during periods of unpredictable stress that lead to NFOR and investigate the role of an increased inflammatory state and oxidative stress in mediating these changes; admittedly a difficult proposition under controlled laboratory conditions.

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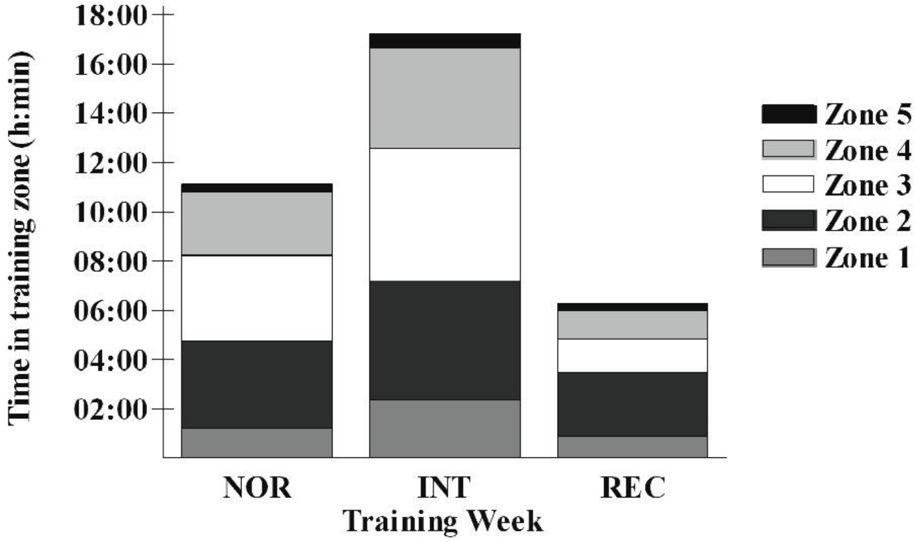

Figure 1: Time spent in each training zone during each training condition. Z1 = < 70%HRmax, Z2 = 70%–80%HRmax, Z3 = 80%–90%HRmax, Z4 = 90%–95%HRmax, and Z5 = > 95%Hrmax

INT training showed a significant increase in volume and intensity (time spent in Z4 and Z5).

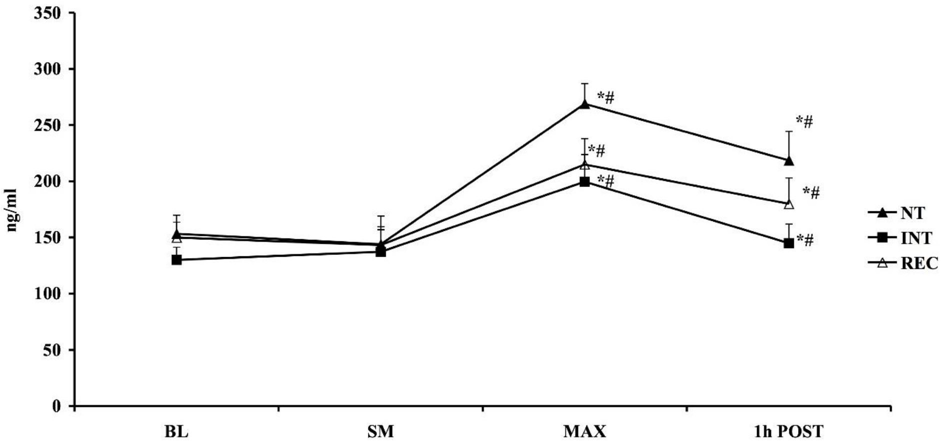

Figure 2. Plasma cortisol concentrations at baseline (BL), at the end of submaximal exercise (SM) at the end of the time trial (MAX) and after recovery (1h POST) in the three training conditions: normal (NT), intensified (INT) and recovery (REC) training. No difference was observed between the three training conditions.

* = statistically different from BL ($p<0.05$)

= statistically different from SM ($p<0.05$)

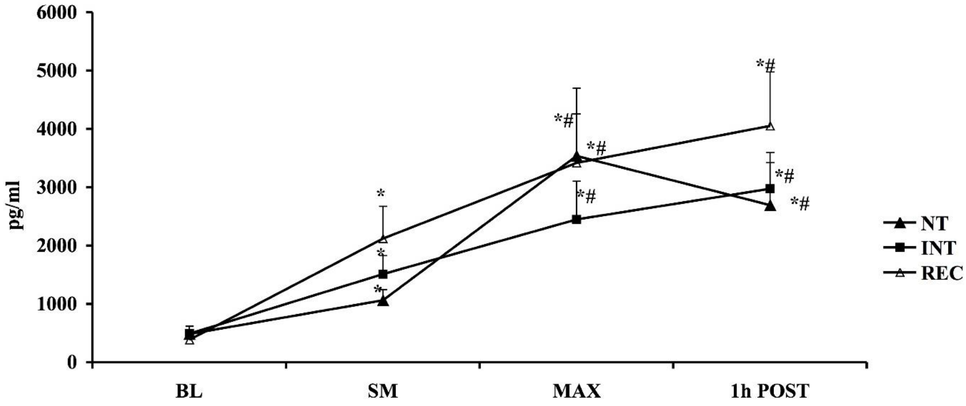

Figure 3. Plasma BDNF concentrations at baseline (BL), at the end of submaximal exercise (SM) at the end of the time trial (MAX) and after recovery (1h POST) in the three training conditions: during normal (NT), intensified (INT) and recovery (REC) training. No difference was observed between the three training conditions.

* = statistically different from BL ($p<0.05$)

= statistically different from SM ($p<0.05$)

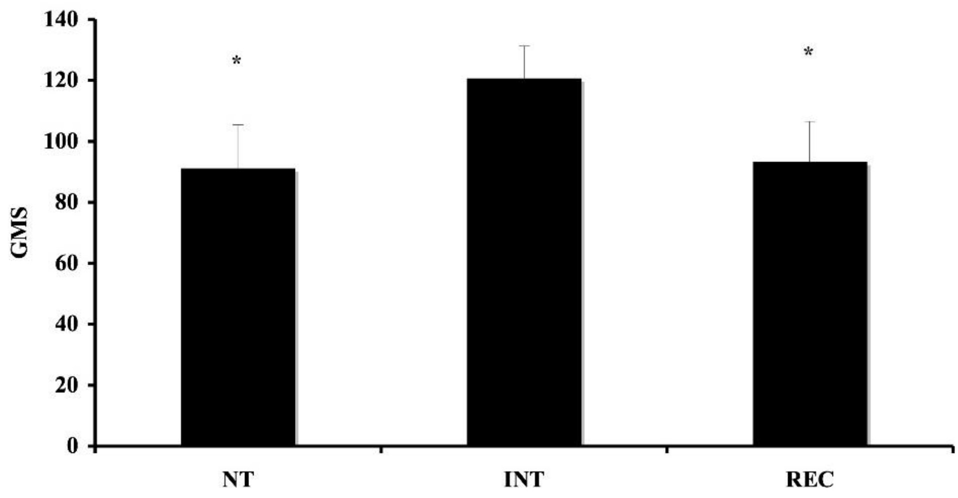

Figure 4. Global Mood Score (GMS) during normal (NT), intensified (INT) and recovery training (REC)

* = statistically different from INT ($p<0.05$)