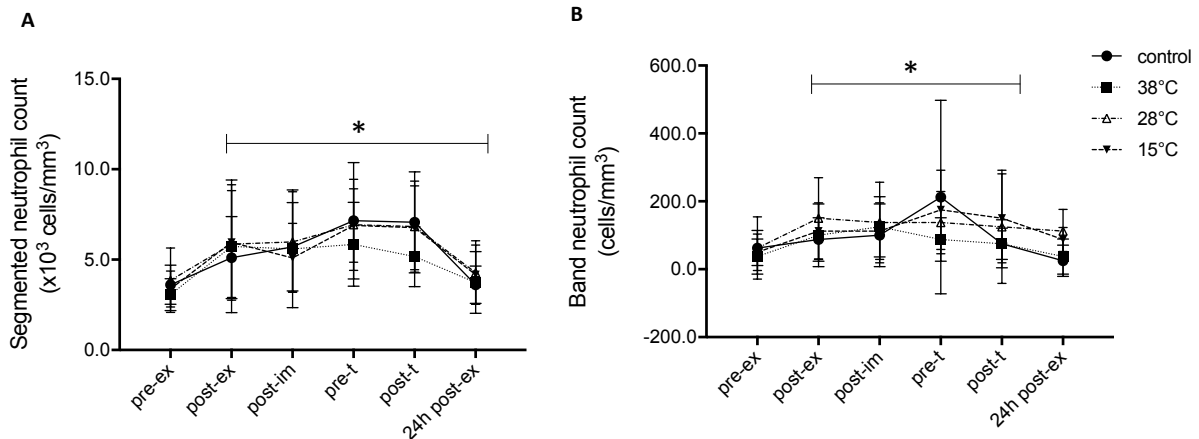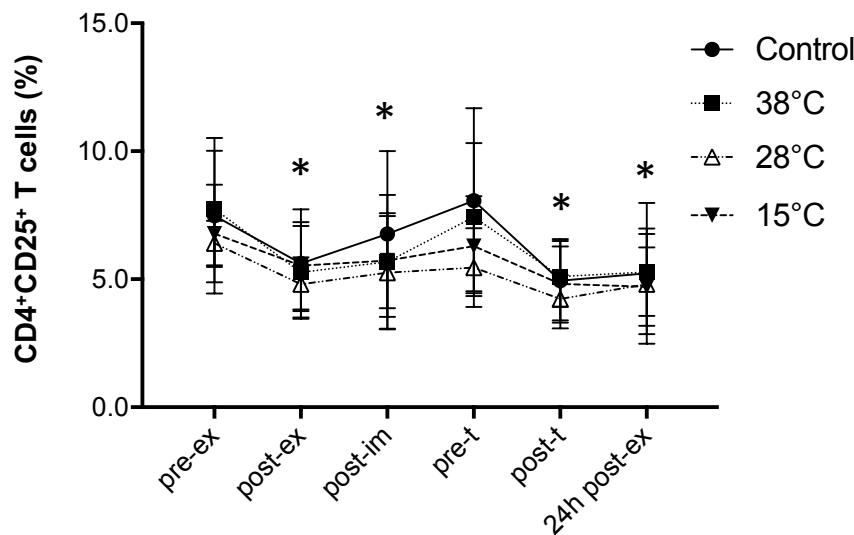# *Supplementary Material*

Supplementary Figure 1. Effect of post-exercise recovery by water immersion on segmented (**A**) and band neutrophil count (**B**). *P < 0.05, main time effect, compared to pre-ex, mixed effects model, followed by Dunnett's multiple comparison test. Pre-ex – before exercise, post-ex – immediately after exercise session, post-im - immediately post immersion, pre-t – immediately before performance test, post-t – immediately after performance tests, 24 h post-ex – 24 hours after the exercise session.

Supplementary Figure 2. Effect of post-exercise recovery by water immersion on the percentage of $CD4^+CD25^+$ T cells. *P < 0.05, main time effect, compared to pre-ex, mixed effects model, followed by Dunnett's multiple comparison test. Pre-ex – before exercise, post-ex – immediately after exercise session, post-im - immediately post immersion, pre-t – immediately before performance test, post-t – immediately after performance tests, 24 h post-ex – 24 hours after the exercise session.