Supplemental Table 1. Exercise data at each intra-leg timepoint (TP). Note: There were no significant between-trial differences between exercise performance variables at each TP.

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| Trial | Broken Duathlon |
| Run1 (10k) | Bike (40k) | Run2 (5k) |
| Timepoint | Run 1 - 1 | Run 1 - 2 | Run 1 – 3 | Run 1 – 4 | Bike – 1 | Bike – 2 | Bike – 3 | Bike – 4 | Bike – 5 | Bike – 6 | Run 2 – 1 | Run 2 - 2 |
| Time (minutes) | 10 | 20 | 30 | 35 | 10 | 20 | 30 | 40 | 50 | 55 | 10 | 15 |
| HR beats∙min-1 | 165.4 (13.1) | 171.2 (13) | 174.2 (9.4) | 176.9 (9) | 150.4 (10.2) | 153.3 (12.3) | 154.5 (12.6) | 156.5 (12.3) | 156.4 (12.3) | 157.2 (10.6) | 170.1 (9.8) | 175.8 (8.4) |
| Run Speed (km∙hour-1) | 14.3 (0.7) | 14.3 (0.7) | 14.4 (0.8) | 14.5 (0.9) | - | - | - | - | - | - | 14.1 (1) | 14.4 (1.5) |
| *V*⋅O2(L∙min-1) | 3.9 (0.3) | 3.9 (0.3) | 4 (0.3) | 4 (0.4) | 3.2 (0.4) | 3.3 (0.5) | 3.2 (0.5) | 3.3 (0.4) | 3.3 (0.5) | 3.3 (0.3) | 3.8 (0.3) | 3.9 (0.4) |
| *V*⋅O2 (mL∙kg∙min-1) | 52.6 (4.5) | 53.2 (4.7) | 53.5 (4.3) | 53.8 (4.7) | 42.8 (6.1) | 44.5 (5.8) | 43.6 (6.9) | 44.3 (6.2) | 44.5 (6.9) | 44.6 (5.6) | 51.4 (4.9) | 52.8 (6) |
| Watts | **-** | - | - | - | 205.1 (41.3) | 216 (39.4) | 208.7 (42) | 213.3 (39.2) | 208.6 (38.1) | 211.9 (38.5) | - | - |

|  |  |
| --- | --- |
| Trial | Unbroken Duathlon |
| Run1 (10k) | Bike (40k) | Run2 (5k) |
| Timepoint | Run 1 - 1 | Run 1 - 2 | Run 1 – 3 | Run 1 – 4 | Bike – 1 | Bike – 2 | Bike – 3 | Bike – 4 | Bike – 5 | Bike – 6 | Run 2 – 1 | Run 2 - 2 |
| Time (minutes) | 10 | 20 | 30 | 35 | 10 | 20 | 30 | 40 | 50 | 55 | 10 | 15 |
| HR beats∙min-1 | 159.5 (9.8) | 169.3 (10.6) | 173.9 (13) | 174.6 (12.6) | 153.5 (12.7) | 152.2 (13.5) | 150.2 (14) | 149 (12.1) | 151.1 (11.4) | 152.9 (9.7) | 166.8 (13) | 170.9 (9.7) |
| Run Speed (km∙hour-1) | 14.3 (0.9) | 14.5 (0.9) | 14.4 (1.1) | 14.3 (1.1) | - | - | - | - | - | - | 14.1 (1.1) | 11.1 (6) |
| *V*⋅O2(L∙min-1) | 3.9 (0.3) | 4 (0.3) | 4 (0.4) | 3.9 (0.4) | 3.1 (0.5) | 3.1 (0.5) | 3.1 (0.5) | 3.2 (0.5) | 3.3 (0.4) | 3.3 (0.5) | 3.8 (0.4) | 3.9 (0.3) |
| *V*⋅O2 (mL∙kg∙min-1) | 53.8 (4.5) | 54.2 (5) | 54.7 (5.4) | 53.4 (5.1) | 42.4 (7.2) | 42.5 (6.9) | 43.1 (6.7) | 43.8 (7.2) | 44.8 (6.4) | 45.4 (6.4) | 52.3 (5.4) | 53 (5.6) |
| Watts | - | - | - | - | 194.1 (35.5) | 195.7 (29) | 196.9 (33.9) | 201 (33.4) | 205.2 (33.2) | 211.6 (35.7) | - | - |