

Supplementary Table S1. GPS-recorded weekly mileage and mean training intensity (% HRmax) by group across 12 weeks

Week	AIT+NFFRP (km)	AIT+Placebo (km)	CT+NFFRP (km)	Control (km)
1	42.1	43.0	42.6	42.3
2	42.8	43.2	42.9	42.5
3	43.4	43.7	43.2	42.7
4	43.9	44.1	43.5	42.8
5	44.5	44.7	43.8	42.9
6	44.8	45.0	44.0	43.1
7	45.2	45.3	44.2	43.2
8	45.6	45.6	44.4	43.4
9	46.1	46.0	44.7	43.5
10	46.4	46.3	44.9	43.6
11	46.7	46.5	45.1	43.7
12	47.0	46.8	45.4	43.9
Mean $\pm$ SD	44.7 $\pm$ 1.5	44.9 $\pm$ 1.3	44.1 $\pm$ 0.9	43.2 $\pm$ 0.5

Note. Total weekly mileage (GPS-recorded) includes all training sessions. AIT groups replaced three weekly runs with interval sessions but were instructed to maintain comparable total volume to CT groups. Differences in mileage between AIT and CT groups did not exceed 3 km/week at any time-point, confirming that performance advantages cannot be attributed to greater total running volume. Separate intensity data (mean % HRmax by group) are available from the corresponding author on request.