Supplement 2.

ANCOVA results for acute and training effects.

|  |  |  |
| --- | --- | --- |
|  | **Acute effects** | **Training effects** |
|  | **Repeated measures ANCOVA** | **Univariate ANCOVA** |
|  | time | time\*group | group |
|  | p-valueF-valuedfpartial η2 | p-valueF-valuedfpartial η2 | p-valueF-value(df=1)partial η2 |
| **pNfL** | .2621.3261.275.022 | .0125.9151.275.090 | .818.053.001 |
| **IL-6** | <.00123.3041.241.270 | .2271.5111.241.023 | .0603,687.057 |
| **TRP** | .0027.2321.711.106  | .600.4641.711.008 | .2641.272.020 |
| **KYN** | .0214.2911.720.066 | .964.0231.720.000 | .360.853.014 |
| **QA** | .1002.4081.799.038 | .608.4671.799.008 | .1292.369.038 |
| **KA** | .0135.0421.633.079 | .0383.6681.633.059 | .775.082.001 |
| **KYN/TRP** | .1821.7551.736.028 | .458.7501.736.012 | .0324.813.074 |
| **QA/KYN** | .0473.4071.617.054 | .980.0091.617.000 | .361.848.014 |
| **KA/KYN** | .0095.8111.481.091 | .0922.6421.481.044 | .527.406.007 |
| **QA/KA** | .0443.5301.575.057 | .1561.9601.575.033 | .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.