

Supplementary Table S1: The univariate associations of predictor variables with session RPE

Predictor variable	β	SE_{β}	R^2	<i>p</i> value
HR average for session	0.013	0.013	0.019	0.343
Peak HR	0.015	0.011	0.035	0.195
Peak HR as a percentage of age predicted HR max	-0.017	0.009	0.068	0.071
Average RPE for session	1.146	0.107	0.709	<0.001
BLa Change (mmol/L)	0.101	0.075	0.037	0.186
Post exercise BLa (mmol/L)	0.149	0.074	0.079	0.051
BLa percentage change from baseline	0.002	0.001	0.031	0.230

Abbreviations: HR = heart rate, RPE = ratings of perceived exertion, BLa = blood lactate.

B = unstandardized regression coefficient; SE_{β} = standard error of the coefficient; R^2 = coefficient of determination.

Supplementary Table S2: The univariate associations of predictor variables on training load (session RPE × session duration).

Predictor variable	β	SE_{β}	R^2	<i>p</i> value
HR average for session	0.693	0.577	0.030	0.236
Peak HR	1.076	0.479	0.097	0.029
Peak HR as a percentage of age predicted HR max	-0.866	0.385	0.097	0.029
Average RPE for session	40.184	6.362	0.459	<0.001
BLa change (mmol/L)	5.858	3.218	0.066	0.075
Post exercise BLa (mmol/L)	7.071	3.193	0.094	0.032
BLa percentage change from baseline	0.092	0.054	0.057	0.097

Abbreviations: HR = heart rate, RPE = ratings of perceived exertion, BLa = blood lactate.

B = unstandardized regression coefficient; SE_{β} = standard error of the coefficient; R^2 = coefficient of determination.