

S5 Table. Heart rate means according to the phases of treadmill test and recovery

Parameter	Phase of treadmill and recovery					P value*
	Phase 1	Phase 2	Phase 3	Phase 4	First 20 min of recovery	
Median (bpm)	122 _b	123 _b	142 _c	133 _b	96 _a	<0.01
IQR (bpm)	101-136	106-136	125-163	106-139	83-113	

IQR= interquartile range

Phase 1: 5 min at a 2.5% incline at 3.8 km/h

Phase 2: 5 min at a 5% incline at 3.8 km/h

Phase 3: 10 min at a 2.5% incline at 7.0-8.0 km/h

Phase 4: 7 min of cool down at a 2.5% incline at 3.8 km/h

* P value from Friedman tests.

Values not sharing the same subscript are significantly different (P<0.05; Wilcoxon tests).