

## 1. Baseline Characteristics:

|                                                                   |                 |
|-------------------------------------------------------------------|-----------------|
| Age (years)                                                       | $27.2 \pm 4.6$  |
| Weight (kg)                                                       | $75.7 \pm 6.8$  |
| Height (cm)                                                       | $178.4 \pm 6.3$ |
| Body mass index (kg/m <sup>2</sup> )                              | 23.8            |
| $\dot{V}O_2\text{max}$ (mL·kg <sup>-1</sup> ·min <sup>-1</sup> ). | $54.7 \pm 3.2$  |

## 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               | Condition $\times$ time                                                                                      | p      |
|---------------------------------------|-----------|------------------|------------------|--------------------------------------------------------------------------------------------------------------|--------|
| <b>MVC (N)</b>                        | Baseline  | 765.8 $\pm$ 70.6 | 734.9 $\pm$ 47.5 | F(2,65)=0.17, p=.843                                                                                         |        |
|                                       | Half-time | 650.2 $\pm$ 69.1 | 619.5 $\pm$ 86.2 |                                                                                                              |        |
|                                       | Full-time | 592.4 $\pm$ 60.2 | 545.2 $\pm$ 76.6 |                                                                                                              |        |
| <b>VA (%)</b>                         | Baseline  | 97.6 $\pm$ 0.5   | 97.7 $\pm$ 0.5   | F(2,65)=15.98, p<.001                                                                                        |        |
|                                       | Half-time | 92.7 $\pm$ 1.4   | 92.9 $\pm$ 2.2   |                                                                                                              |        |
|                                       | Full-time | 86.3 $\pm$ 3.0   | 91.9 $\pm$ 3.8   |                                                                                                              | p<.001 |
| <b>Ptw (N)</b>                        | Baseline  | 170.1 $\pm$ 18.2 | 165.3 $\pm$ 7.9  | F(2,65)=1.02, p=.365                                                                                         |        |
|                                       | Half-time | 138.2 $\pm$ 13.0 | 140.6 $\pm$ 14.1 |                                                                                                              |        |
|                                       | Full-time | 134.1 $\pm$ 14.7 | 137.4 $\pm$ 16.1 |                                                                                                              |        |
| <b>Sprint performance (s)</b>         | Set 1     | 2.57 $\pm$ 0.10  | 2.59 $\pm$ 0.13  | F(5,143)=4.99, p<.001                                                                                        |        |
|                                       | Set 2     | 2.62 $\pm$ 0.08  | 2.64 $\pm$ 0.13  |                                                                                                              |        |
|                                       | Set 3     | 2.79 $\pm$ 0.15  | 2.80 $\pm$ 0.12  |                                                                                                              |        |
|                                       | Set 4     | 2.67 $\pm$ 0.13  | 2.54 $\pm$ 0.14  |                                                                                                              | p=.018 |
|                                       | Set 5     | 2.72 $\pm$ 0.15  | 2.59 $\pm$ 0.11  |                                                                                                              | p=.014 |
|                                       | Set 6     | 2.90 $\pm$ 0.12  | 2.70 $\pm$ 0.12  |                                                                                                              | p<.001 |
|                                       |           |                  |                  |                                                                                                              |        |
| Mean skin temperature ( $^{\circ}$ C) | Baseline  | 30.8 $\pm$ 0.6   | 30.7 $\pm$ 0.6   | Condition: F(1,65)=6.91, p=.011; Time: F(2,65)=653.84, p<.001; Condition $\times$ time: F(2,65)=0.84, p=.438 |        |
|                                       | Half-time | 35.5 $\pm$ 0.7   | 35.0 $\pm$ 0.7   |                                                                                                              |        |
|                                       | Full-time | 36.3 $\pm$ 0.7   | 35.9 $\pm$ 0.6   |                                                                                                              |        |
| <b>Heart rate (bpm)</b>               | Baseline  | 64.1 $\pm$ 3.1   | 63.0 $\pm$ 2.6   | F(6,169)=3.58, p=.002                                                                                        |        |
|                                       | 15 min    | 139.7 $\pm$ 3.5  | 140.3 $\pm$ 2.9  |                                                                                                              |        |
|                                       | 30 min    | 153.6 $\pm$ 3.5  | 153.8 $\pm$ 2.8  |                                                                                                              |        |
|                                       | 45 min    | 163.6 $\pm$ 3.5  | 164.1 $\pm$ 2.5  |                                                                                                              |        |
|                                       | 60 min    | 160.9 $\pm$ 3.7  | 159.1 $\pm$ 3.8  |                                                                                                              |        |
|                                       | 75 min    | 167.5 $\pm$ 3.5  | 163.1 $\pm$ 1.8  |                                                                                                              | p<.001 |
|                                       | 90 min    | 172.4 $\pm$ 4.0  | 171.1 $\pm$ 2.5  |                                                                                                              |        |
| <b>Thermal sensation</b>              | Baseline  | 2.1 $\pm$ 0.5    | 2.1 $\pm$ 0.5    | F(6,169)=19.65, p<.001                                                                                       |        |
|                                       | 15 min    | 3.9 $\pm$ 0.9    | 4.4 $\pm$ 0.5    |                                                                                                              |        |
|                                       | 30 min    | 5.1 $\pm$ 0.7    | 5.4 $\pm$ 0.5    |                                                                                                              |        |
|                                       | 45 min    | 6.1 $\pm$ 0.5    | 6.4 $\pm$ 0.5    |                                                                                                              |        |
|                                       | 60 min    | 6.1 $\pm$ 1.0    | 5.0 $\pm$ 0.6    |                                                                                                              | p<.001 |
|                                       | 75 min    | 7.4 $\pm$ 0.5    | 5.6 $\pm$ 0.5    |                                                                                                              | p<.001 |
|                                       | 90 min    | 7.8 $\pm$ 0.4    | 6.2 $\pm$ 0.4    |                                                                                                              | p<.001 |
| <b>Thermal comfort</b>                | Baseline  | 0.3 $\pm$ 0.5    | 0.2 $\pm$ 0.4    | F(6,169)=5.15, p<.001                                                                                        |        |
|                                       | 15 min    | 1.3 $\pm$ 0.5    | 1.4 $\pm$ 0.5    |                                                                                                              |        |
|                                       | 30 min    | 2.6 $\pm$ 0.5    | 2.4 $\pm$ 0.5    |                                                                                                              |        |
|                                       | 45 min    | 2.9 $\pm$ 0.4    | 2.9 $\pm$ 0.3    |                                                                                                              |        |
|                                       | 60 min    | 2.4 $\pm$ 0.5    | 1.4 $\pm$ 0.9    |                                                                                                              | p<.001 |
|                                       | 75 min    | 2.6 $\pm$ 0.5    | 2.1 $\pm$ 0.4    |                                                                                                              | p=.056 |
|                                       | 90 min    | 3.0 $\pm$ 0.0    | 2.2 $\pm$ 0.8    |                                                                                                              | p<.001 |

