

Table 2. Mean (\pm SD) fatigue marker responses across each time-point, along with mean differences and qualitative inferences (*QI*) of the effect magnitude for differences from baseline values.

Variable	Time-point									
	Baseline	0h	Mean difference from baseline; \pm 90% CL	<i>QI</i>	+2h	Mean difference from baseline; \pm 90% CL	<i>QI</i>	+24h	Mean difference from baseline; \pm 90% CL	<i>QI</i>
Mood Score (AU)	28.8 \pm 14	42.4 \pm 16.5	+13.6; \pm 5.6	<i>M</i> **	36.7 \pm 12.8	+7.9; \pm 5.0	<i>S</i> **	31.3 \pm 16.3	+2.5; \pm 4.5	<i>T</i>
Creatine Kinase (μ L ⁻¹)	239 \pm 174	336 \pm 214	+97; \pm 28	<i>S</i> ***	357 \pm 195	+118; \pm 24	<i>M</i> *	333 \pm 128	+94; \pm 49	<i>S</i> ***
Peak Power Output (W \cdot kg ⁻¹)	53.1 \pm 4.8	52.0 \pm 4.2	-1.1; \pm 0.9	<i>S</i> *	53.8 \pm 4.9	+0.7; \pm 0.8	<i>T</i>	52.2 \pm 4.4	-0.9; \pm 0.8	<i>S</i> *
Jump Height (cm)	37.1 \pm 4.4	33.9 \pm 6.5	-3.2; \pm 1.9	<i>M</i> *	37.2 \pm 4.6	+0.1; \pm 0.9	<i>T</i>	34.6 \pm 3.8	-2.5; \pm 1.2	<i>S</i> **
Testosterone (pg \cdot ml ⁻¹)	181 \pm 64	201 \pm 71	+20; \pm 29	<i>S</i> *	119 \pm 41	-61; \pm 21	<i>M</i> ***	183 \pm 50	+2; \pm 31	<i>T</i>
Cortisol (μ g \cdot dl ⁻¹)	0.54 \pm 0.28	0.45 \pm 0.29	-0.09; \pm 0.16	<i>S</i> *	0.15 \pm 0.06	-0.39; \pm 0.12	<i>L</i> **	0.42 \pm 0.16	-0.12; \pm 0.11	<i>S</i> **
Blood Lactate (mmol \cdot L ⁻¹)	1.3 \pm 0.5	2.6 \pm 1.1	+1.3; \pm 0.5	<i>L</i> **	0.8 \pm 0.2	-0.5; \pm 0.2	<i>S</i> **	1.4 \pm 0.6	+0.1; \pm 0.2	<i>T</i>

SD, standard deviation; CL, 90% confidence limits; AU, arbitrary units.

Qualitative Inferences (*QI*): Trivial (*T*); Small (*S*); Moderate (*M*); Large, (*L*).

*25-75 %, possibly; **75-95 %, likely; ***95-99.5 %, very likely.