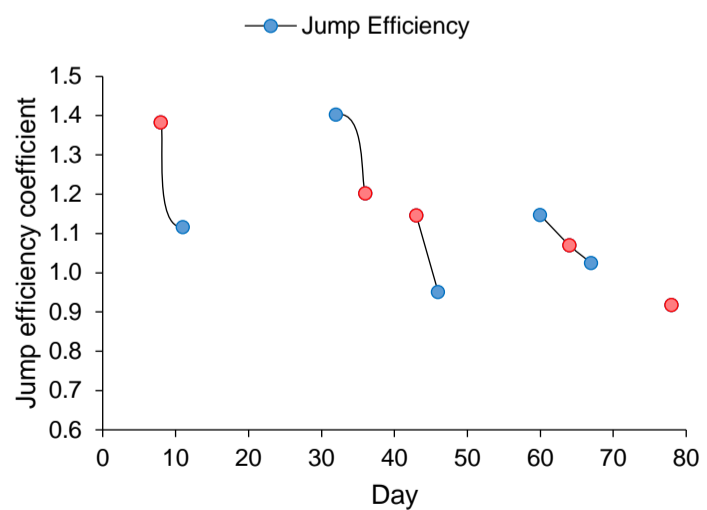
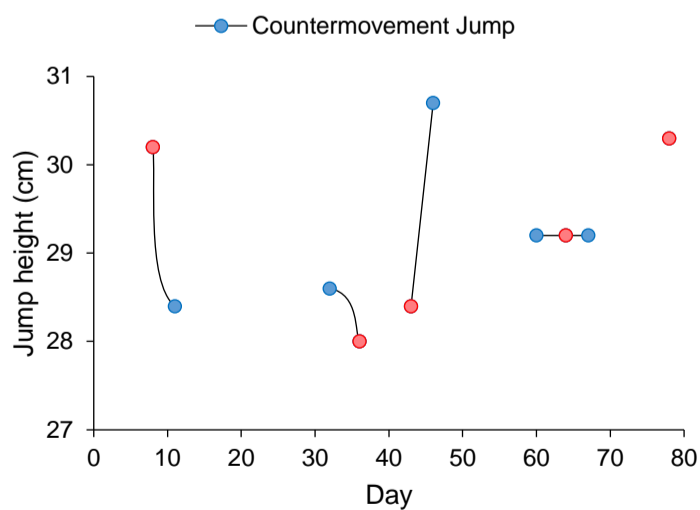
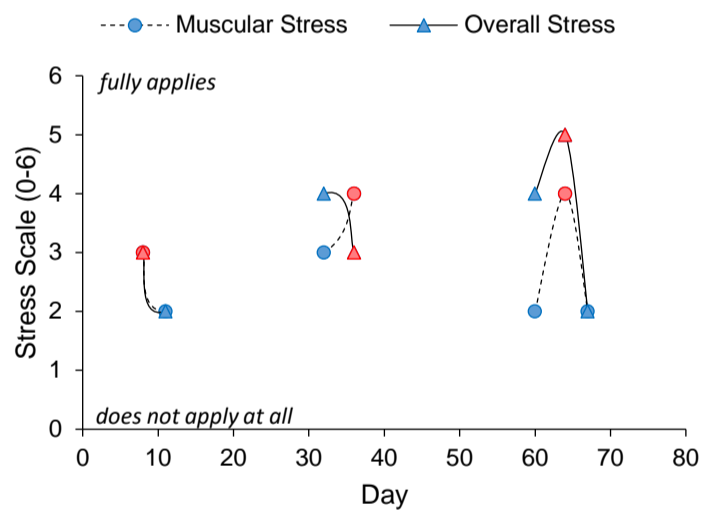
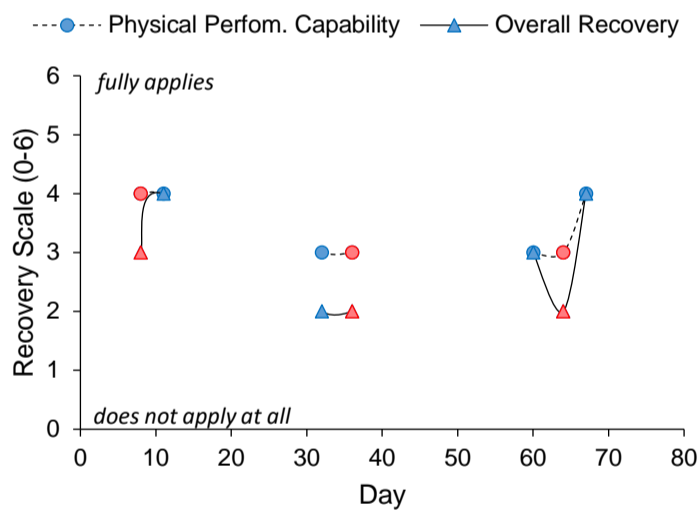
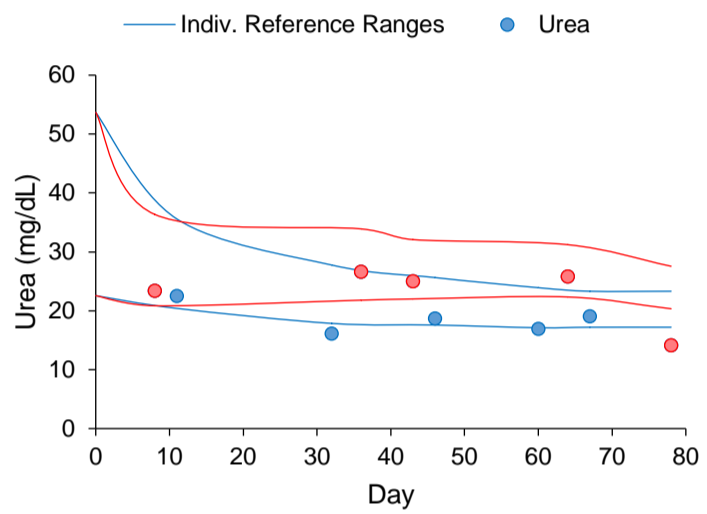
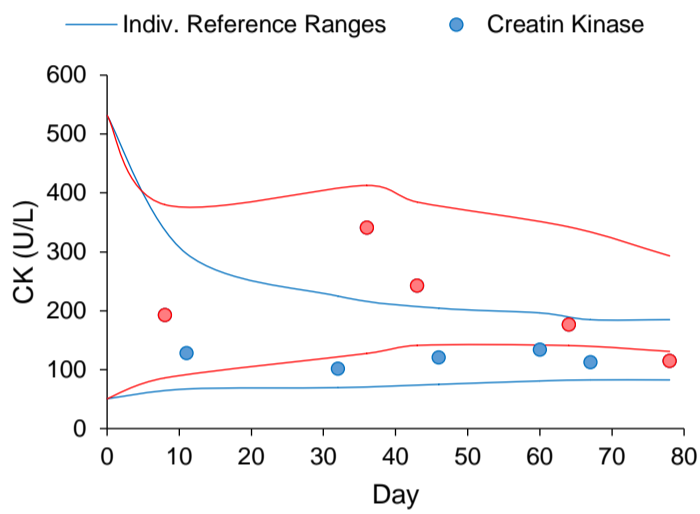
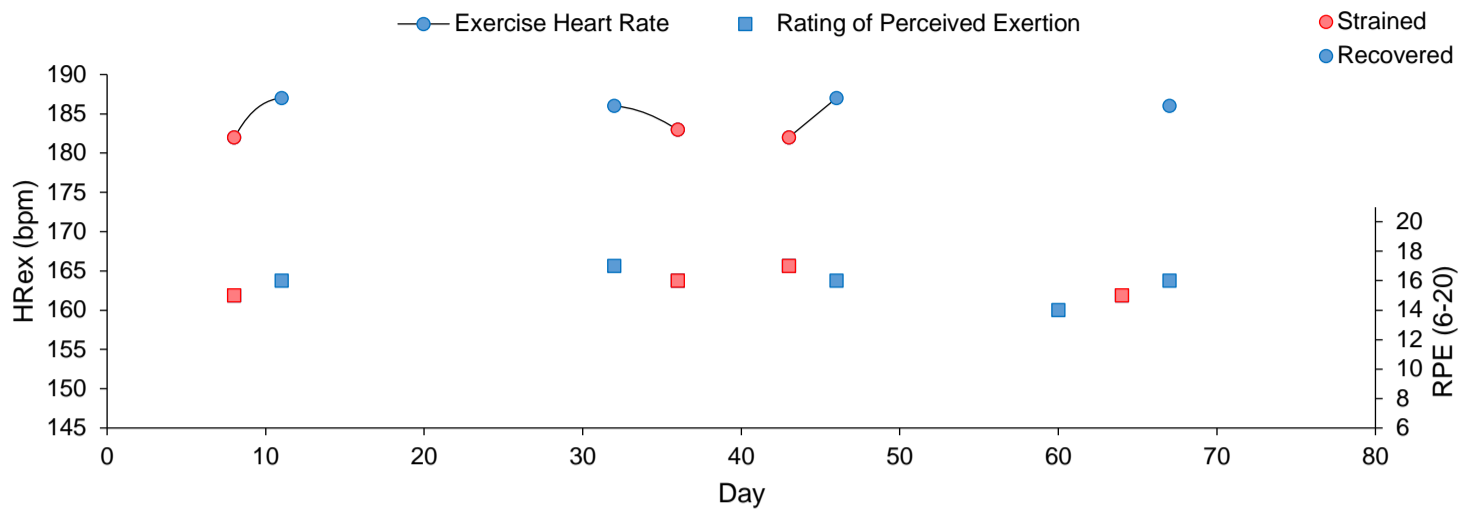
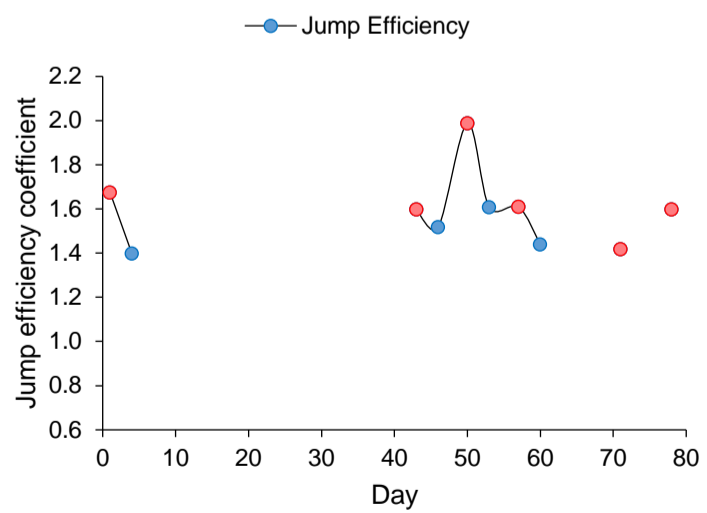
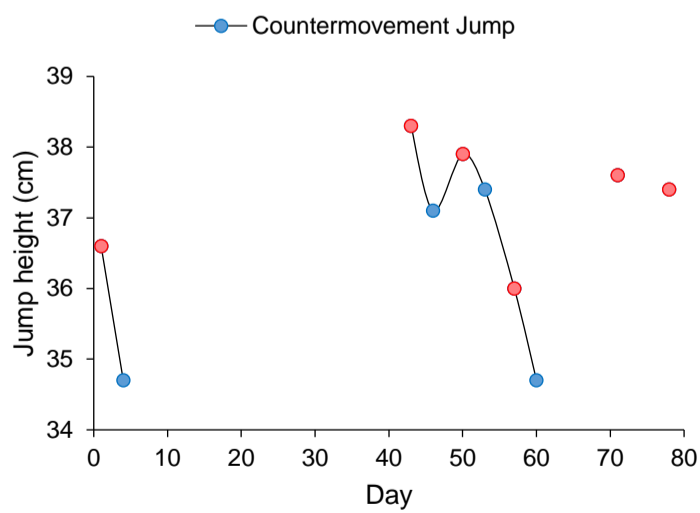
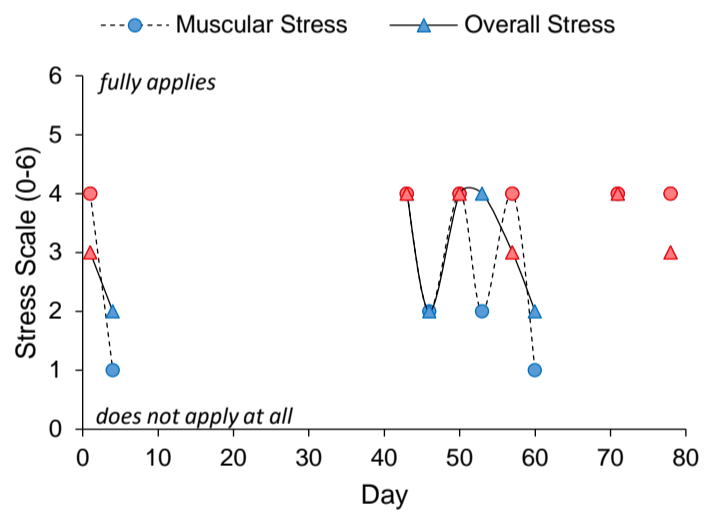
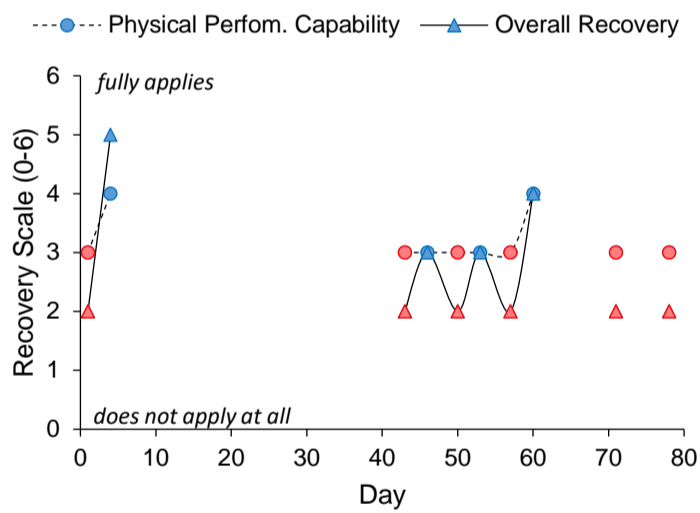
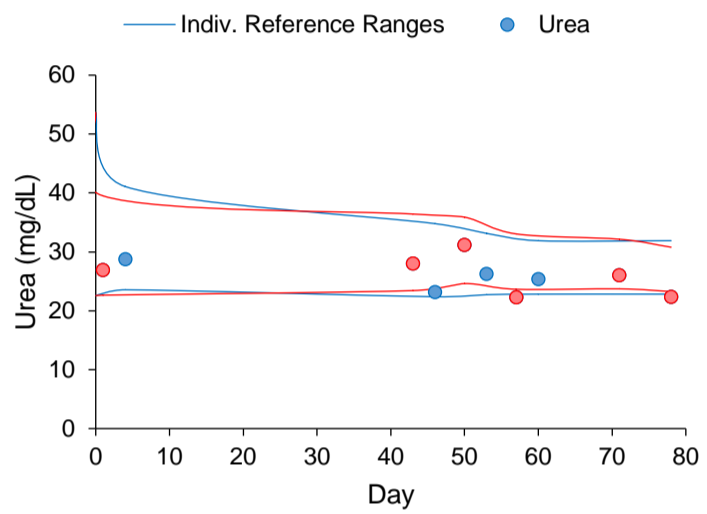
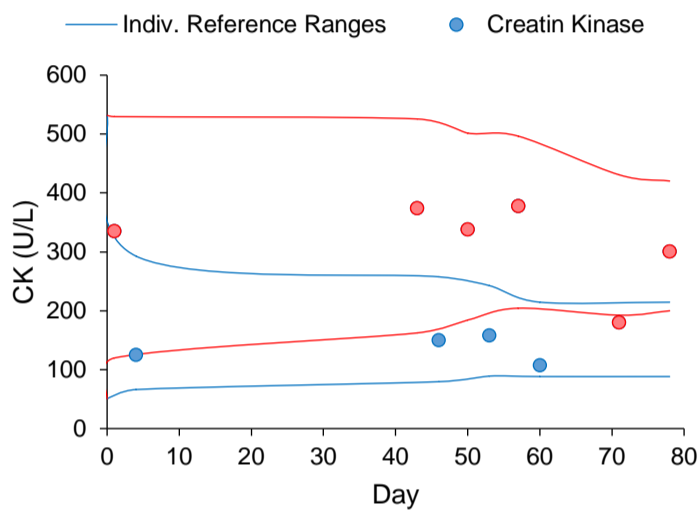
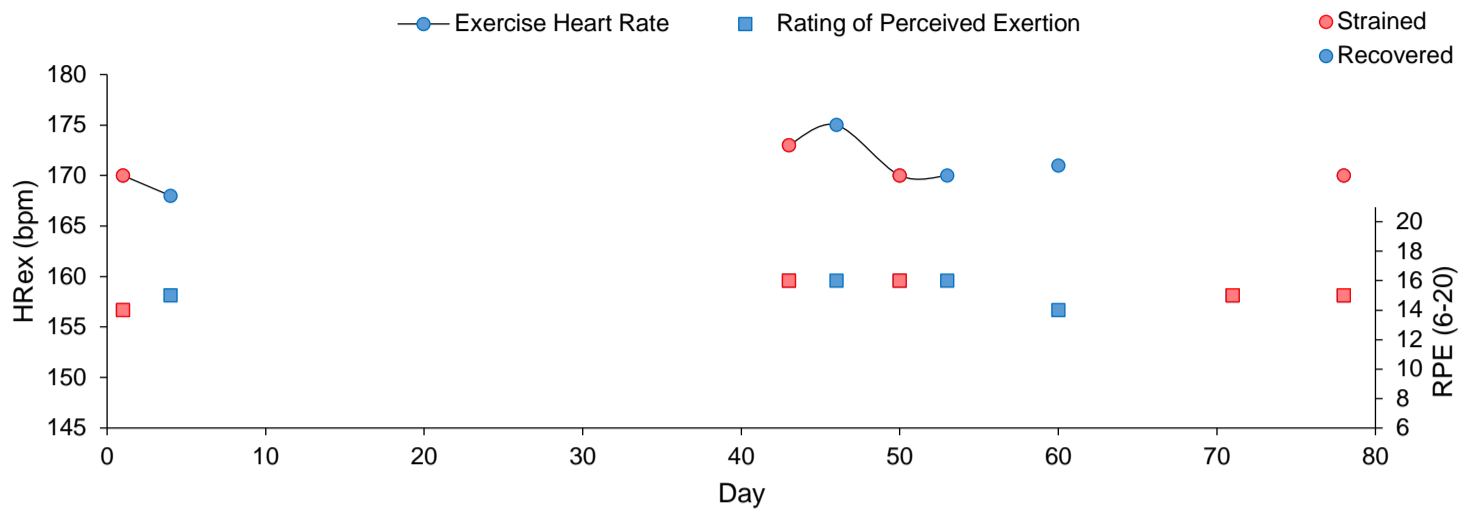


