**SDC 1 (Figure).** MEDLINE search strategy (*Filters activated: “Humans”)*

|  |
| --- |
| “healthy young” [All Fields]  AND  “training” [All Fields] AND (“effect” [All Fields] OR “adaptation” [All Fields])) |
|  |
| AND |
| “VO2max” [All Fields] OR ((“maximal” [All Fields] OR “peak ” [All Fields]) AND (“oxygen” [All Fields] OR “aerobic” [All Fields])) |
|  |