Days 1-14 relative metabolic rate Amb v. Mod. v. Sev (n = 6 treatments) Ambient recovery Supplement type SMR per individual & relative to Ambient -O- Amb-Mod -O- Amb-Sev -O- Elev-Mod --- Elev-Sev 20190725 20190728 20190731 20190801 20190804 20190807 Date Days 15-21 relative metabolic rate Supplement type Reciprocal Amb v. Mod (n = 12 treatments) -O- Amb-Amb-Mod -O- Amb-Mod-Mod a -O- Amb-Sev-Mod Elev-Amb-Mod -C- Elev-Mod-Mod ab -C- Elev-Sev-Mod

