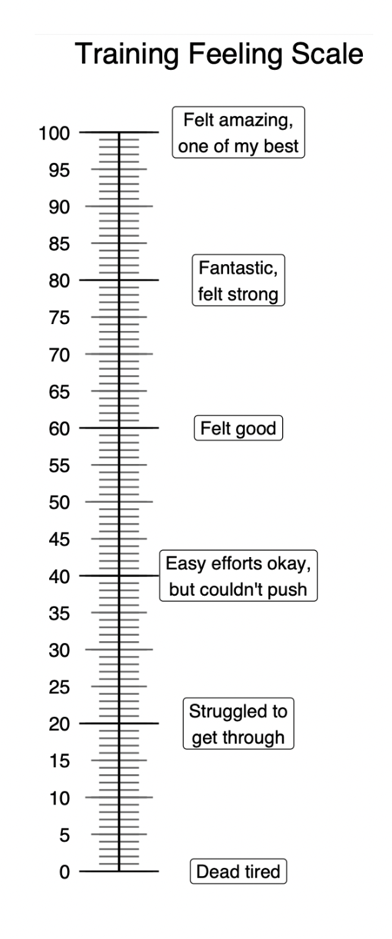
**Supplemental figure 1** – Training Feeling (TF) scale

Chart

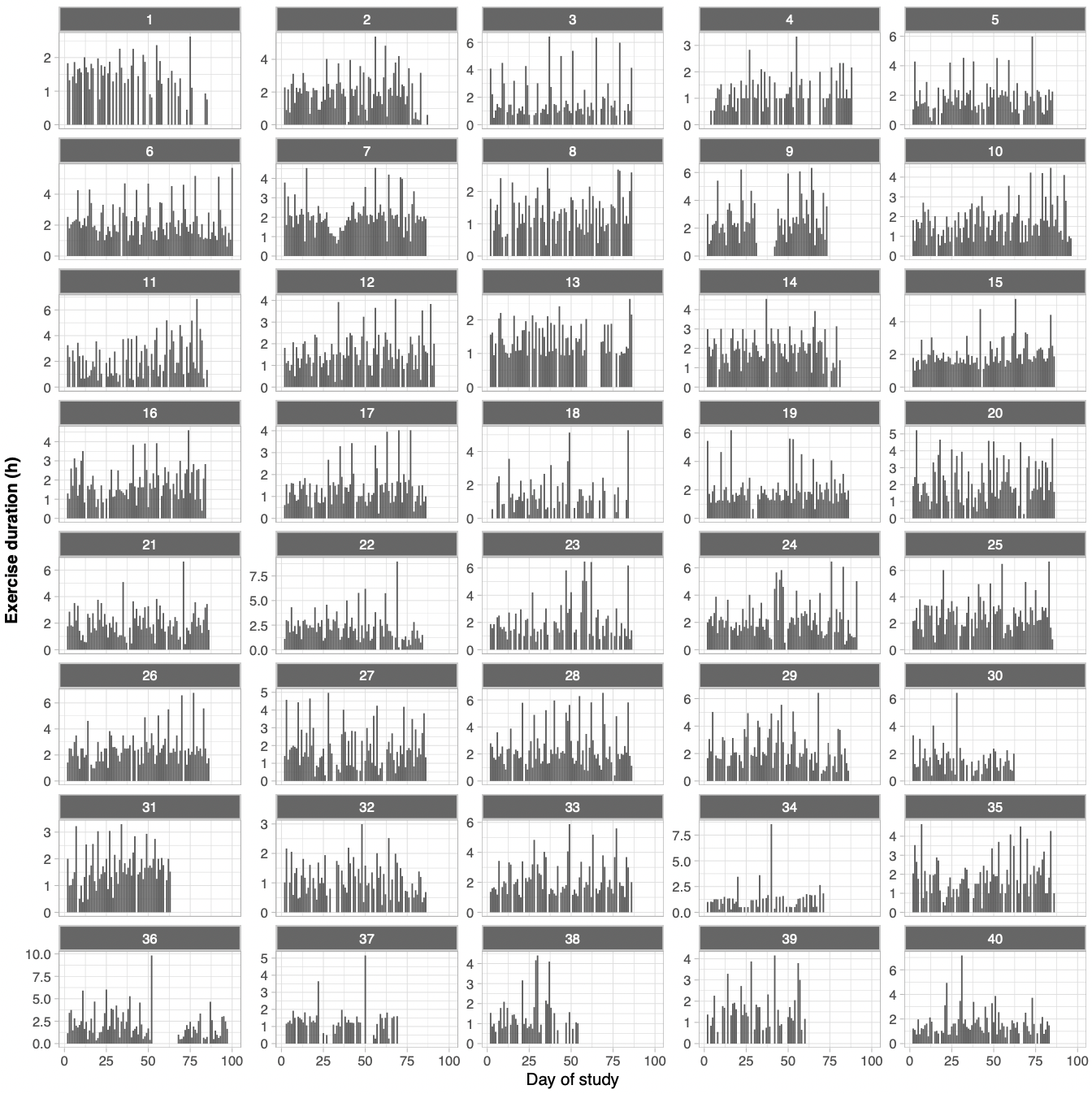
Description automatically generated

**Supplemental figure 2.** Participant devices used for sleep and HRV tracking.

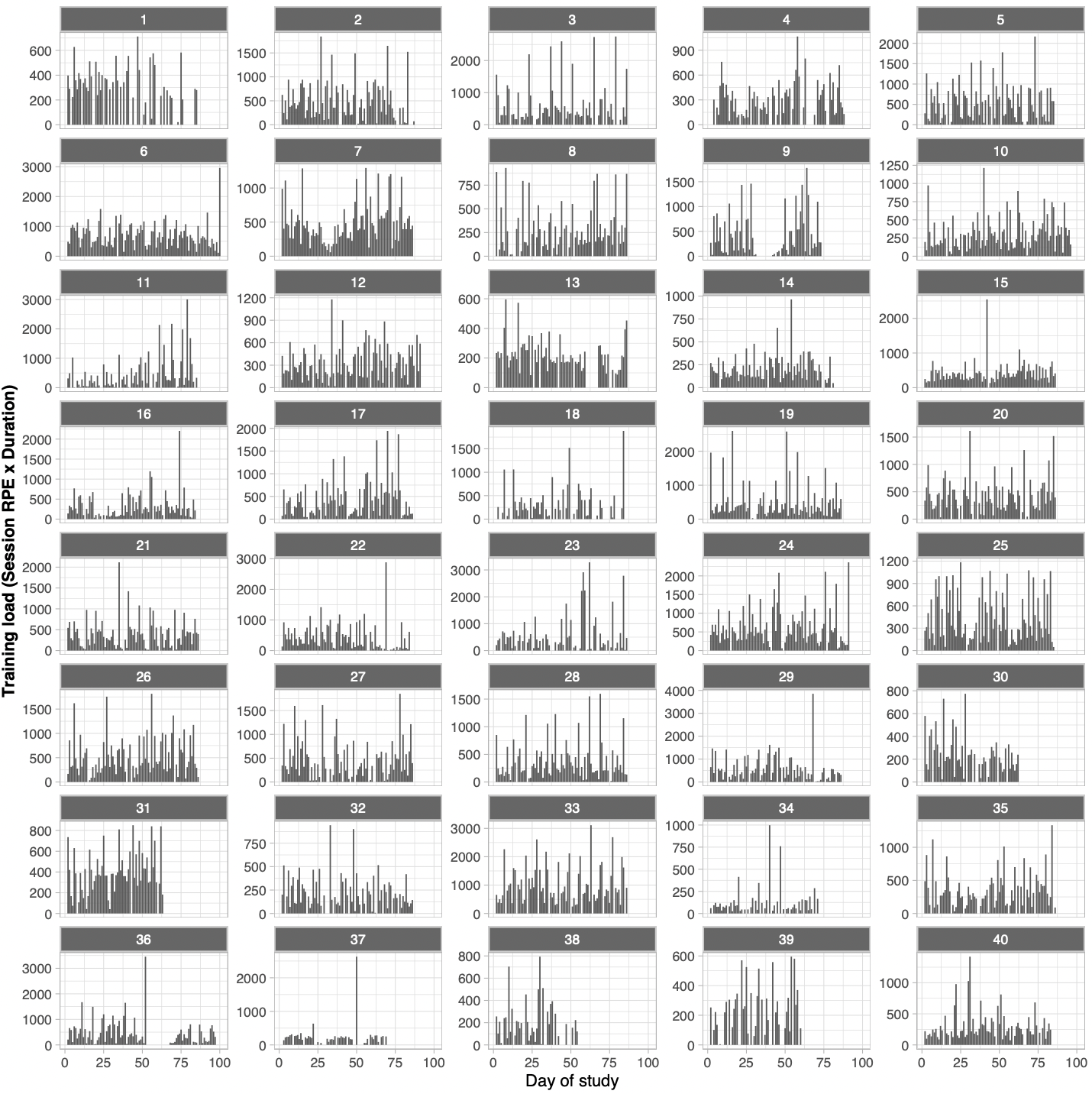
