Supplementary Table 2. Exercise protocol

| Speed, time | Warm up             | Treadmill exercise | Cool down  |
|-------------|---------------------|--------------------|------------|
| 1 day       | 0 m/min, 1 min; 1 m/min, ~5 min | 8 m/min, 5 min; 10 m/min, 5 min | 5 m/min, 2 min |
| 2 day       |                     | 8 m/min, 5 min; 10 m/min, 5 min |            |
| 1–8 wk      | 12 m/min, 60 min    |                    |            |