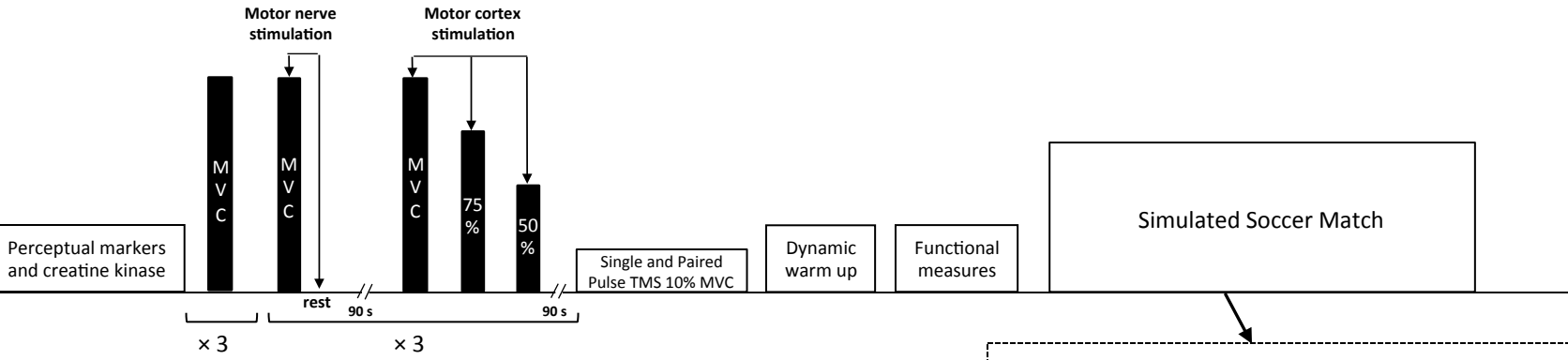
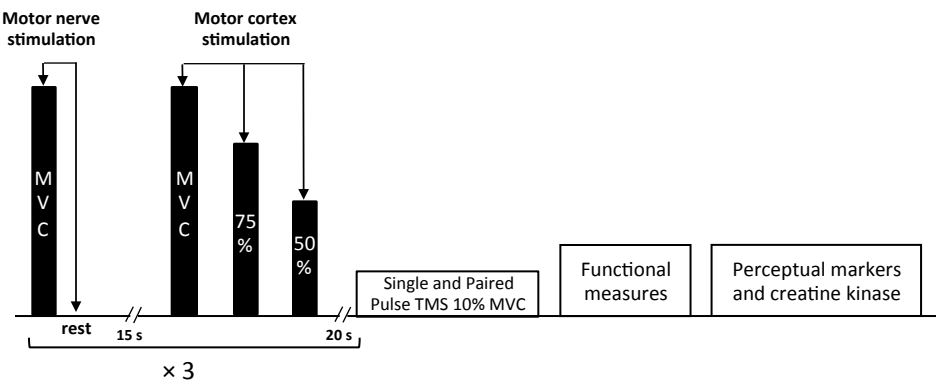


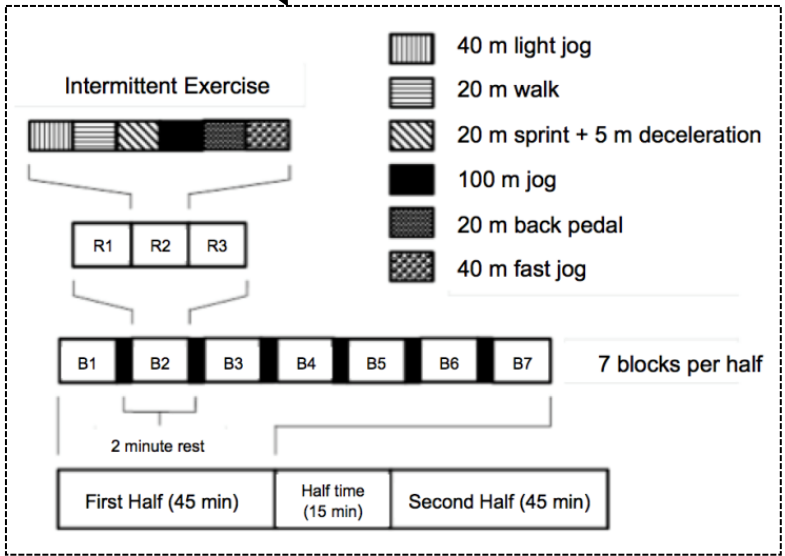
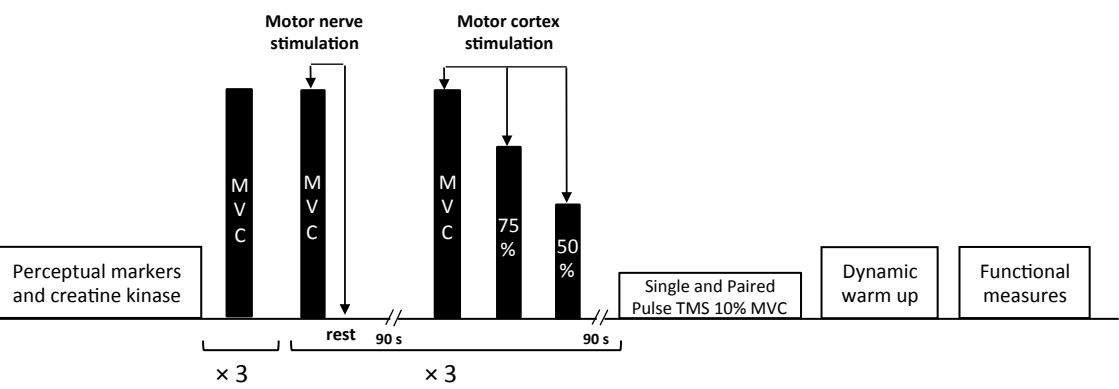
Pre-exercise



Post-exercise



24, 48 and 72 h post



Supplementary Digital Content 1. Schematic of experimental protocol. Pre-exercise and at 24, 48 and 72 h post participants completed the battery of assessments in the same order. After the pre-exercise assessment participants completed a 90 min simulated soccer match consisting of “rounds” of intermittent exercise of walking, sprinting, jogging, back pedalling and fast jogging. A round of exercise was repeated three times to make a “block” of activity. Seven blocks of activity, each separated by two min rest, equated to a 45 min half. B = block of intermittent exercise, R = round of intermittent exercise per block. Immediately post-match, central and peripheral neuromuscular fatigue were evaluated within 2 min of exercise cessation. Single- and paired-pulse transcranial magnetic stimulation (TMS) were administered in 2 sets of 10 stimuli during submaximal contraction; from the post-exercise time point onwards these were delivered during contraction at both 10% of the non-fatigued (absolute), and fatigued (relative) maximum voluntary contraction (MVC)