1. Baseline Characteristics:

Age (years)	26.8 ± 4.3
Weight (kg)	74.6 ± 6.8
Height (cm)	177.4 ± 5.2
Body mass index (kg /m2)	23.7
$\dot{V}O_2$max (mL·kg^{-1}·min^{-1}).	54.2 ± 4.1

2. Participant Flow (PRISMA Flow Diagram)

Assessed for eligibility (n=20) Excluded (n=6)

- Not meeting inclusion criteria (n=3)
- Declined to participate (n=3)
- Other reasons (n=0)

Randomized (n=14)

Allocated to PC Group (n=14)

- Received allocated intervention (n=14)
- Did not receive allocated intervention (n=0)

Allocated to CON (n=14)

- Received allocated intervention (n=14)
- Did not receive allocated intervention (n=0)

Lost to follow-up (n=0) Discontinued intervention (n=0) Analyzed (PC Group) (n=14) Analyzed (CON Group) (n=14)

Outcome measures

Outcome	Time	CON	PC	ΔCON	ΔPC	d	Condition × time
MVC (N)	Baseline	766 ± 71	735 ± 48	—	—	−0.51	F(2,26)=0.17, p=.84, η²p=.005
	HT	650 ± 69	620 ± 86	−116	−115	−0.39	
	FT	592 ± 60	545 ± 77	−173	−190	−0.69	
VA (%)	Baseline	97.6 ± 0.5	97.7 ± 0.5	—	—	+0.29	F(2,26)=15.97, p<.001, η²p=.33
	HT	92.7 ± 1.4	92.9 ± 2.2	−4.9	−4.8	+0.12	
	FT	86.3 ± 3.0	91.9 ± 3.8	−11.3	−5.9	+1.63	
Ptw (N)	Baseline	170 ± 18	165 ± 8	—	—	−0.34	F(2,26)=1.02, p=.37, η²p=.03
	HT	138 ± 13	141 ± 14	−32	−25	+0.17	
	FT	134 ± 15	137 ± 16	−36	−28	+0.21	
RMS/Mmax (a.u.)	Baseline	0.041 ± 0.001	0.040 ± 0.002	—	—	—	F(2,26)=2.60, p=.082, η²p=.07
	45 min	0.046 ± 0.001	0.044 ± 0.001	+0.005	+0.004	—	
	90 min	0.049 ± 0.001	0.048 ± 0.001	+0.008	+0.008	—	
Sprint time (s)	Set 1	2.57 ± 0.10	2.59 ± 0.13	—	—	+0.18	F(5,65)=4.99, p<.001, η²p=.15
	Set 2	2.62 ± 0.08	2.63 ± 0.13	+0.05	+0.04	+0.10	
	Set 3	2.79 ± 0.15	2.80 ± 0.12	+0.21	+0.21	+0.11	
	Set 4	2.67 ± 0.13	2.54 ± 0.14	+0.10	−0.05	−0.96	
	Set 5	2.72 ± 0.15	2.59 ± 0.11	+0.15	−0.00	−1.00	
	Set 6	2.90 ± 0.12	2.70 ± 0.12	+0.32	+0.11	−1.65	
Skin temp. (°C)	Set 1	35.3 ± 0.2	35.1 ± 0.2	—	—	−0.61	F(5,65)=21.93, p<.001, η²p=.43
	Set 2	36.1 ± 0.3	36.0 ± 0.4	+0.81	+0.90	−0.12	
	Set 3	37.0 ± 0.3	36.9 ± 0.3	+1.69	+1.77	−0.18	
	Set 4	36.6 ± 0.4	35.6 ± 0.4	+1.32	+0.42	−2.41	
	Set 5	37.0 ± 0.3	36.1 ± 0.4	+1.76	+0.95	−2.48	
	Set 6	38.0 ± 0.3	36.6 ± 0.3	+2.71	+1.46	−4.62	
Heart rate (b·min⁻¹)	Baseline	64 ± 3	63 ± 3	—	—	−0.40	F(6,78)=3.58, p=.002, η²p=.11
	15 min	140 ± 4	140 ± 3	+76	+77	+0.18	
	30 min	154 ± 4	154 ± 3	+89	+91	+0.07	
	45 min	164 ± 3	164 ± 3	+99	+101	+0.19	
	60 min	161 ± 4	159 ± 4	+97	+96	−0.49	
	75 min	168 ± 4	163 ± 2	+103	+100	−1.55	
	90 min	172 ± 4	171 ± 2	+108	+108	−0.39	
Thermal sensation	Baseline	2.07 ± 0.47	2.14 ± 0.53	—	—	+0.14	F(6,78)=19.65, p<.001, η²p=.41
	15 min	3.93 ± 0.92	4.43 ± 0.51	+1.86	+2.29	+0.67	
	30 min	5.14 ± 0.66	5.43 ± 0.51	+3.07	+3.29	+0.48	
	45 min	6.07 ± 0.47	6.36 ± 0.50	+4.00	+4.21	+0.59	
	60 min	6.14 ± 1.03	5.00 ± 0.55	+4.07	+2.86	−1.38	
	75 min	7.36 ± 0.50	5.64 ± 0.50	+5.29	+3.50	−3.45	

	90 min	7.79 ± 0.43	6.21 ± 0.43	+5.71	+4.07	−3.69	
Thermal comfort	Baseline	0.29 ± 0.47	0.21 ± 0.43	—	—	−0.16	$F(6,78)=5.15$, $p<.001$, $\eta^2p=.15$
	15 min	1.29 ± 0.47	1.36 ± 0.50	+1.00	+1.14	+0.15	
	30 min	2.64 ± 0.50	2.36 ± 0.50	+2.36	+2.14	−0.57	
	45 min	2.86 ± 0.36	2.93 ± 0.27	+2.57	+2.71	+0.22	
	60 min	2.43 ± 0.51	1.43 ± 0.85	+2.14	+1.21	−1.42	
	75 min	2.64 ± 0.50	2.14 ± 0.36	+2.36	+1.93	−1.15	
	90 min	3.00 ± 0.00	2.21 ± 0.80	+2.71	+2.00	−1.39	