Supplement 2.

ANCOVA results for acute and training effects.

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|  | **Acute effects** | | **Training effects** |
|  | **Repeated measures ANCOVA** | | **Univariate ANCOVA** |
|  | time | time\*group | group |
|  | p-value F-value df partial η2 | p-value F-value df partial η2 | p-value F-value (df=1) partial η2 |
| **pNfL** | .262 1.326 1.275 .022 | .012 5.915 1.275 .090 | .818 .053 .001 |
| **IL-6** | <.001 23.304 1.241 .270 | .227 1.511 1.241 .023 | .060 3,687 .057 |
| **TRP** | .002 7.232 1.711 .106 | .600 .464 1.711 .008 | .264 1.272 .020 |
| **KYN** | .021 4.291 1.720 .066 | .964 .023 1.720 .000 | .360 .853 .014 |
| **QA** | .100 2.408 1.799 .038 | .608 .467 1.799 .008 | .129 2.369 .038 |
| **KA** | .013 5.042 1.633 .079 | .038 3.668 1.633 .059 | .775 .082 .001 |
| **KYN/TRP** | .182 1.755 1.736 .028 | .458 .750 1.736 .012 | .032 4.813 .074 |
| **QA/KYN** | .047 3.407 1.617 .054 | .980 .009 1.617 .000 | .361 .848 .014 |
| **KA/KYN** | .009 5.811 1.481 .091 | .092 2.642 1.481 .044 | .527 .406 .007 |
| **QA/KA** | .044 3.530 1.575 .057 | .156 1.960 1.575 .033 | .372 .808 .014 |

pNfL: Plasma neurofilament light chain; IL-6: Interleukin-6; TRP: Tryptophan; KYN: Kynurenine; KYN/TRP: Kynurenine-to-tryptophan ratio; QA: Quinolinic acid; QA/KYN: Quinolinic acid-to-kynurenine ratio; KA: Kynurenic acid; KA/KYN: Kynurenic acid-to-kynurenine ratio; QA/KA: Quinolinic acid-to kynurenic acid ratio; ANCOVA: analysis of covariance.