

Supplemental Table S1

Demographic/clinical variables	Volunteers with T1DM	Healthy controls	p value
Age [years]	29.28±5.38	34.8±5.49	0.018
Body mass [kg]	89.0±12.49	86.9±13.89	0.511
Height [cm]	178.43±7.88	182.45±7.57	0.310
Body mass index	24.90±3.03	23.76±3.16	0.311
VO2max [mL/kg/min]	46.7±5.62	49.63±4.82	0.366

**Supplemental Table S1.**Characteristic of the studied groups of T1DM volunteers and healthy controls.

*T1DM* type 1 diabetes mellitus. Results are expressed as mean and standard deviation.

Supplemental Table S2

Marker	Statistical significant of markers p value					
T1DM vs controls	1 <sup>st</sup> bout		2 <sup>nd</sup> bout		3 <sup>rd</sup> bout	
	before	after	before	after	before	after
WBC [10 <sup>3</sup> /μl]	0.228	1.000	1.000	0.207	0.955	0.361
RBC [10 <sup>6</sup> /μl]	0.494	0.331	0.277	0.424	0.733	0.494
HGB [g/dl]	0.392	0.569	0.277	0.392	0.361	0.569
HCT [%]	0.361	0.167	0.150	0.150	0.331	0.392
PLT [10 <sup>3</sup> /μl]	0.207	0.035	0.082	0.018	0.082	0.015

<b>LYM [10<sup>3</sup>/μl]</b>	0.955	0.820	0.691	0.569	0.649	0.392
<b>MON [10<sup>3</sup>/μl]</b>	0.955	0.649	1.000	0.228	0.608	0.134
<b>GRA [10<sup>3</sup>/μl]</b>	0.207	0.910	0.910	0.459	0.955	0.569
<b>MCV [fl]</b>	0.776	0.865	0.776	0.820	0.955	0.776
<b>MCH [pg]</b>	1.000	0.608	0.865	0.733	0.955	0.865
<b>MCHC [g/dl]</b>	0.459	0.072	0.167	0.026	0.955	0.150
<b>RDW [%]</b>	0.134	0.167	0.015	0.013	0.030	0.013
<b>MPV [fl]</b>	0.041	0.047	0.106	0.035	0.026	0.035
<b>PDW [fl]</b>	0.910	0.955	0.186	0.252	0.608	0.277

**Supplemental Table S2.** Comparison of changes in blood cell count in response to repeated bouts of exercise in average-trained males with T1DM and healthy controls. Calculated using U Manna-Whitney test. WBC white blood cells, *RBC* red blood cells, *Hgb* hemoglobin, *Hct* hematocrit, *PLT* platelets, *LYM* lymphocytes, *MON* monocytes, *GRA* granulocytes, *MCV* mean corpuscular volume, *MCH* mean corpuscular hemoglobin, *MCHC* mean corpuscular hemoglobin concentration, *RDW* red blood cell distribution width, *MPV* mean platelet volume, *PDW* platelet distribution width.