**SUPPLEMENTAL DIGITAL CONTENT 1**

**Table S-1:** RelativeVO2 peak results for each participant in ascending order

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| --- | --- |
| **Participant Number** | **VO2 Peak (**mL∙kg-1∙min-1**)** |
| 1 | 25.07 |
| 2 | 26.45 |
| 3 | 31.48 |
| 4 | 31.58 |
| 5 | 32.21 |
| 6 | 32.4 |
| 7 | 32.58 |
| 8 | 32.92 |
| 9 | 33.31 |
| 10 | 33.85 |
| 11 | 34.23 |
| 12 | 34.29 |
| 13 | 37.64 |
| 14 | 38.98 |
| 15 | 39.5 |
| 16 | 39.82 |
| 17  (50th percentile of fitness) | 41.26 |
| 18 | 41.42 |
| 19 | 41.96 |
| 20 | 44.15 |
| 21 | 47.25 |
| 22 | 48.39 |
| 23 | 48.5 |
| 24 | 48.97 |
| 25 | 50.48 |
| 26 | 52.18 |
| 27 | 53.55 |
| 28 | 57.03 |
| 29 | 57.6 |
| 30 | 61.53 |
| 31 | 62 |
| 32 | 68.1 |
| 33 | 73.39 |
| 34  (50th percentile used to categorise high and low fitness in Fig.3). | 76.85 |