**Annex**

Table 1: Maximum individual heart rate (maximum HR). Average heart rate percentage compared to the maximum individual HR. HIIT: High Intensity Interval Training. IIT: Intermittent Interval Training.

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| --- |
| Average maximum HR -% compared to maximum rate |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | Average |
| HR | 201 | 200 | 195 | 195 | 198 | 196 | 194 | 205 | 204 | 198 | 199 | 204 | 194 |  |
| HIIT  | 94.10 | 87.75 | 90.78 | 94.79 | 88.07 | 92.84 | 89.22 | 91.17 | 93.00 | 92.23 | 85.47 | 92.85 | 89.25 | 90.65 |
| IIT | 92.38 | 90.66 | 92.88 | 88.90 | 90.82 | 92.40 | 84.71 | 87.56 | 92.34 | 91.26 | 83.28 | 88.91 | 87.63 | 88.76 |

Table 2: Average heart rate. High Intensity Interval Training Total (HIIT T). High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Total (IIT T). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

|  |
| --- |
| Average HR |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | Average |
| HIIT | 189.15 | 175.50 | 177.02 | 184.84 | 174.37 | 181.96 | 173.08 | 186.89 | 189.71 | 182.61 | 170.08 | 189.41 | 173.14 | 180.59 |
| HIIT S1 | 171.28 | 170.74 | 168.09 | 178.22 | 170.44 | 175.29 | 166.16 | 177.23 | 176.01 | 169.36 | 159.00 | 181.93 | 162.18 | 171.22 |
| HIITS2 | 182.56 | 169.57 | 170.70 | 176.74 | 163.45 | 168.80 | 168.45 | 180.75 | 184.60 | 176.62 | 163.05 | 179.92 | 165.62 | 173.14 |
| HIIT S3 | 184.49 | 166.69 | 172.85 | 177.45 | 171.63 | 168.89 | 165.84 | 178.91 | 182.47 | 173.21 | 163.45 | 181.20 | 167.41 | 173.42 |
| IIT T | 185.69 | 181.31 | 181.11 | 173.35 | 179.83 | 181.10 | 164.33 | 179.50 | 188.38 | 180.70 | 165.72 | 181.38 | 170.01 | 177.87 |
| IIT S1 | 176.81 | 173.42 | 172.87 | 171.74 | 174.69 | 175.39 | 158.02 | 164.87 | 184.35 | 171.66 | 157.28 | 182.92 | 161.48 | 171.19 |
| IIT S2 | 178.26 | 174.12 | 175.01 | 166.87 | 173.66 | 173.42 | 161.52 | 170.10 | 180.28 | 172.97 | 166.40 | 176.42 | 164.44 | 171.80 |
| IIT S3 | 177.85 | 174.80 | 173.90 | 168.03 | 174.50 | 173.48 | 160.53 | 167.01 | 181.33 | 174.67 | 159.56 | 174.77 | 158.70 | 170.70 |

Table 3: Statistical analysis of the differences between exercises. Pvalue <0.05. Average heart rate. High Intensity Interval Training Total (HIIT T). High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Total (IIIT T). Intermittent Interval Training (IIT) Series 1, Series 2, Series 3 (IIIT S1, S2, S3).

