

**Supplemental material. Figure 1.** Fatigue continuum and the classification risk of fatigue, updated from McGuigan, M. (2017).



**Supplemental material. Figure 2.** Smart Training app download and installation process.

Follow these steps to install the iOS application:**1)** In Safari on your iOS device, open the page: <https://serverside.codecreator.cz/aplikace/apks/SmartTraining.apk>, click the INSTALL button, and confirm the prompt - select INSTALL. The application will be installed on the desktop of the iOS device. **2)**Click the SmartTraining application icon. A message appears stating that the application cannot be started. Confirm Cancel. **3)** Open Phone SETTINGS and select the General line, scroll down and confirm Profiles and device management. **4)** Click Code Creator, s.r.o. (Ent) and choose Trust Developer. Then start the application by clicking on the SmartTraining icon.