Player A



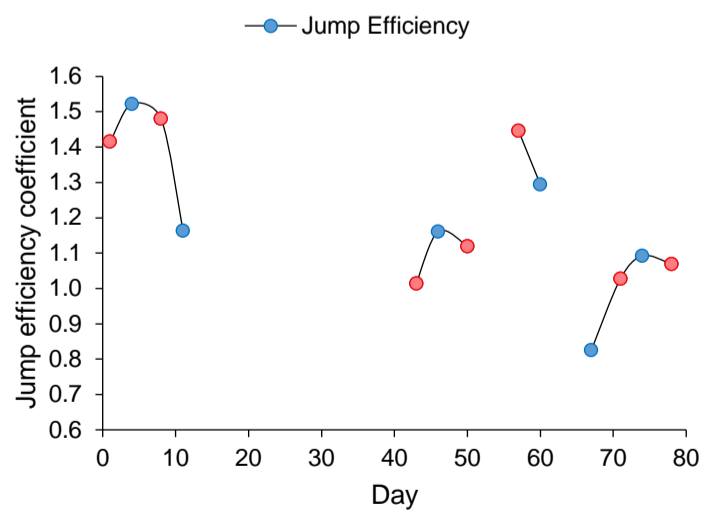
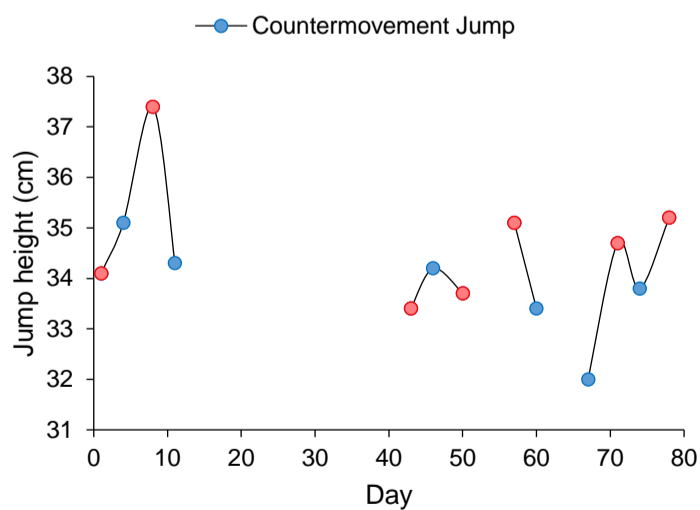
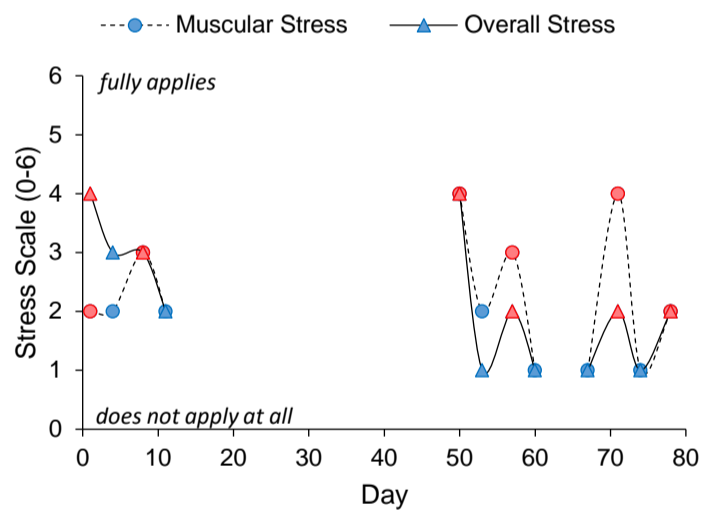
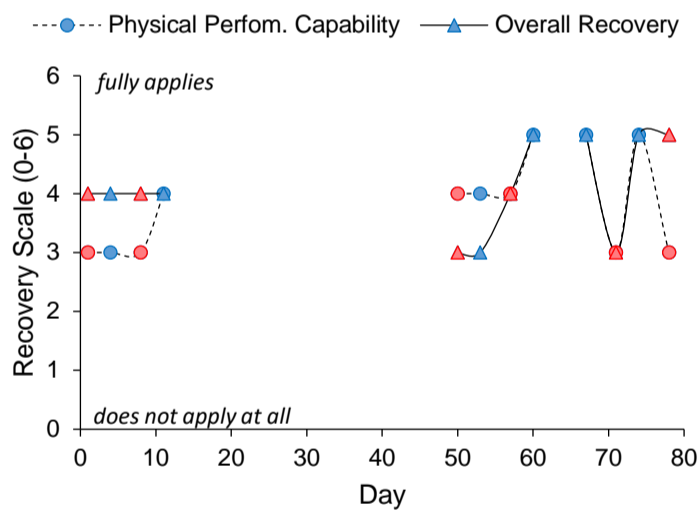
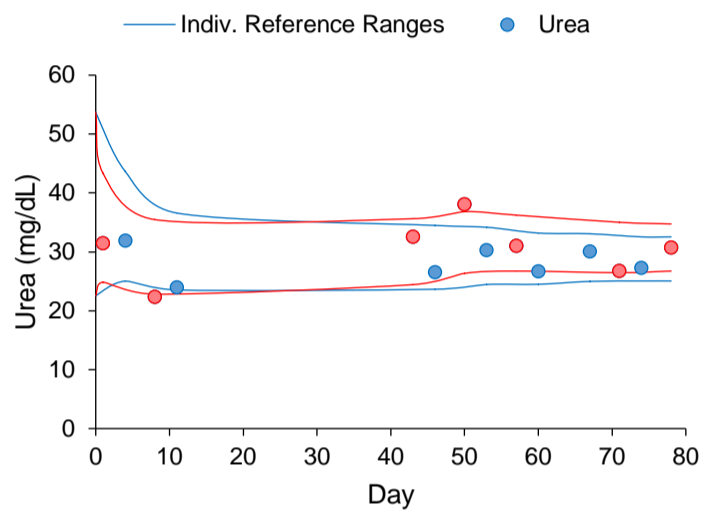
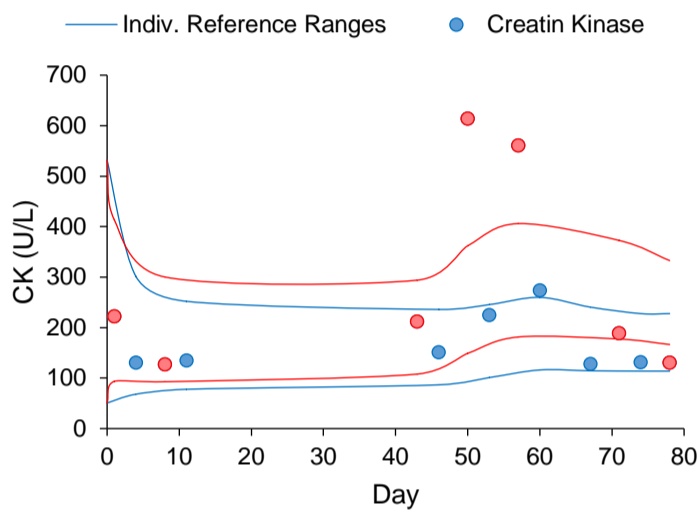
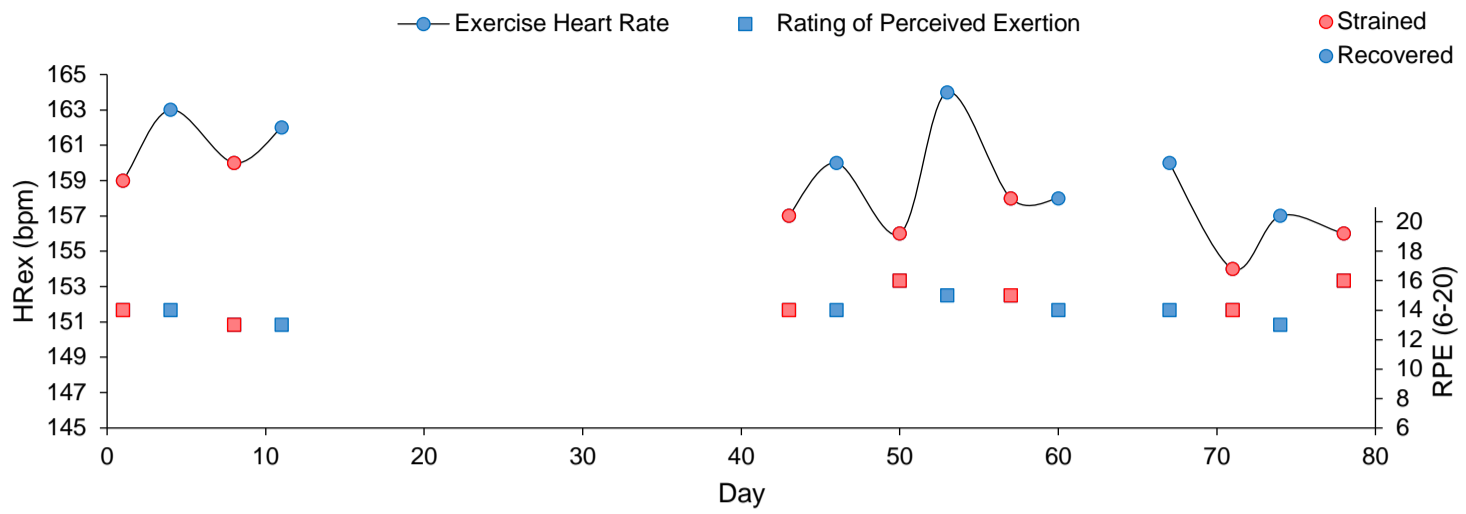
Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player B