|  |  |  |
| --- | --- | --- |
|   | HR – Comparison of averages (pvalue) |  |
|  | LIT | LIT S1 | LII S2 | LI IS3 | HIIT T | HIIT S1 | HIIT S2 | HIIT S3 |
| HIIT T | 0 (1.00) | 1 (0.002) | 1 (0.015) | 1 (0.015) | 0 (0.345) | 1 (0.005) | 1 (0.002) | 1 (0.002) |
| HIITI S1  | -1 (0.002) | 0 (1.000) | 0 (0.491) | 0 (0.413) | -1 (0.022) | 0 (0.991) | 0 (0.810) | 0 (0.849) |
| HIIT S2 | -1 (0.015) | 0 (0.491) | 0 (1.000) | 0 (0.921) | 0 (0.115) | 0 (0.541) | 0 (0.609) | 0 (0.406) |
| HIIT S3 | -1 (0.015) | 0 (0.413) | 0 (0.921) | 0 (1.000) | 0 (0.124) | 0 (0.472) | 0 (0.518) | 0 (0.339) |
| IIT T | 0 (0.345) | 1 (0.022) | 0 (0.115) | 0 (0.124) | 0 (1.000) | 1 (0.043) | 1 (0.026) | 1 (0.020) |
| IIT S1 | -1 (0.005) | 0 (0.991) | 0 (0.541) | 0 (0.472) | -1 (0.043) | 0 (1.000) | 0 (0.831) | 0 (0.877) |
| IIT S2 | -1 (0.002) | 0 (0.810) | 0 (0.609) | 0 (0.518) | -1 (0.026) | 0 (0.831) | 0 (1.000) | 0 (0.669) |
| IIT S3 | -1 (0.002) | 0 (0.849) | 0 (0.406) | 0 (0.339) | -1 (0.020) | 0 (0.877) | 0 (0.669) | 0 (1.000) |

Table 4: Average lactate levels. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

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| --- |
| Lactate |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | Average |
| HIIT S1  | 5.0 | 7.2 | 8.2 | 7.2 | 6.2 | 8.7 | 6.8 | 7.3 | 8.3 | 4.8 | 5.8 | 7.8 | 6.4 | 6.9 |
| HIIT S2 | 6.7 | 4.3 | 7.8 | 6.1 | 7.1 | 8.1 | 6.4 | 7.2 | 8.5 | 7.3 | 5.4 | 7.8 | 5.8 | 6.8 |
| HIIT S3 | 7.1 | 7.3 | 8.4 | 7.9 | 6.8 | 9.7 | 6.0 | 9.5 | 9.6 | 7.5 | 6.9 | 9.7 | 7.6 | 8.0 |
| IIT S1 | 13.9 | 6.7 | 7.2 | 7.6 | 5.8 | 6.4 | 6.8 | 6.2 | 7.8 | 6.2 | 5.4 | 8.6 | 6.2 | 7.2 |
| IIT S2 | 8.6 | 2.9 | 7.8 | 6.8 | 7.7 | 8.5 | 5.3 | 7.2 | 9.4 | 8.3 | 8.0 | 9.8 | 5.7 | 7.3 |
| IIT S3 | 8.5 | 4.5 | 8.6 | 8.1 | 7.5 | 9.3 | 6.1 | 8.4 | 11.3 | 8.5 | 6.8 | 12.4 | 6.7 | 8.2 |

Table 5: Statistical analysis of the differences between exercises. Pvalue <0.05. Lactate. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

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| --- |
| Lactate – Comparison of averages (pvalue) |
|  | LIT S1 | LIT S2 | LIT S3 | HIIT S1 | HIIT S2 | HIIT S3 |
| LIT S1  | 0 (1.000) | 0 (0.847) | -1 (0.034) | 0 (0.576) | 0 (0.441) | 0 (0.062) |
| HIIT S2 | 0 (0.847) | 0 (1.000) | -1 (0.021) | 0 (0.487) | 0 (0.356) | -1 (0.045) |
| HIIT S3 | 1 (0.034) | 1 (0.021) | 0 (1.000) | 0 (0.320) | 0 (0.334) | 0 (0.760) |
| IIT S1 | 0 (0.576) | 0 (0.487) | 0 (0.320) | 0 (1.000) | 0 (0.908) | 0 (0.283) |
| IIT S2 | 0 (0.441) | 0 (0.356) | 0 (0.334) | 0 (0.908) | 0 (1.000) | 0 (0.298) |
| IIT S3 | 0 (0.062) | 1 (0.045) | 0 (0.760) | 0 (0.283) | 0 (0.298) | 0 (1.000) |

Table 6: Borg Scale Results. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

