**S4 Table. Rectal-to-skin temperature ($T_{re}$-$T_{sk}$) gradient 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 | |
|---|---|---|---|---|---|---|
| **Precooling** | *n* | $T_{re}$-$T_{sk}$ (°C) | *n* | $T_{re}$-$T_{sk}$ (°C) | *n* | $T_{re}$-$T_{sk}$ (°C) |
| 0 min | 11 | 2.7 ± 0.5 | 11 | 2.5 ± 0.4 | 11 | 2.6 ± 0.3 |
| 30 min | 11 | 2.6 ± 0.6 | 11 | 5.6 ± 0.5 | 11 | 2.0 ± 0.3 |
| **Exercise** | | | | | | |
| 0 min | 11 | 2.8 ± 0.7 | 11 | 4.0 ± 0.6 | 11 | 1.8 ± 0.3 |
| 5 mn | 11 | 2.9 ± 0.7 | 11 | 3.7 ± 0.9 | 11 | 2.0 ± 0.4 |
| 10 min | 11 | 2.4 ± 0.5 | 11 | 3.3 ± 0.9 | 11 | 2.0 ± 0.2 |
| 15 min | 11 | 2.3 ± 0.4 | 11 | 2.9 ± 0.6 | 11 | 2.0 ± 0.3 |
| 20 min | 11 | 2.4 ± 0.4 | 11 | 2.7 ± 0.5 | 11 | 2.2 ± 0.3 |
| 25 min | 11 | 2.5 ± 0.4 | 11 | 2.8 ± 0.4 | 11 | 2.3 ± 0.4 |
| 30 min | 11 | 2.7 ± 0.3 | 10 | 2.9 ± 0.4 | 11 | 2.5 ± 0.5 |
| 35 min | 11 | 2.7 ± 0.4 | 10 | 2.9 ± 0.4 | 11 | 2.7 ± 0.5 |
| 40 min | 11 | 2.8 ± 0.4 | 10 | 3.0 ± 0.4 | 11 | 2.8 ± 0.5 |
| 45 min | 11 | 2.9 ± 0.4 | 11 | 3.2 ± 0.3 | 11 | 3.0 ± 0.5 |
| 50 min | 11 | 3.0 ± 0.4 | 10 | 3.2 ± 0.3 | 10 | 3.2 ± 0.6 |
| 55 min | 11 | 3.1 ± 0.4 | 10 | 3.3 ± 0.4 | 10 | 3.4 ± 0.7 |
| 60 min | 11 | 3.1 ± 0.5 | 11 | 3.4 ± 0.5 | 10 | 3.3 ± 0.5 |