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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*Week2Pre-Week2 Δ | .49.53\* | .20.12 | .25.02 | .25.08 | .32.23 | .19.06 |
| *Sleep quality*Week2Pre-Week2 Δ | .27.17 | .28-.21 | .11.46 | .13.29 | .19.31 | .20.06 |
| *Fatigue*Week2Pre-Week2 Δ | -.42-.42 | .00.01 | -.48-.12 | -.48-.12 | -.45\*-.23 | -.26-.05 |
| *Muscle soreness*Week2Pre-Week2 Δ | -.56\*-.21 | -.25.08 | -.29-.10 | -.30.07 | -.38\*-.09 | -.25.11 |
| *Stress*Week2Pre-Week2 Δ | -.19.04 | -.02.64\* | -.39-.39 | -.39-.30 | -.25-.14 | -.19.18 |
| *Nocturnal HR (bpm)*Week2Pre-Week2 Δ% | -.31-.46 | .11-.13 | .06.27 | .07.54\* | -.10-.02 | .09.29 |
| *Nocturnal lnHF (ms2)*Week2Pre-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