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|  | | | | | | |
| S1. Pearson correlation coefficient between monitoring variables and relative change in the 3000 m running speed. | | | | | | |
|  | INT (n = 15) | | VOL (n = 15) | | All (n = 30) | |
|  | 3000 m (*km·h-1*)  T1-T2 Δ% | 3000 m (*km·h-1*)  T1-T3 Δ% | 3000 m (*km·h-1*)  T1-T2 Δ% | 3000 m (*km·h-1*)  T1-T3 Δ% | 3000 m (*km·h-1*)  T1-T2 Δ% | 3000 m (*km·h-1*)  T1-T3 Δ% |
| *Interval running speed (km·h-1)*  1st-10th session Δ% | .66\*\* | -.02 | - | - | - | - |
| *HR-RS index*  1st-10th session Δ% | - | - | -.51 | -.46 | - | - |
| *CMJ (cm)*  T1-T2 Δ% | -.15 | -.41 | .15 | .11 | -.01 | -.12 |
| *Readiness to train*  Week2  Pre-Week2 Δ | .49  .53\* | .20  .12 | .25  .02 | .25  .08 | .32  .23 | .19  .06 |
| *Sleep quality*  Week2  Pre-Week2 Δ | .27  .17 | .28  -.21 | .11  .46 | .13  .29 | .19  .31 | .20  .06 |
| *Fatigue*  Week2  Pre-Week2 Δ | -.42  -.42 | .00  .01 | -.48  -.12 | -.48  -.12 | -.45\*  -.23 | -.26  -.05 |
| *Muscle soreness*  Week2  Pre-Week2 Δ | -.56\*  -.21 | -.25  .08 | -.29  -.10 | -.30  .07 | -.38\*  -.09 | -.25  .11 |
| *Stress*  Week2  Pre-Week2 Δ | -.19  .04 | -.02  .64\* | -.39  -.39 | -.39  -.30 | -.25  -.14 | -.19  .18 |
| *Nocturnal HR (bpm)*  Week2  Pre-Week2 Δ% | -.31  -.46 | .11  -.13 | .06  .27 | .07  .54\* | -.10  -.02 | .09  .29 |
| *Nocturnal lnHF (ms2)*  Week2  Pre-Week2 Δ% | .08  .16 | -.03  .16 | .02  .10 | -.22  -.04 | .07  .13 | -.10  .04 |

T1, before the 2-week training period; T2, after the training period; T3, after the recovery week; Pre, the week before the training period; Week2, the second week of the training period. \* p<0.05, \*\*p<0.001