

	PRE	POST	p-value
W_{\max} (W)	235.6 ± 45.0	262.2 ± 51.2	p<0.001
$VO_{2\max}$ (L · min ⁻¹)	3.0 ± 0.8	3.3 ± 0.9	p<0.001
SV (mL)	65 ± 13	70 ± 13	p<0.001
Q_{\max} (L · min ⁻¹)	12.5 ± 2.5	13.5 ± 2.5	p<0.001
QaO2 (L · min ⁻¹)	2.4±0.7	2.5±0.7	p=0.018
PV (mL)	3374 ± 396	3650 ± 492	p<0.001
BV (mL)	5512 ± 788	5894 ± 934	p<0.001
tHb (g)	706 ± 165	748 ± 182	p<0.001
[Hb] (g · dL ⁻¹)	141 ± 17	137 ± 16	p<0.001
Htc (%)	42 ± 5	41 ± 5	p=0.002
HR_{\max} (beats · min ⁻¹)	193 ± 7	193 ± 6	n.s

Supplementary table 1. Mean and standard deviations of chosen variables before (PRE) and after (POST) the training intervention.