Supplemental Digital Content 1 Self-reported training load (arbitrary units) calculated as the product of exercise time (min) and session perceived exertion (0-10 scale)[16]. Participants recorded all exercise sessions undertaken for the duration of each condition (-2 to +2), including laboratory TTs on days D1-D4. Participants were required to avoid exercise on day -1 prior to the commencement of laboratory testing the next day.

Day	-2	-1	D1	D2	D3	D4	+1	+2
Sleep Restriction	405±139	0±0	538±45	543±56	564±55	572±63 [+]	258±153	342±101
Normal Sleep	392±134	0±0	545±29	541±51	555±32	555±56 [+]	252±150	387±117
Sleep Extension	403±111	0±0	543±46	532±56	543±47	531±47	267±113	395±106

[+] Different ($P<0.025$) compared with sleep extension.

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