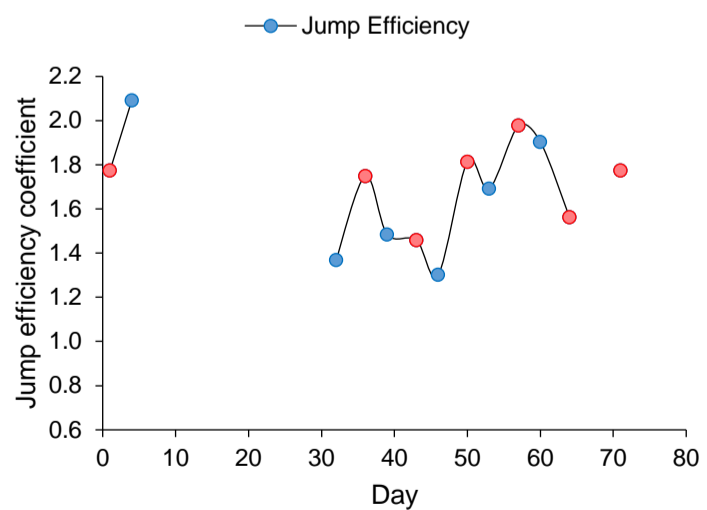
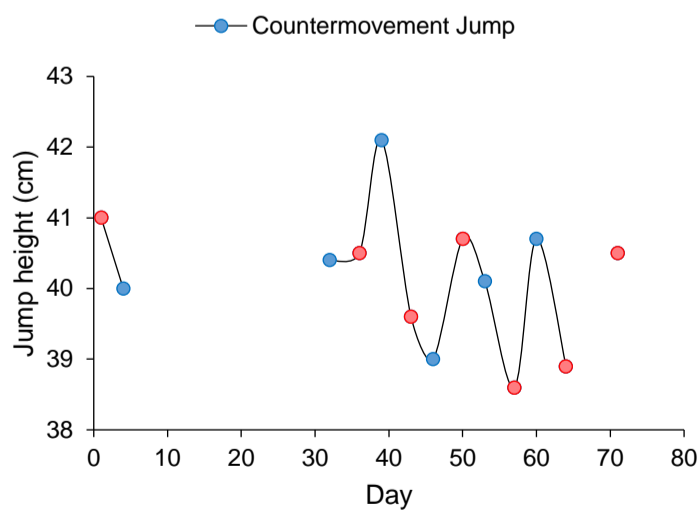
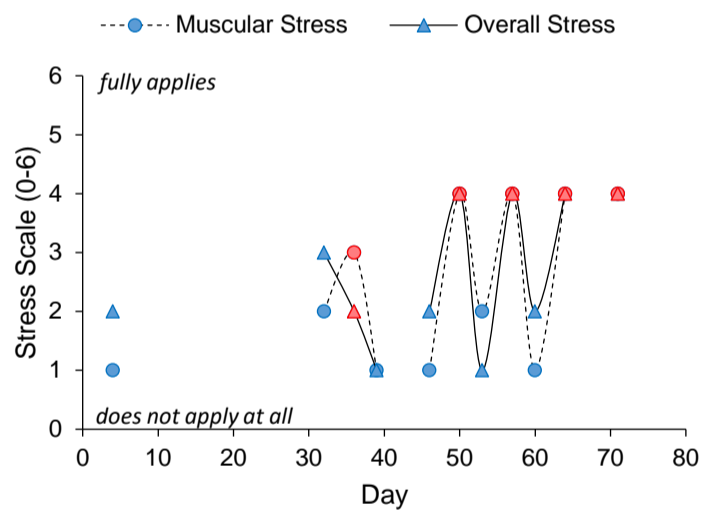
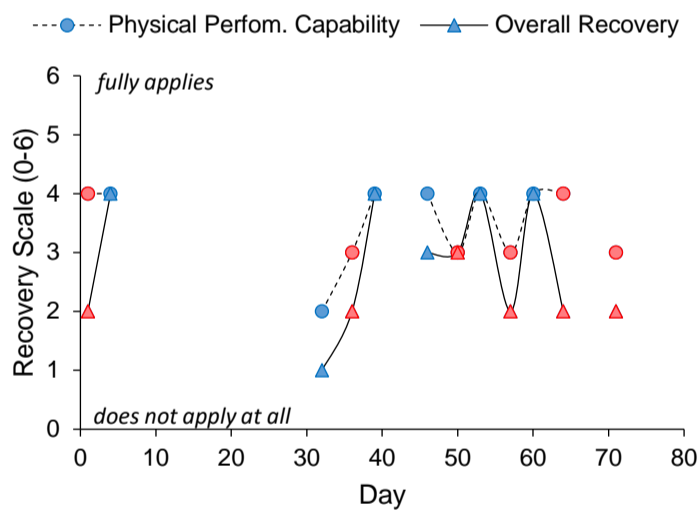
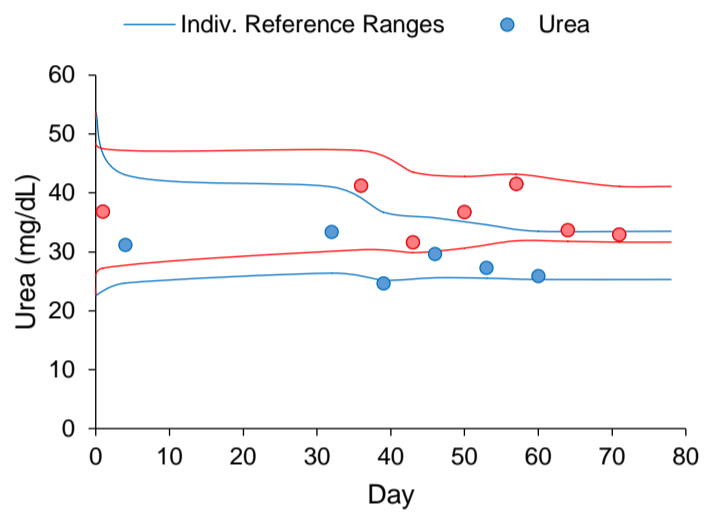
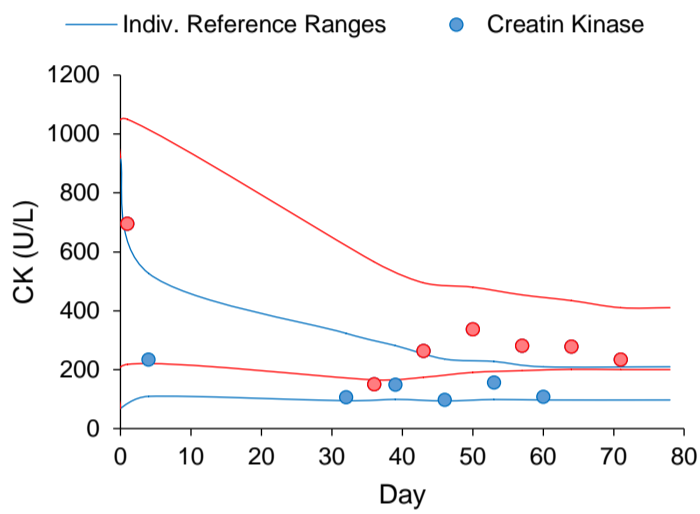
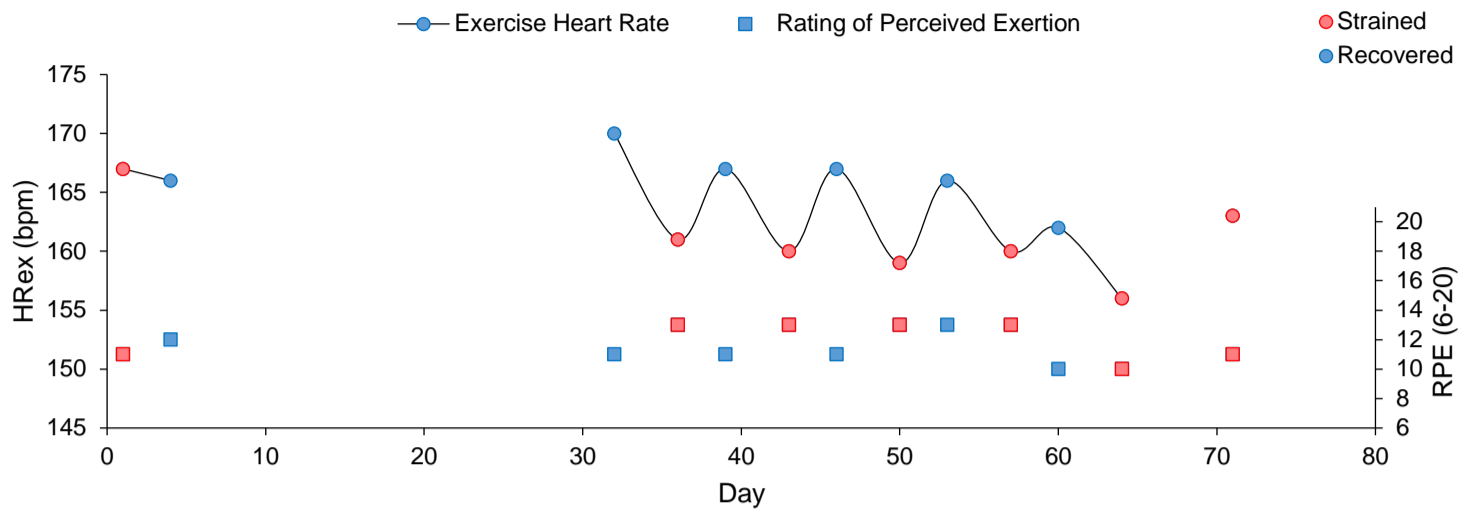
Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player C



