**Supplemental Digital Content 2. Plasma catecholamines, insulin, free fatty acids (FFA), and glycerol concentration before (Pre) and immediately after (Post) multiple short- (SS) and long-duration sprint (LS) exercise.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **SS** | |  | **LS** | |
|  |  | **Pre** | **Post** |  | **Pre** | **Post** |
| **Adrenaline (nmol·L-1)** |  | 0.4 ± 0.1 | 6.5 ± 1.5 \* |  | 0.3 ± 0.1 | 9.6 ± 1.9 \*† |
| **Noradrenaline (nmol·L-1)** |  | 2.6 ± 0.4 | 42.2 ± 5.5 \* |  | 2.3 ± 0.6 | 47.7 ± 6.7 \* |
| **Insulin (ρmol·L-1) §** |  | 77.3 ± 16.1 | 35.4 ± 6.2 \* |  | 86.7 ± 19.5 | 84.4 ± 11.9 † |
| **FFA (µmol·L-1)** |  | 182 ± 39 | 140 ± 19 |  | 122 ± 19 | 118 ± 21 |
| **Glycerol (µmol·L-1) §** |  | 17.5 ± 3.4 | 56.2 ± 9.3 \* |  | 17.4 ± 2.9 | 209.8 ± 15.5 \*† |

Values are means ± SEM (n = 11).

\*Significantly different from Pre (*P* < 0.05). †Significantly different from SS (*P* < 0.05). §Significant difference in the change (*P* < 0.05).