|  | Female | | | | Male | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Baseline (N=10) | Low (N=10) | Moderate (N=10) | High (N=10) | Baseline (N=8) | Low (N=8) | Moderate (N=8) | High (N=8) |
| **HR** |  |  |  |  |  |  |  |  |
| Mean (SD) | 75.0 (7.80) | 114 (27.9) | 134 (26.7) | 160 (19.3) | 84.1 (14.3) | 110 (21.4) | 125 (27.9) | 154 (15.7) |
| **RPE** |  |  |  |  |  |  |  |  |
| Mean (SD) | 6.00 (0) | 9.20 (1.87) | 12.6 (2.01) | 14.8 (2.78) | 6.00 (0) | 8.13 (2.17) | 10.8 (2.66) | 14.3 (3.11) |
| **VO2** |  |  |  |  |  |  |  |  |
| Mean (SD) | 5.25 (1.04) | 15.5 (4.14) | 19.4 (5.28) | 23.7 (7.34) | 5.34 (1.27) | 15.0 (3.72) | 22.5 (3.46) | 28.6 (8.17) |
| **Lactate** |  |  |  |  |  |  |  |  |
| Mean (SD) | 0.840 (0.246) | 1.50 (0.767) | 2.23 (1.36) | 2.83 (1.83) | 0.963 (0.288) | 1.71 (1.59) | 3.45 (4.53) | 3.28 (1.96) |
| **Workload** |  |  |  |  |  |  |  |  |
| Mean (SD) | 0 (0) | 51.5 (22.6) | 87.5 (17.2) | 120 (20.5) | 0 (0) | 56.3 (27.7) | 106 (26.9) | 155 (31.6) |