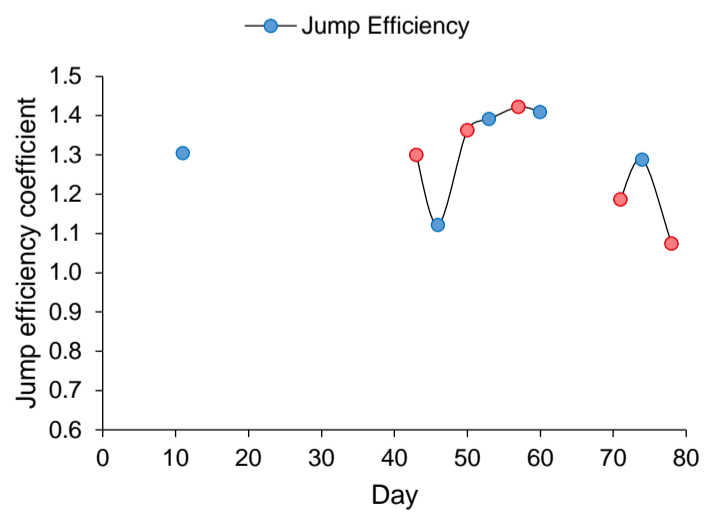
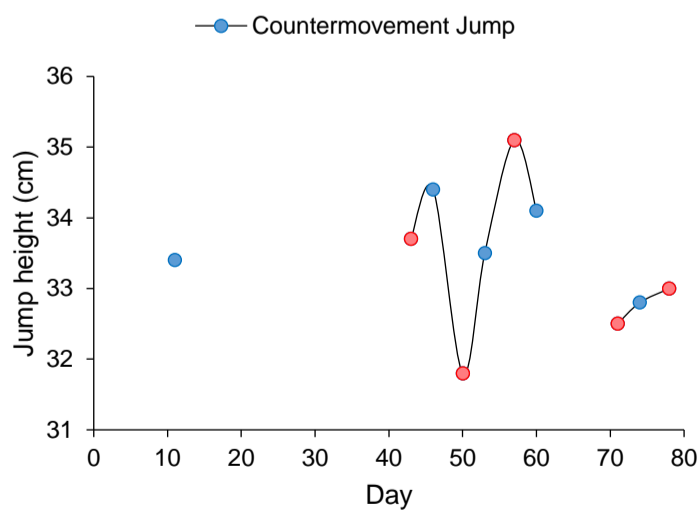
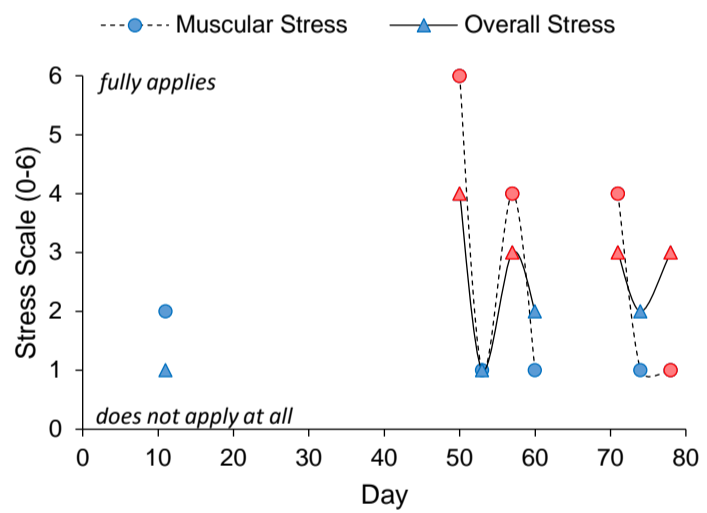
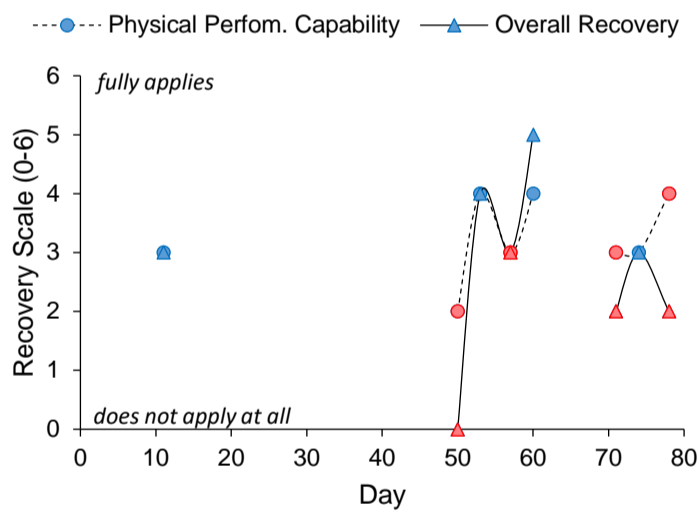
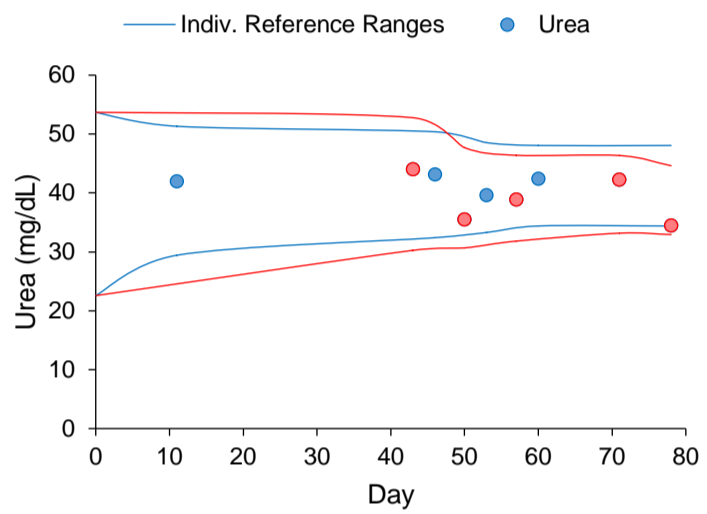
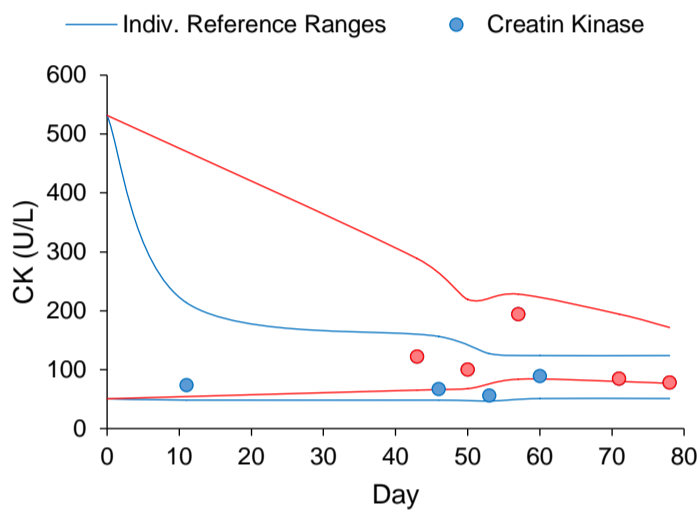
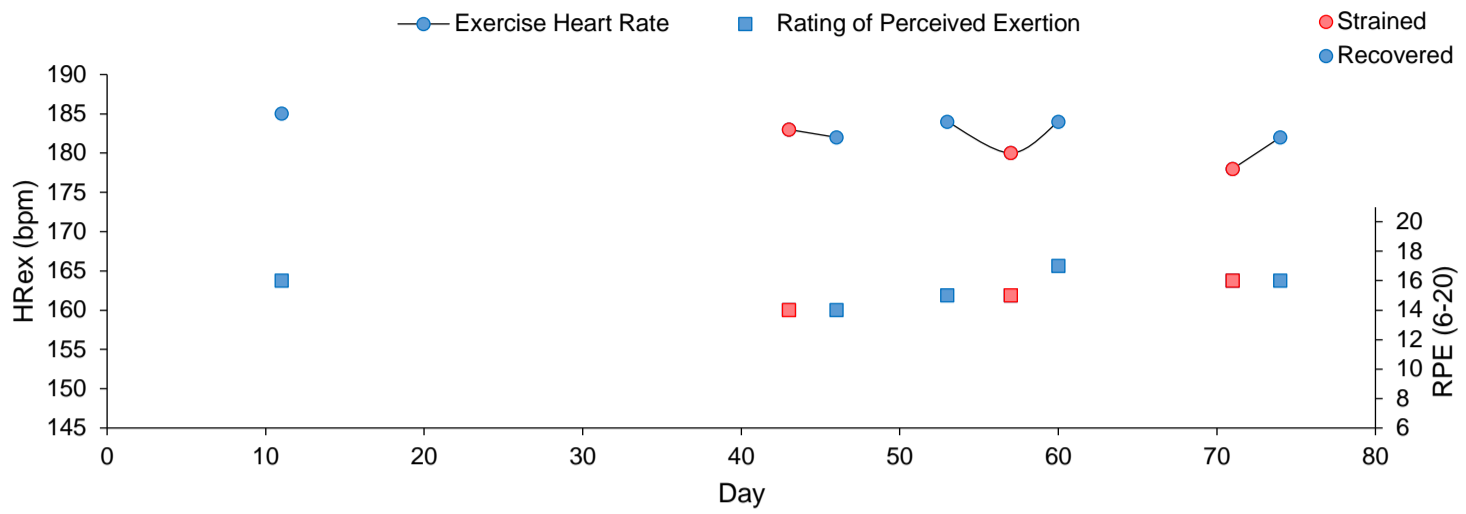
Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player D



