

Supplementary Table 1. Evolution of muscle strength (SJ and HG), muscle damage (LDH and CK) and acute inflammation (CRP) biomarkers (Average \pm SE).

	BASELINE	FINISH LINE	24H POST-RACE	48H POST-RACE
SJ (CM)	23.9 \pm 0.8	18.4 \pm 0.7		
HG (KG)	41.6 \pm 1.8	41.0 \pm 2.1		
CK (UI/L)	203 \pm 39	4915 \pm 709#	2687 \pm 431*#	1438 \pm 294*#
LDH (UI/L)	189 \pm 5.5	373 \pm 20#	322 \pm 20#	312 \pm 22#
CRP (mg/DL)	0.16 \pm 0.08	2.0 \pm 0.2#	3.8 \pm 0.4*#	1.9 \pm 0.2*#

Data previously published by our group (Martinez-Navarro et al., 2020) [3]. * p<0.05 vs. preceding time point; # p<0.05 vs. baseline value

