**Table SDC3a.** Active self-regulation category content at **1000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pacing** | **Relaxing** | **Chunking** | **Self-Talk** | **Technique** | **Cadence** | **Mindful** | **Objective** | **Imagery** | **Counting** | **Meditation** | **Other** |
| **BL** | 57.14 | 53.57 | 21.43 | 7.14 | 32.14 | 14.29 | 14.29 | 14.29 | 10.71 | 10.71 | 0.00 | 0.00 |
| **KI** | 82.14 | 42.86 | 3.57 | 3.57 | 35.71 | 17.86 | 0.00 | 17.86 | 10.71 | 7.14 | 0.00 | 7.14 |
| **UI** | 67.86 | 60.71 | 17.86 | 17.86 | 21.43 | 7.14 | 7.14 | 14.29 | 7.14 | 10.71 | 0.00 | 3.57 |

**Table SDC3b.** Active self-regulation category content at **2000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pacing** | **Relaxing** | **Chunking** | **Self-Talk** | **Technique** | **Cadence** | **Mindful** | **Objective** | **Imagery** | **Counting** | **Meditation** | **Other** |
| **BL** | 64.29 | 60.71 | 28.57 | 14.29 | 28.57 | 7.14 | 14.29 | 10.71 | 14.29 | 10.71 | 3.57 | 3.57 |
| **KI** | 85.71 | 53.57 | 21.43 | 17.86 | 21.43 | 21.43 | 7.14 | 14.29 | 3.57 | 7.14 | 0.00 | 3.57 |
| **UI** | 67.86 | 50.00 | 25.00 | 28.57 | 28.57 | 10.71 | 14.29 | 21.43 | 14.29 | 3.57 | 0.00 | 3.57 |

**Table SDC3c.** Active self-regulation category content at **3000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pacing** | **Relaxing** | **Chunking** | **Self-Talk** | **Technique** | **Cadence** | **Mindful** | **Objective** | **Imagery** | **Counting** | **Meditation** | **Other** |
| **BL** | 67.86 | 50.00 | 32.14 | 28.57 | 25.00 | 21.43 | 10.71 | 25.00 | 28.57 | 14.29 | 0.00 | 3.57 |
| **KI** | 53.57 | 35.71 | 42.86 | 42.86 | 17.86 | 17.86 | 10.71 | 10.71 | 32.14 | 17.86 | 0.00 | 7.14 |
| **UI** | 67.86 | 17.86 | 28.57 | 71.43 | 32.14 | 14.29 | 7.14 | 25.00 | 17.86 | 14.29 | 0.00 | 0.00 |

**Table SDC3d.** Internal sensory monitoring category content at **1000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Move/form** | **Exert pain** | **Muscle Sore.** | **Fatigue** | **Breathing** | **Temp** | **Thirst** | **Perspiration** | **Effort/Feel** | **Heart rate** | **Other** |
| **BL** | 42.86 | 0.00 | 14.29 | 0.00 | 60.71 | 7.14 | 3.57 | 3.57 | 25.00 | 10.71 | 0.00 |
| **KI** | 32.14 | 0.00 | 14.29 | 10.71 | 60.71 | 17.86 | 7.14 | 17.86 | 14.29 | 3.57 | 7.14 |
| **UI** | 35.71 | 0.00 | 3.57 | 17.86 | 60.71 | 7.14 | 3.57 | 10.71 | 25.00 | 7.14 | 0.00 |

**Table SDC3e.** Internal sensory monitoring category content at **2000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Move/form** | **Exert pain** | **Muscle Sore.** | **Fatigue** | **Breathing** | **Temp** | **Thirst** | **Perspiration** | **Effort/Feel** | **Heart rate** | **Other** |
| **BL** | 50.00 | 0.00 | 10.71 | 3.57 | 75.00 | 7.14 | 10.71 | 14.29 | 32.14 | 10.71 | 0.00 |
| **KI** | 28.57 | 0.00 | 10.71 | 10.71 | 75.00 | 17.86 | 10.71 | 28.57 | 25.00 | 7.14 | 0.00 |
| **UI** | 28.57 | 3.57 | 3.57 | 10.71 | 75.00 | 25.00 | 17.86 | 25.00 | 25.00 | 14.29 | 0.00 |

**Table SDC3f.** Internal sensory monitoring category content at **3000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Move/form** | **Exert pain** | **Muscle Sore.** | **Fatigue** | **Breathing** | **Temp** | **Thirst** | **Perspiration** | **Effort/Feel** | **Heart rate** | **Other** |
| **BL** | 28.57 | 7.14 | 10.71 | 17.86 | 67.86 | 14.29 | 14.29 | 21.43 | 50.00 | 10.71 | 7.14 |
| **KI** | 28.57 | 17.86 | 3.57 | 39.29 | 78.57 | 10.71 | 10.71 | 28.57 | 57.14 | 10.71 | 0.00 |
| **UI** | 21.43 | 17.86 | 7.14 | 28.57 | 78.57 | 14.29 | 3.57 | 28.57 | 71.43 | 7.14 | 0.00 |

**Table SDC3g.** Outward monitoring category content at **1000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Distance display** | **Treadmill noise** | **Lab conditions** | **Other** |
| **BL** | 89.29 | 17.86 | 0.00 | 3.57 |
| **KI** | 92.86 | 3.57 | 0.00 | 7.14 |
| **UI** | 89.29 | 3.57 | 0.00 | 3.57 |

**Table SDC3h.** Outward monitoring category content at **2000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Distance display** | **Treadmill noise** | **Lab conditions** | **Other** |
| **BL** | 96.43 | 17.86 | 0.00 | 10.71 |
| **KI** | 85.71 | 3.57 | 0.00 | 7.14 |
| **UI** | 96.43 | 3.57 | 0.00 | 3.57 |

**Table SDC3i.** Outward monitoring category content at **3000 m** for all time-trials. Figures represent percent of subjects reporting each focus.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Distance display** | **Treadmill noise** | **Lab conditions** | **Other** |
| **BL** | 96.43 | 14.29 | 0.00 | 0.00 |
| **KI** | 92.86 | 7.14 | 0.00 | 14.29 |
| **UI** | 96.43 | 0.00 | 0.00 | 14.29 |