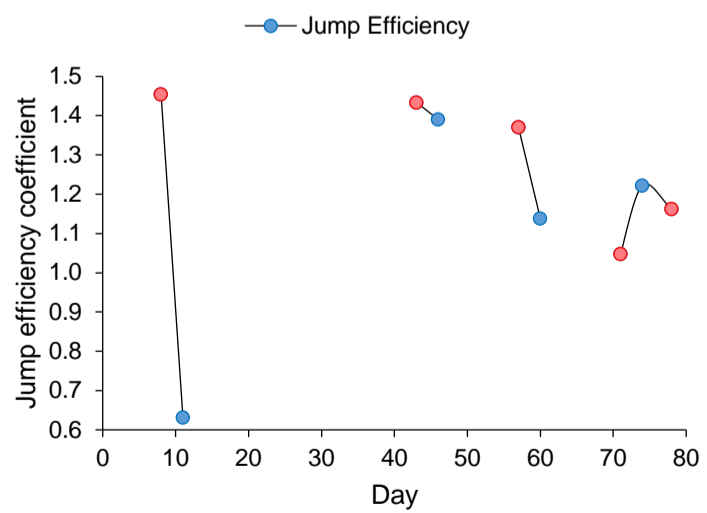
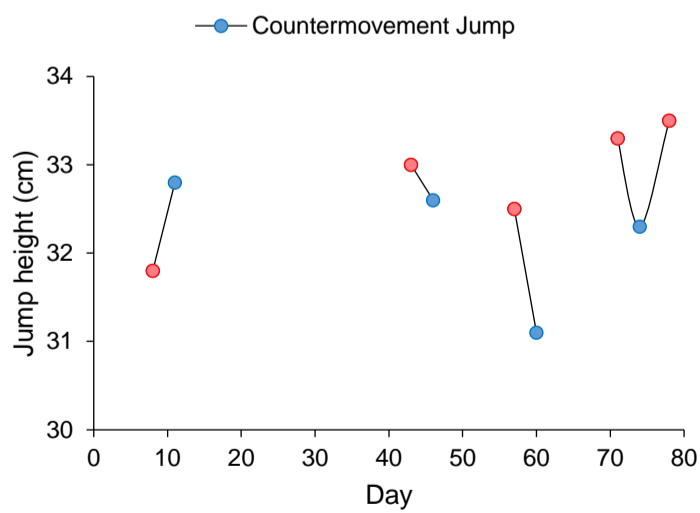
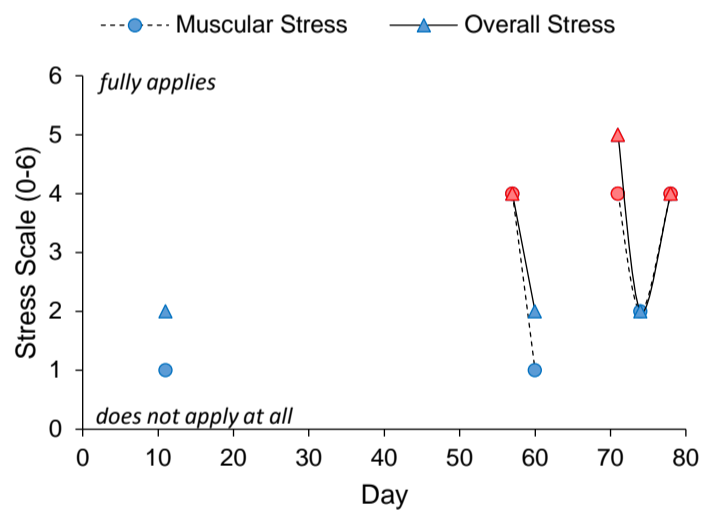
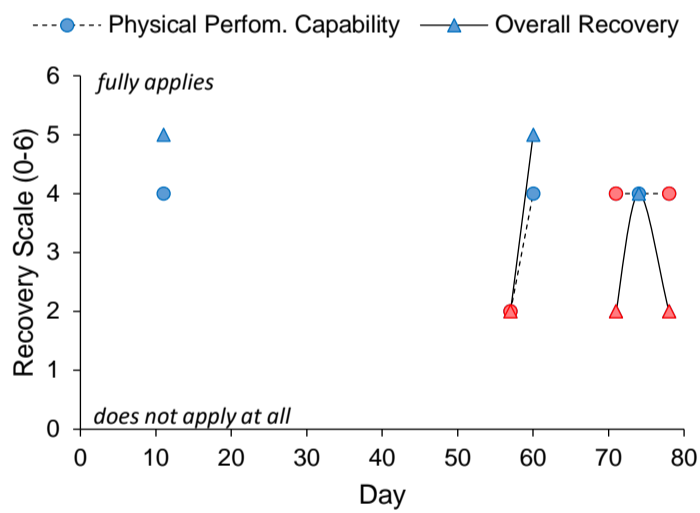
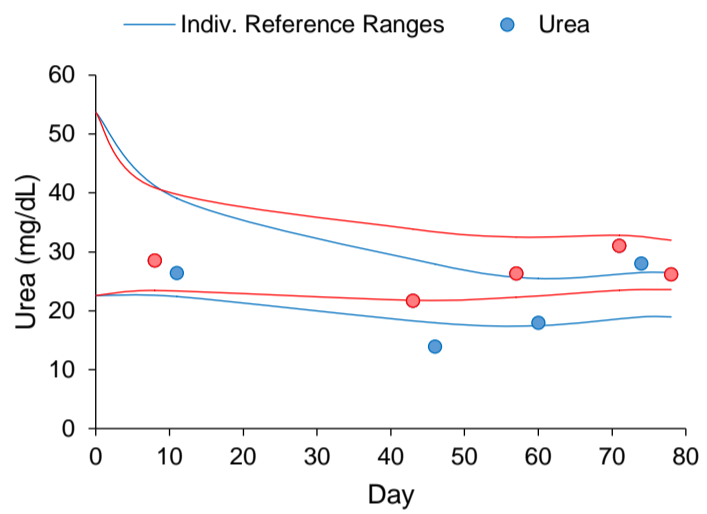
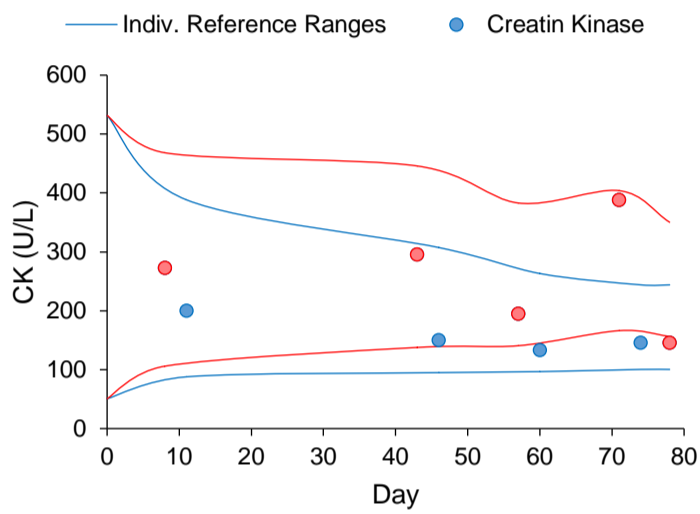
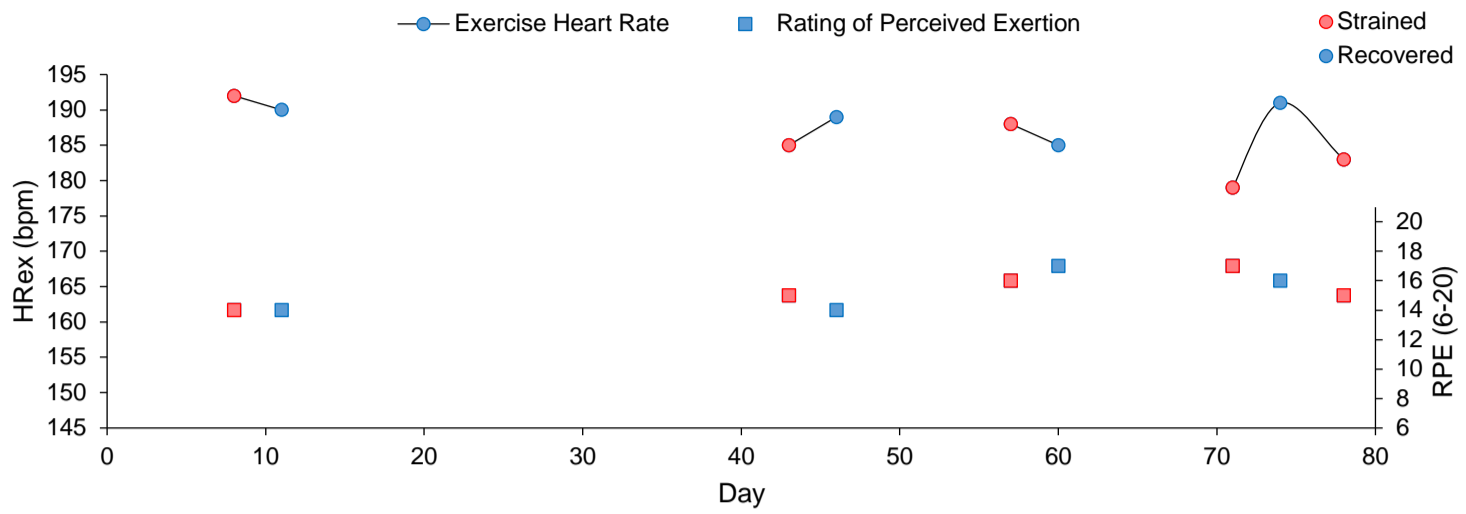
Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player E



