

**S3 Table. Rectal temperature ( $T_{re}$ ) response during 60 min of cycling at RPE 15 following 30 min of precooling (study 2). CON, control; CWI, cold water immersion, ICE, ice slushy ingestion.**

	CON		CWI		ICE	
	<i>n</i>	$T_{re}$ (°C)	<i>n</i>	$T_{re}$ (°C)	<i>n</i>	$T_{re}$ (°C)
<b>Precooling</b>						
0 min	11	37.3 ± 0.5	11	37.2 ± 0.3	11	37.2 ± 0.3
30 min	11	37.3 ± 0.4	11	37.4 ± 0.3	11	37.0 ± 0.4
<b>Exercise</b>						
0 min	11	37.3 ± 0.4	11	37.3 ± 0.3	11	37.0 ± 0.4
5 mn	11	37.3 ± 0.4	11	37.3 ± 0.3	11	37.0 ± 0.4
10 min	11	37.4 ± 0.4	11	37.4 ± 0.3	11	37.1 ± 0.4
15 min	11	37.6 ± 0.4	11	37.5 ± 0.3	11	37.3 ± 0.4
20 min	11	37.7 ± 0.4	11	37.6 ± 0.3	11	37.5 ± 0.4
25 min	11	37.9 ± 0.5	11	37.8 ± 0.4	11	37.7 ± 0.4
30 min	11	38.0 ± 0.5	10	37.9 ± 0.4	11	37.9 ± 0.4
35 min	11	38.2 ± 0.5	10	38.0 ± 0.4	11	38.0 ± 0.4
40 min	11	38.3 ± 0.5	10	38.1 ± 0.4	11	38.2 ± 0.4
45 min	11	38.4 ± 0.5	11	38.3 ± 0.4	11	38.3 ± 0.4
50 min	11	38.5 ± 0.5	10	38.3 ± 0.4	10	38.4 ± 0.5
55 min	11	38.5 ± 0.5	10	38.4 ± 0.5	10	38.6 ± 0.5
60 min	11	38.6 ± 0.5	11	38.6 ± 0.5	10	38.6 ± 0.4