**Supplemental Digital Content**

Haematological measures before and 72-h after an intervention of intermittent hypoxia (IH) or control protocol in normoxia.

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|  |  | Pre-Intervention | Post-Intervention | *f(*1,7) | *p* | *np2* |
| Total Haemoglobin Mass (g) | IH | 875 ± 155 | 880 ± 112 | 0.03 | 0.857 | 0.03 |
| Control | 860 ± 117 | 860 ± 104 |
| Plasma Volume (mL) | IH | 937 ± 259 | 899 ± 188 | 0.14 | 0.580 | 0.13 |
| Control | 922 ± 127 | 914 ± 97 |
| Blood Volume (mL) | IH | 1812 ± 400 | 1778 ± 1281 | 0.18 | 0.683 | 0.01 |
| Control | 1781 ± 244 | 1774 ± 165 |
| Haemoglobin Concentration (g·dL-1) | IH | 16.5 ± 1.0 | 16.5 ± 1.0 | 0.51 | 0.490 | 0.04 |
| Control | 15.0 ± 0.1 | 15.4 ± 0.5 |

IH, intermittent hypoxia. IH, *n*=9; control, *n*=4. ANOVA result is provided for the interaction of trial (pre- and post-intervention) x group (IH vs. control).