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);