### Author contributions

Data was collected at the sports science lab at the Inland Norway University of Applied Sciences, with all analyses performed on-site, except serum blood analyses, which were performed at Innlandet Hospital Trust. D.H., H.H, K.S.M and S.E. conceived and designed the study; D.H., H.H., K.L., K.S.M, and S.C.M. performed experiments; K.L. and D.H. interpreted the results; K.L. and D.H. prepared figures; K.L. drafted the manuscript; D.H., H.H., K.S.M. and S.E. edited and revised the manuscript; All authors approved the final version of the manuscript.