Graphical user interface

Description automatically generated

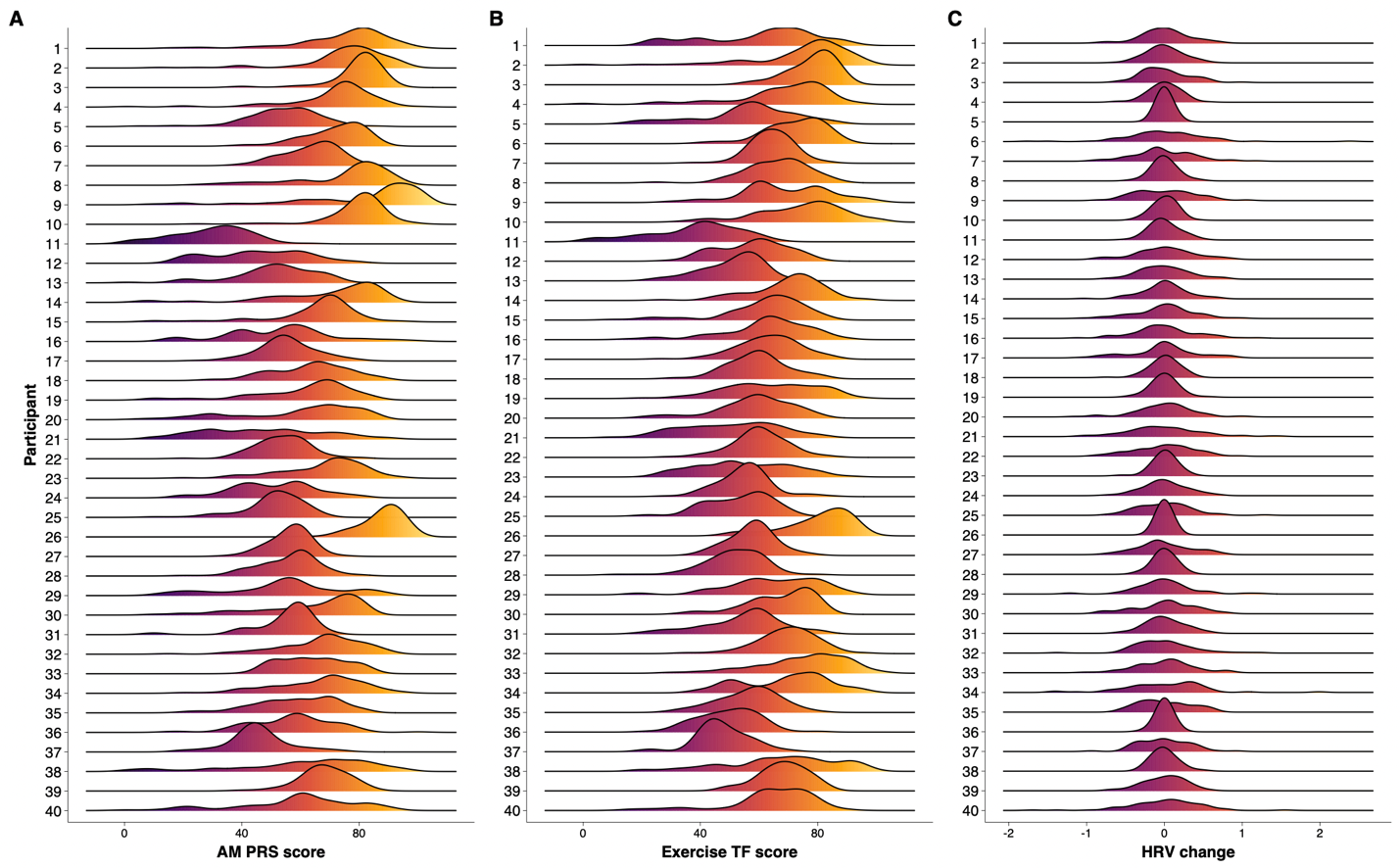
**Supplemental figure 3** – 100-pt PRS scale and scale for other subjective measures



**Supplemental figure 4** – Daily training volume (hours per day) for each participant for each day of the study.



**Supplemental figure 5** – Daily training load (product of session RPE and exercise duration in minutes) for each participant for each day of the study.



**Supplemental figure 6** – Density plot showing the distribution of the three main outcome variables for each participant.