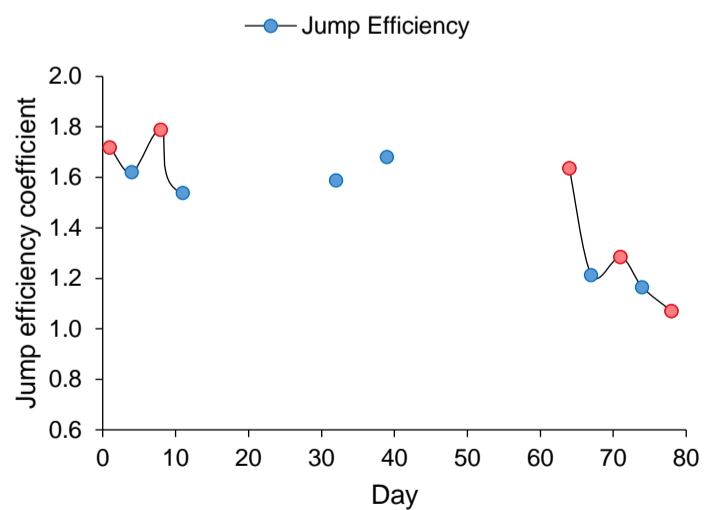
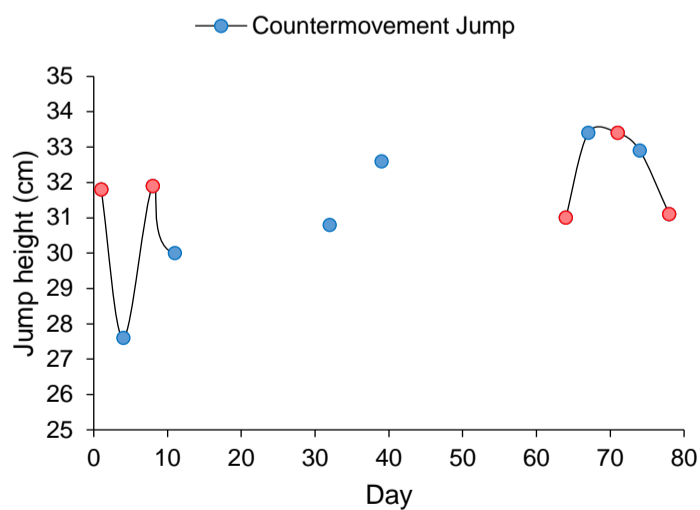
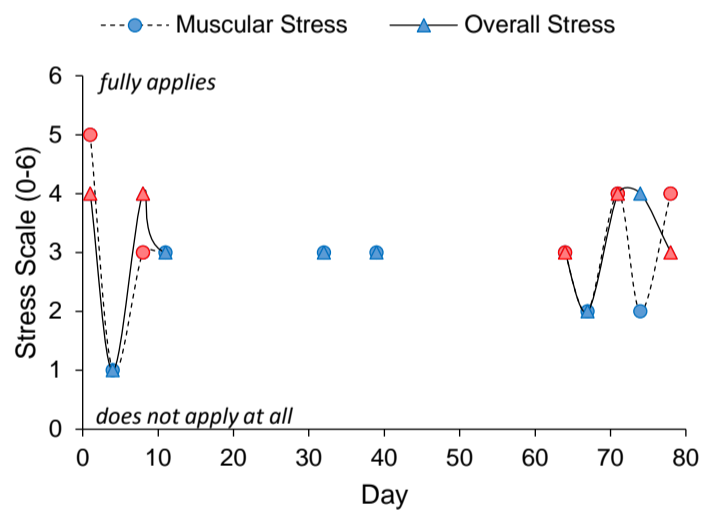
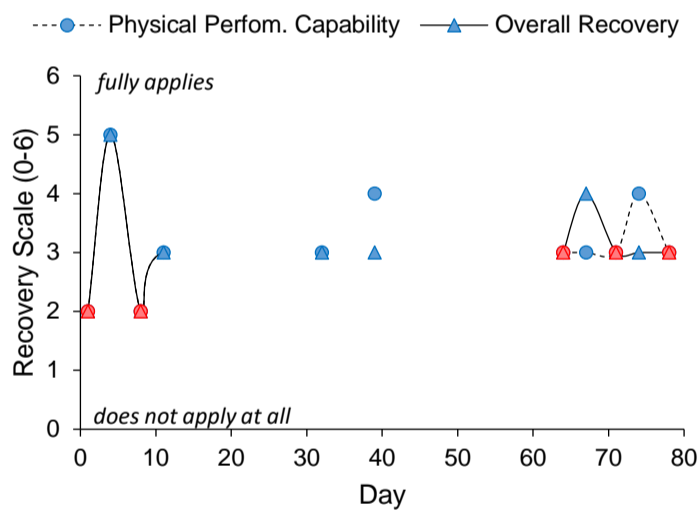
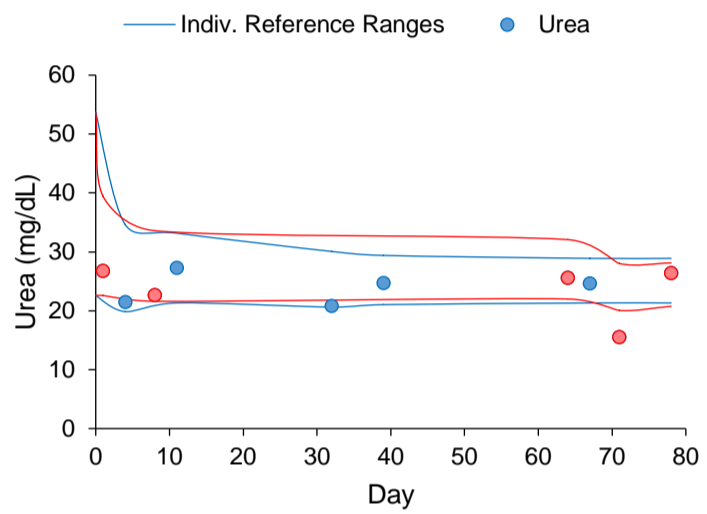
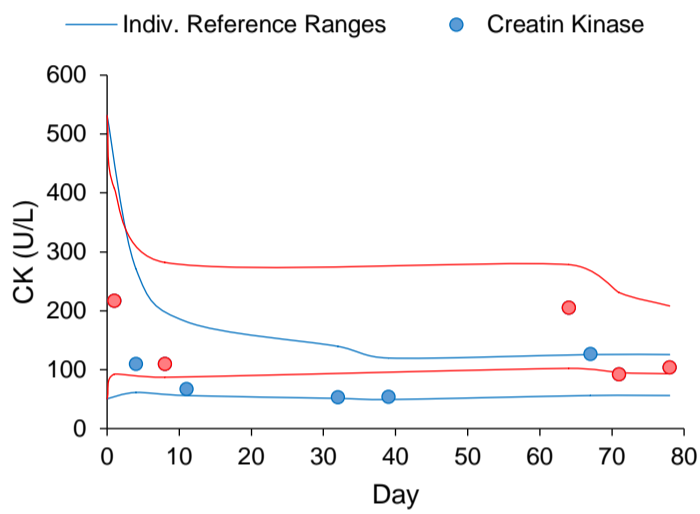
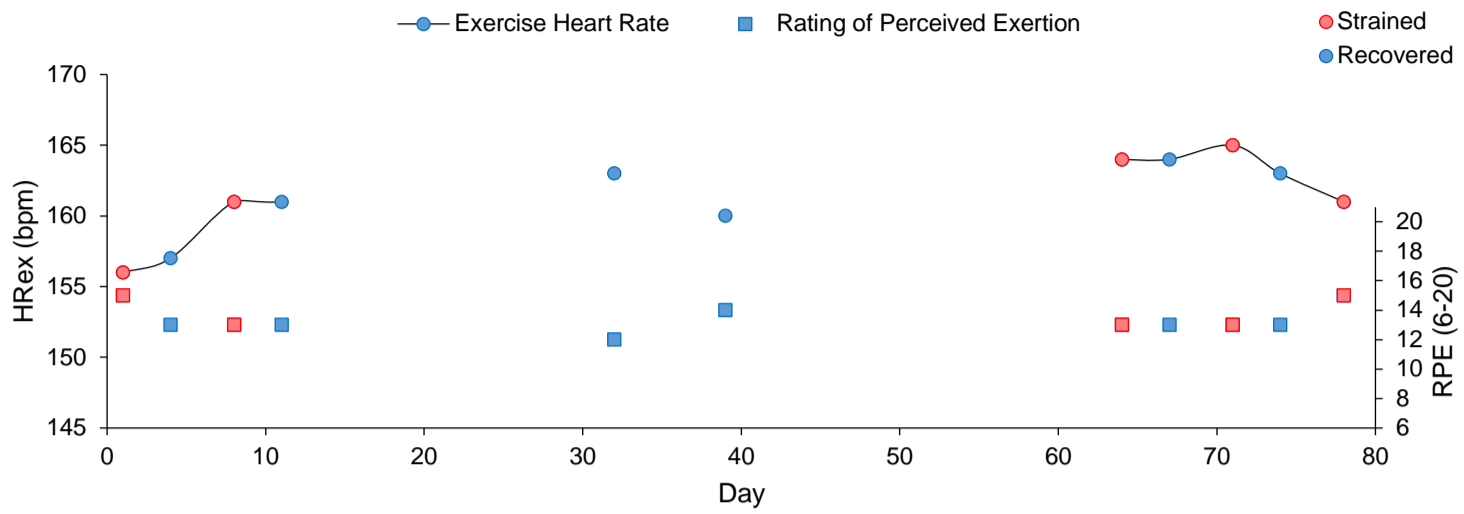
Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player F



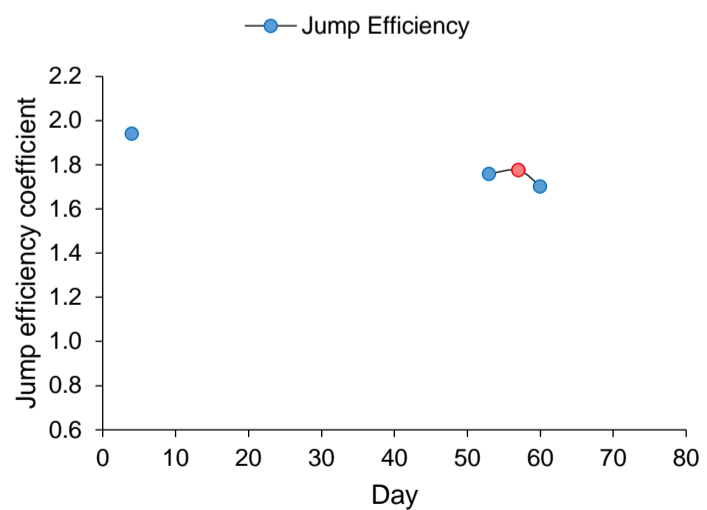
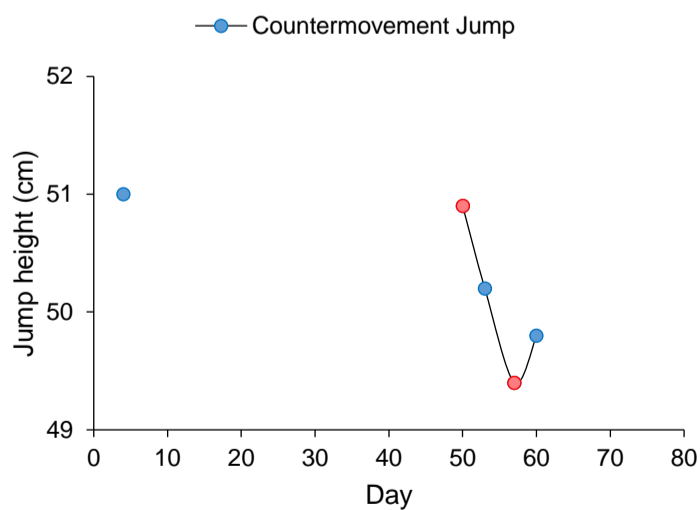
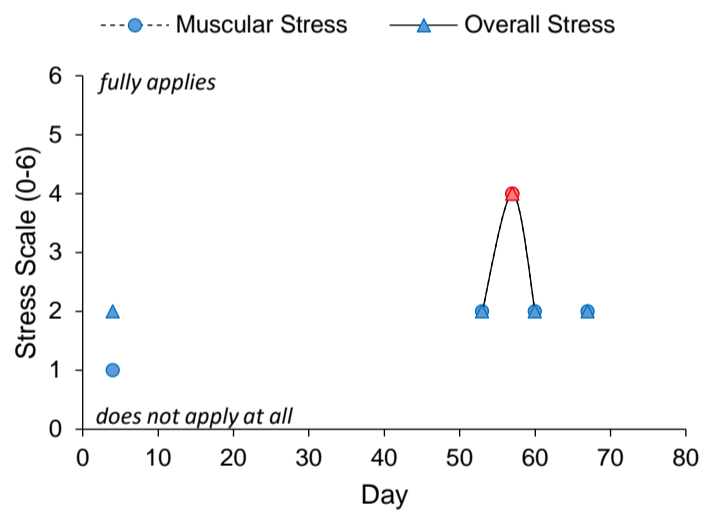
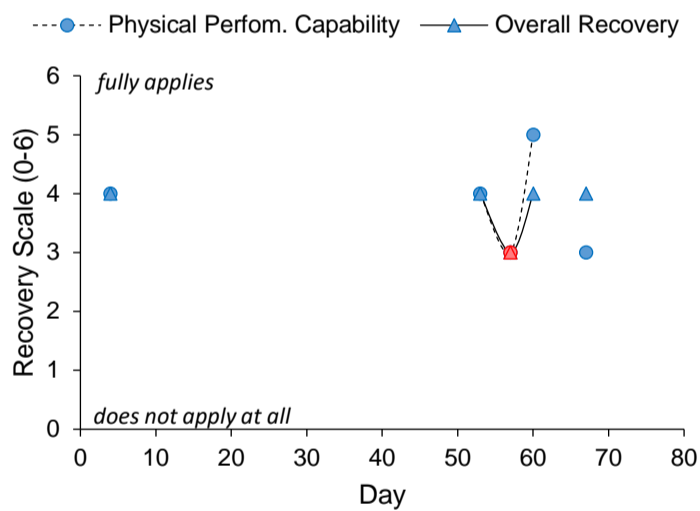
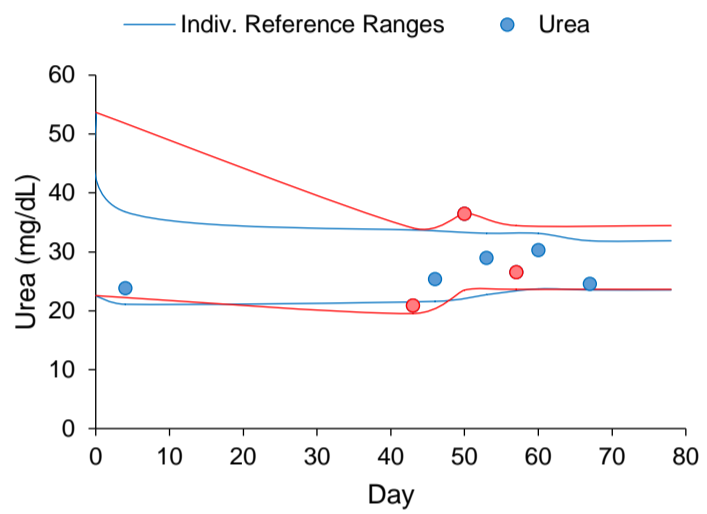
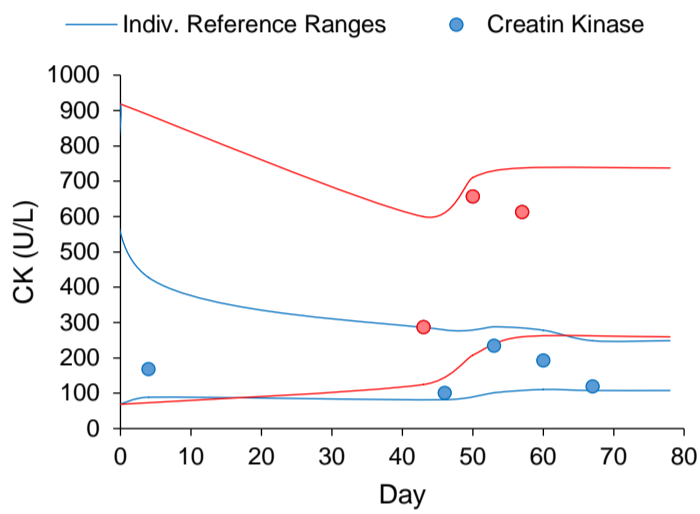
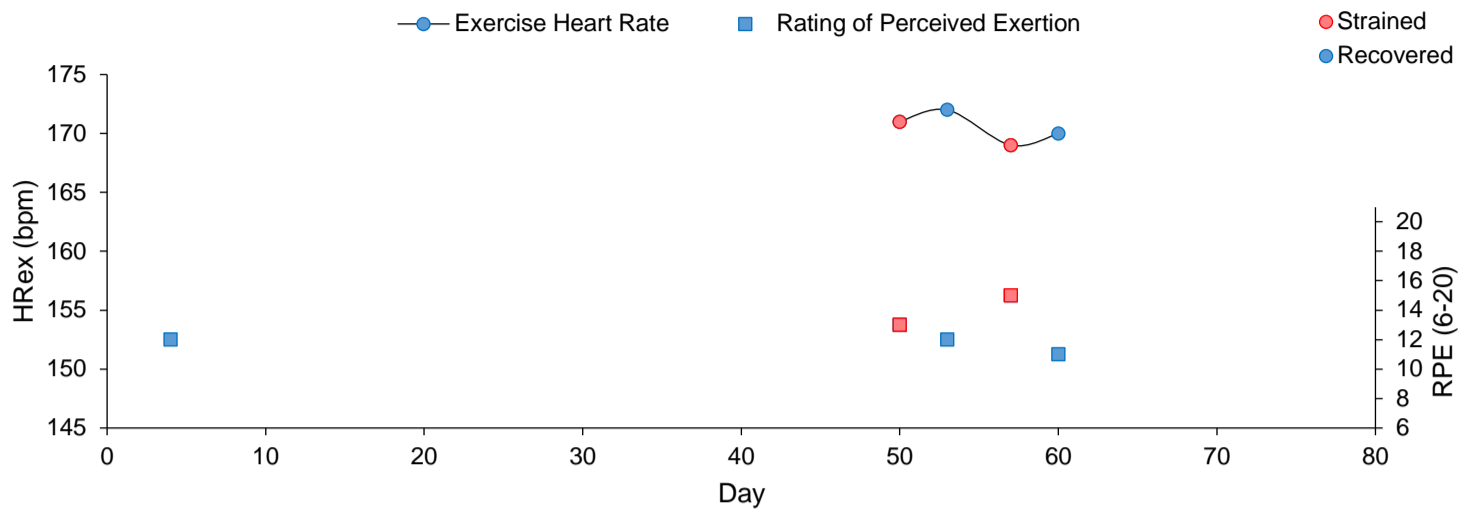
Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player G



Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

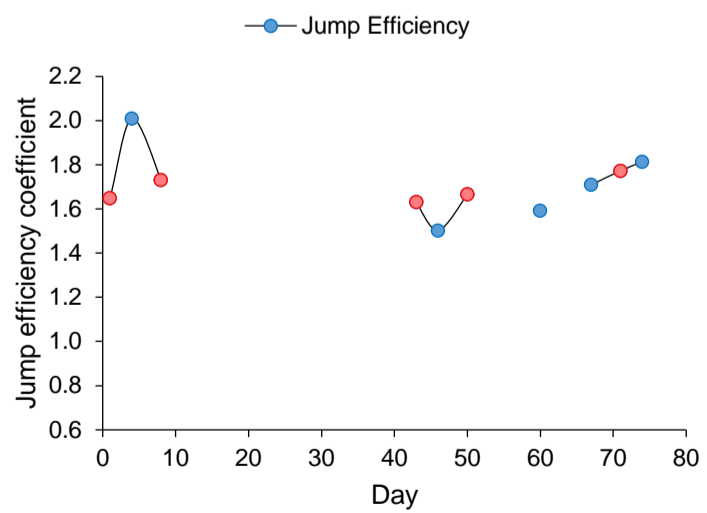
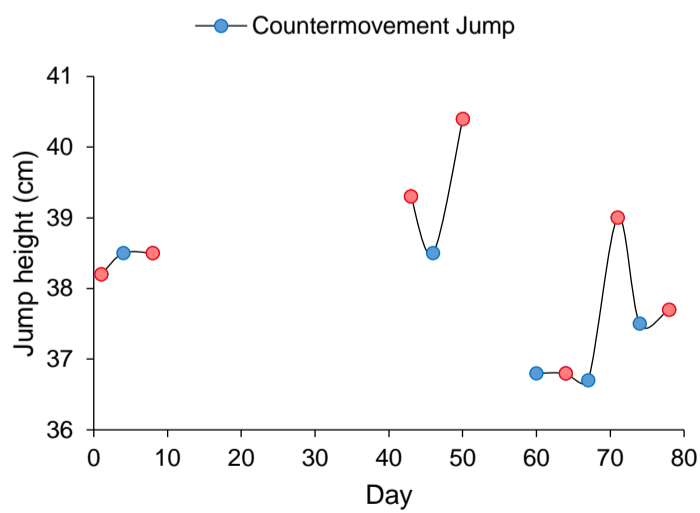
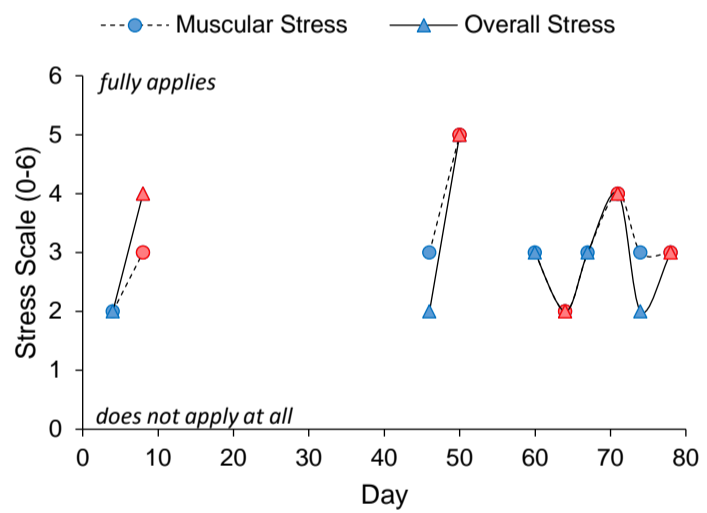
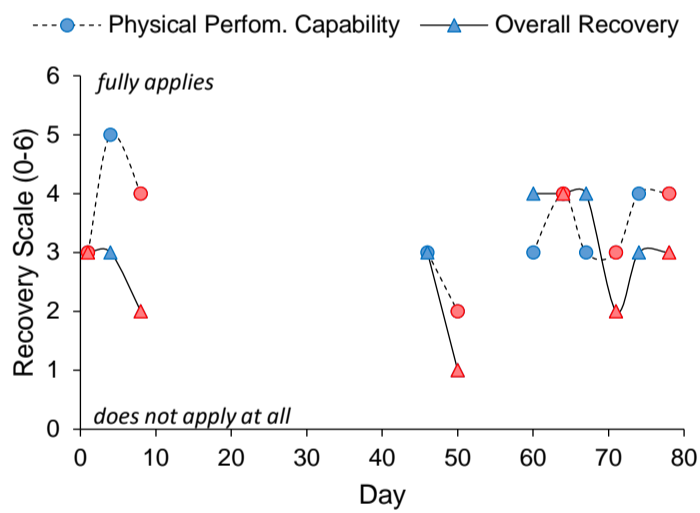
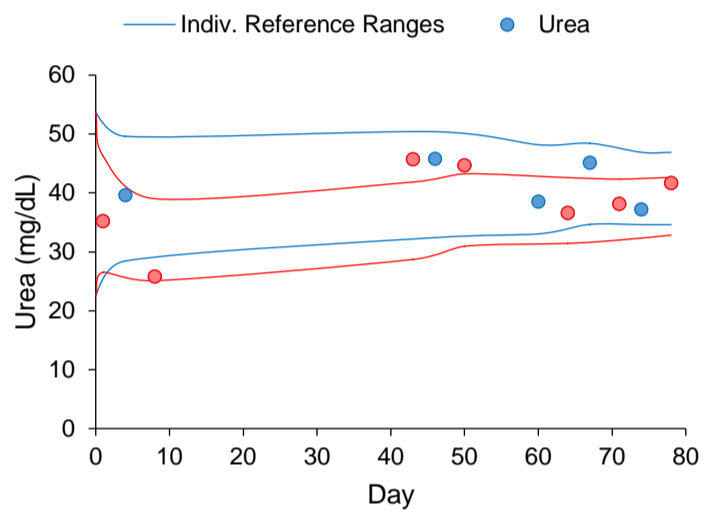
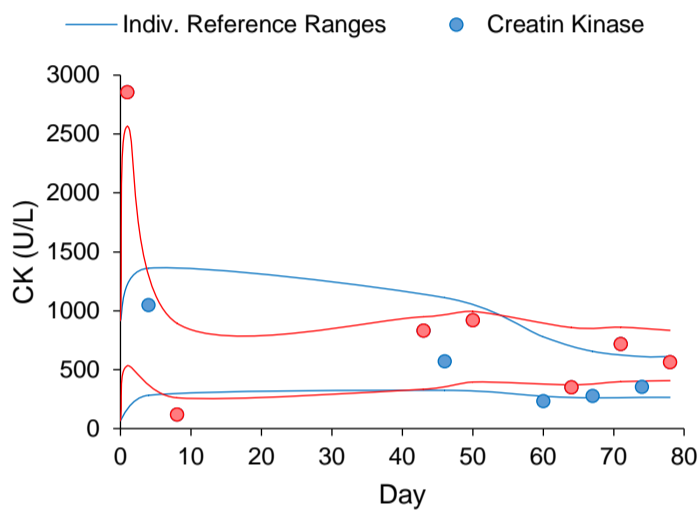
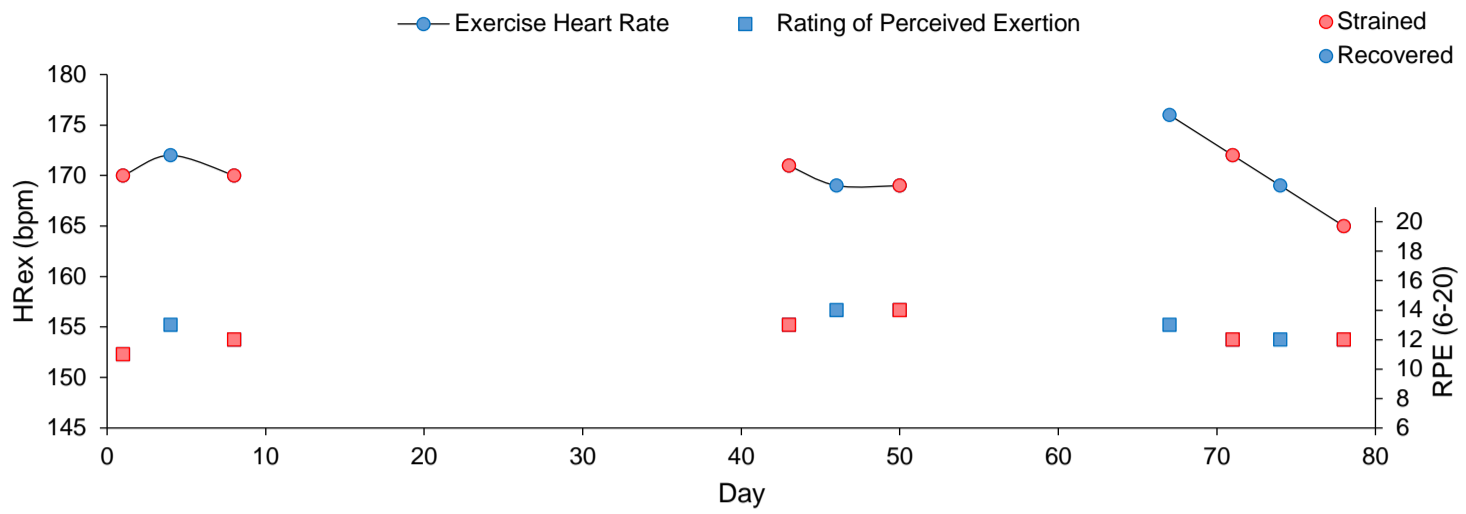
Player H



Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

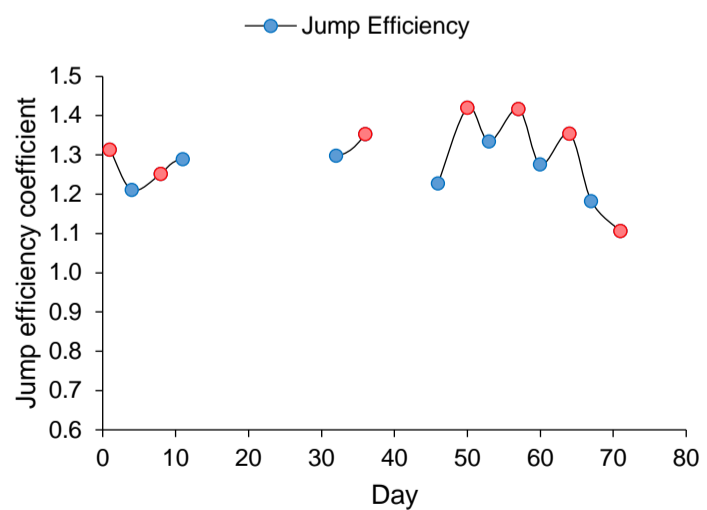
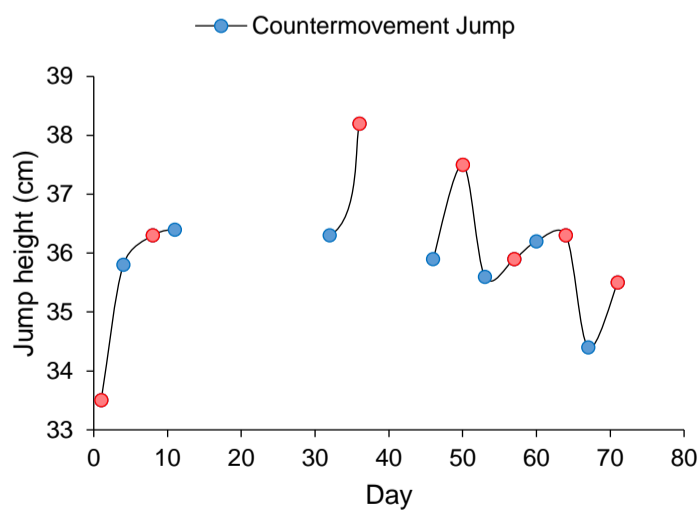
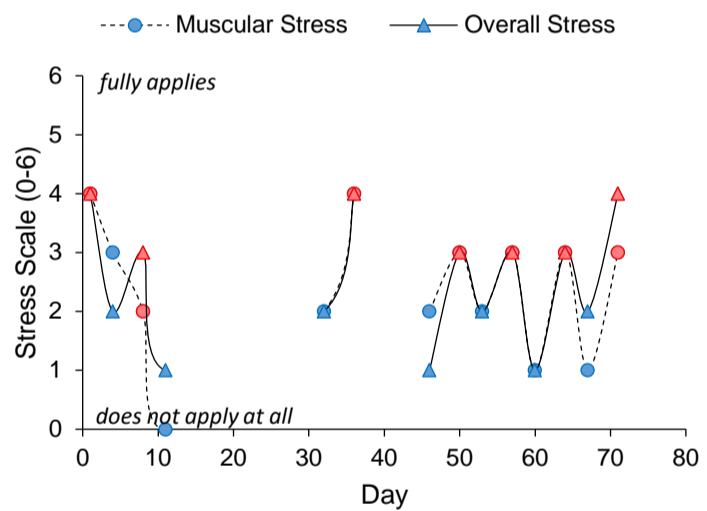
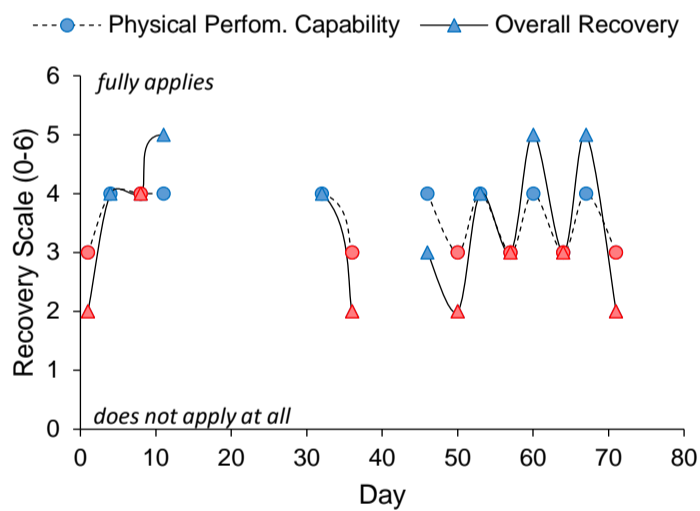
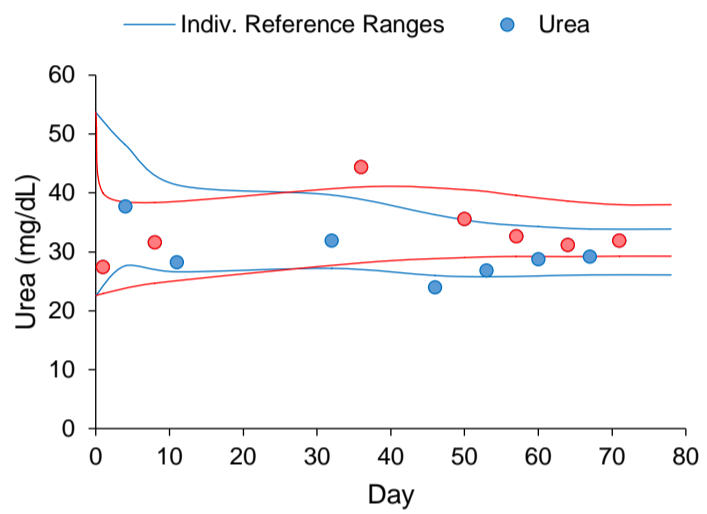
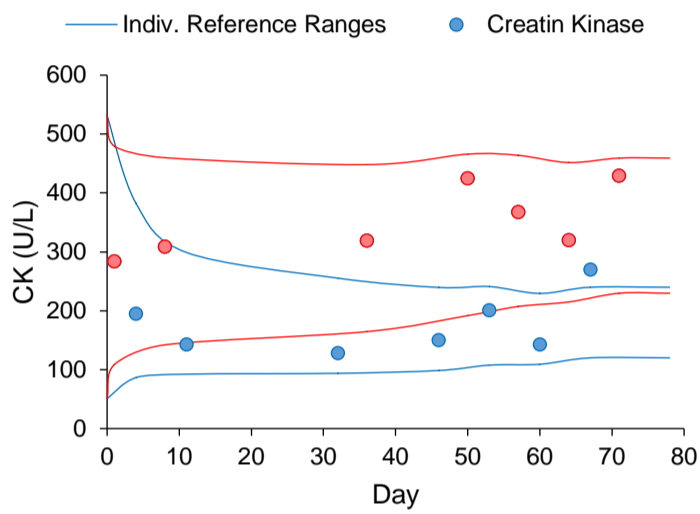
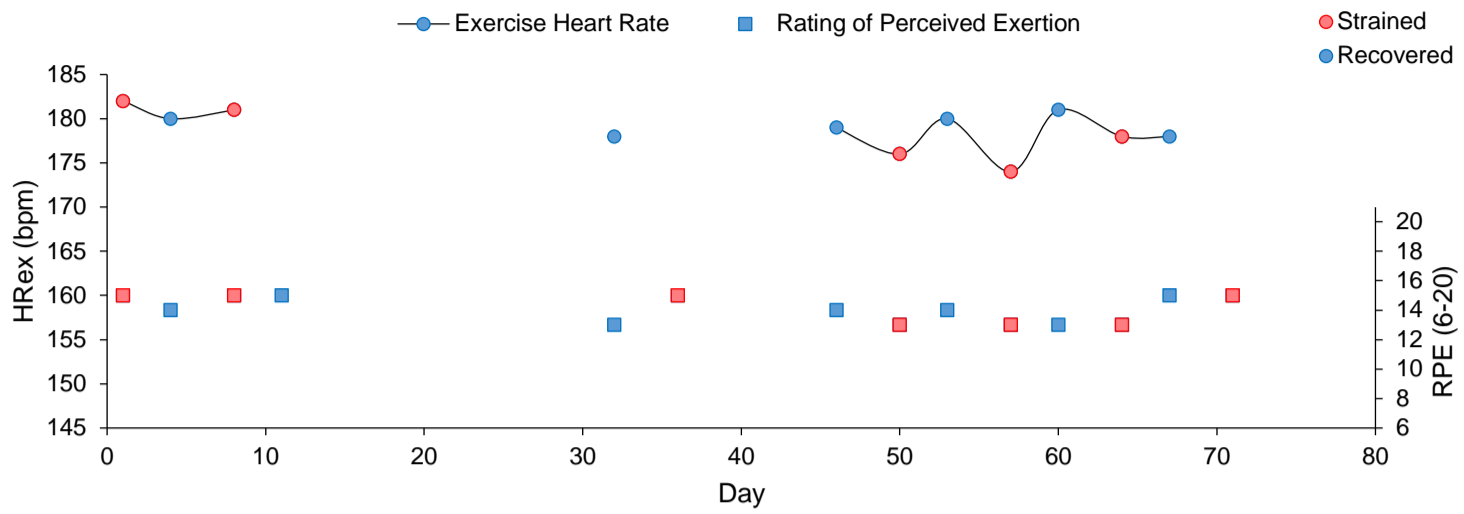


Player I



Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>

Player J



Individual data during the observational period. Blue dots: 'recovered' state (Mondays), red dots: 'strained' state (Fridays). Lines between data points are interrupted if measurements are not available or missing. HRex: exercise heart rate, RPE: rating of perceived exertion, CK: creatine kinase. Plots for CK and Urea also display individualized reference ranges for 'strained' (red lines) and 'recovered' data (blue lines) (95% confidence intervals), see Hecksteden et al. (2017) for reference and spreadsheets: <https://doi.org/10.1123/ijssp.2016-0120>