**Figure SDC1a.** Analysis of relative running speed data at each distance interval

BL: Baseline time-trial; KI: Known incline time-trial; UI: Unknown incline time-trial.

Symbols denote: \* KI significantly different from UI.

Expressed relative to distance interval running speed during BL, relative running speed (RRS) was slower during KI than UI at **600 m** (MD = -3.02%; 95% CI, -5.23, -0.80; *P* = .009, *d* = -0.43), **1000 m** (MD = -2.85%; 95% CI, -4.66, -1.04; *P* = .003, *d* = -0.45), **1400 m** (MD = -2.70%; 95% CI, -4.26, -1.15; *P* = .001, *d* = -0.52), **1800 m** (MD = -2.61%; 95% CI, -4.12, -1.10; *P* = .001, *d* = -0.53), and **2200 m** (MD = -2.19%; 95% CI, -3.76, -0.61; *P* = .008, *d* = -0.53).

**Figure SDC1b.** Analysis of absolute running speed data at each distance interval

BL: Baseline time-trial; KI: Known incline time-trial; UI: Unknown incline time-trial.

Symbols denote: \* KI significantly different from UI. # KI significantly different from BL. § KI and UI both significantly different from BL.

Absolute running speed was faster at **200 m** during KI (MD = 0.69 km·hr-1; 95% CI, 0.09, 1.30; *P* = .022, *d* = 0.40) and UI (MD = 0.80 km·hr-1; 95% CI, 0.24, 1.37; *P* = .004, *d* = 0.46) than BL.

Absolute running speed was slower during KI than UI at **600 m** (MD = -0.44 km·hr-1; 95% CI, -0.84, -0.04; *P* = .029, *d* = -0.20) **1000 m** (MD = -0.41 km·hr-1; 95% CI, -0.73, -0.09; *P* = .009, *d* = -0.20) **1400 m** (MD = -0.40 km·hr-1; 95% CI, -0.68, -0.11; *P* = .005, *d* = -0.19), **1800 m** (MD = -0.41 km·hr-1; 95% CI, -0.70, -0.11; *P* = .005, *d* = -0.19), and **2200 m** (MD = -0.34 km·hr-1; 95% CI, -0.64, -0.05; *P* = .020, *d* = -0.16)

Absolute running speed was slower during KI than BL (MD = -0.49 km·hr-1; 95% CI, -0.87, -0.10; *P* = .011, *d* = -0.22) at **2200 m**

Absolute running speed was slower at **2600 m** during KI (MD = -3.11 km·hr-1; 95% CI, -3.53, -2.68; *P* < .001, *d* = -1.35) and UI (MD = -2.98 km·hr-1; 95% CI, -3.45, -2.51; *P* < .001, *d* = -1.30) than BL.

Absolute running speed was slower at **3000 m** during KI (MD = -4.32 km·hr-1; 95% CI, -4.85, -3.78; *P* < .001, *d* = -1.66) and UI (MD = -4.37 km·hr-1; 95% CI, -4.92, -3.82; *P* < .001, *d* = -1.68) than BL

**Figure SDC1c.** Analysis of perceived effort data at each distance interval

BL: Baseline time-trial; KI: Known incline time-trial; UI: Unknown incline time-trial.

Symbols denote: § KI and UI both significantly different from BL. # KI significantly different from BL. ^ UI significantly different from BL.

Rating of perceived effort was lower at **200 m** during KI (MD = -1.39; 95% CI, -2.18, -0.60; *P* < .001, *d* = -0.69) and UI (MD = -1.00; 95% CI, -1.76, -0.24; *P* = .007, *d* = -0.50) than BL

Rating of perceived effort was lower during KI than BL at **600 m** (MD = -0.86; 95% CI, -1.55, -0.17; *P* = .011, *d* = -0.40).

Rating of perceived effort was higher during UI than BL at **2600 m** (MD = 0.89; 95% CI, 0.17, 1.61; *P* = .012, *d* = 0.49).

Rating of perceived effort was higher during UI than BL at **3000 m** (MD = 1.04; 95% CI, 0.11, 1.97; *P* = .026, *d* = 0.60).

**Figure SDC1d.** Analysis of affective valence data at each distance interval

BL: Baseline time-trial; KI: Known incline time-trial; UI: Unknown incline time-trial.

Symbols denote: ^ UI significantly different from BL. § KI and UI both significantly different from BL.

Affective valence was more negative during UI than BL at **2600 m** (MD = -0.93; 95% CI, -1.69, -0.17; *P* = .013, *d* = -0.40).

Affective valence was more negative at **3000 m** during KI (MD = -1.63; 95% CI, -2.20, -0.52; *P* = .001, *d* = -0.53) and UI (MD = -1.46; 95% CI, -2.27, -0.66; *P* < .001, *d* = -0.57) than BL

**Figure SDC1e.** Analysis of heart rate data at each distance interval

BL: Baseline time-trial; KI: Known incline time-trial; UI: Unknown incline time-trial.

Symbols denote: # KI significantly different from BL.

Heart rate was lower during KI than BL at **2200 m** (MD = -3.16 b·min-1; 95% CI = -6.22, -0.11; *P* = .041, *d* = -0.30)

**Figure SDC1f.** Analysis of blood lactate data

BL: Baseline time-trial; KI: Known incline time-trial; UI: Unknown incline time-trial.

Symbols denote: $ Condition x time interaction effect. ¥ Main effect for condition. & Main effect for time.

There was a significant interaction between condition and measurement time, *F*2,54 = 8.50, *P* = .001, *ηp*2 = 0.24.

A main effect for condition, *F*2,54  = 7.14, *P* = .002, *ηp*2 = 0.21, revealed that blood lactate was higher in UI than BL (MD = 1.06 mmol·L-1; 95% CI, 0.51, 1.60; *P* < .001)

A main effect for time, *F*1,27  = 200.94, *P* < .001, *ηp*2 = 0.89, revealed that blood lactate increased from pre-trial to post-trial for all time-trials (MD = 9.85 mmol·L-1; 95% CI, 8.49, 11.21; *P* < .001).