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| --- |
| Borg Scale  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | Average |
| HIIT S1  | 17 | 16 | 18 | 17 | 15 | 16 | 16 | 16 | 15 | 15 | 17 | 15 | 16 | 16.07 |
| HIIT S2 | 17 | 16 | 18 | 16 | 15 | 16 | 16 | 17 | 15 | 15 | 17 | 16 | 16 | 16.15 |
| HIIT S3 | 17 | 16 | 18 | 17 | 15 | 16 | 16 | 17 | 15 | 15 | 17 | 16 | 16 | 16.23 |
| IIT S1 | 17 | 16 | 17 | 17 | 14 | 16 | 15 | 16 | 17 | 16 | 17 | 15 | 16 | 16.07 |
| IIT S2 | 17 | 16 | 17 | 17 | 14 | 16 | 15 | 16 | 17 | 16 | 17 | 17 | 16 | 16.23 |
| IIT S3 | 17 | 16 | 17 | 17 | 14 | 16 | 15 | 17 | 18 | 16 | 17 | 17 | 16 | 16.38 |

Table 7: Statistical analysis of the differences between exercises. Pvalue <0.05. Borg Scale. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

|  |
| --- |
| Borg – Comparison of averages (pvalue) |
|  | LIT S1 | LIT S2 | LIT S3 | HIIT S1 | HIIT S2 | HIIT S3 |
| HIIT S1  | 0 (1.000) | 0 (0.834) | 0 (0.680) | 0 (1.000) | 0 (0.680) | 0 (0.440) |
| HIIT S2 | 0 (0.834) | 0 (1.000) | 0 (0.832) | 0 (0.834) | 0 (0.832) | 0 (0.551) |
| HIIT S3 | 0 (0.680) | 0 (0.832) | 0 (1.000) | 0 (0.680) | 0 (1.000) | 0 (0.695) |
| IIT S1 | 0 (1.000) | 0 (0.834) | 0 (0.680) | 0 (1.000) | 0 (0.680) | 0 (0.440) |
| IIT S2 | 0 (0.680) | 0 (0.832) | 0 (1.000) | 0 (0.680) | 0 (1.000) | 0 (0.695) |
| IIT S3 | 0 (0.440) | 0 (0.551) | 0 (0.695) | 0 (0.440) | 0 (0.695) | 0 (1.000) |

Table 8: Number of shots. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

|  |
| --- |
| Number of shots |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | Average |
| HIIT S1 | 165 | 136 | 146 | 145 | 151 | 136 | 131 | 154 | 119 | 124 | 164 | 137 | 115 | 140.23 |
| HIIT S2 | 168 | 138 | 143 | 144 | 145 | 122 | 134 | 152 | 115 | 116 | 160 | 130 | 110 | 136.69 |
| HIIT S3 | 151 | 135 | 141 | 139 | 135 | 120 | 127 | 145 | 115 | 106 | 152 | 126 | 115 | 131.30 |
| IIT S1 | 150 | 120 | 132 | 128 | 121 | 107 | 116 | 138 | 121 | 116 | 144 | 107 | 107 | 123.61 |
| IIT S2 | 146 | 123 | 132 | 130 | 118 | 105 | 121 | 140 | 120 | 113 | 146 | 110 | 110 | 124.15 |
| IIT S3 | 144 | 120 | 132 | 132 | 118 | 106 | 123 | 145 | 120 | 117 | 147 | 112 | 112 | 125.23 |

Table 9: Statistical analysis of the differences between exercises. Pvalue <0.05. Number of shots. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

|  |
| --- |
|  Number of shots – Comparison of averages (pvalue) |
|  | LIT S1 | LIT S2 | LIT S3 | HIIT S1 | HIIT S2 | HIIT S3 |
| HIIT S1  | 0 (1.000) | 0 (0.598) | 0 (0.148) | 1 (0.009) | 1 (0.011) | 1 (0.016) |
| HIIT S2 | 0 (0.598) | 0 (1.000) | 0 (0.406) | 1 (0.049) | 0 (0.056) | 0 (0.077) |
| HIIT S3 | 0 (0.148) | 0 (0.406) | 0 (1.000) | 0 (0.183) | 0 (0.209) | 0 (0.281) |
| IIT S1 | -1 (0.009) | -1 (0.049) | 0 (0.183) | 0 (1.000) | 0 (0.922) | 0 (0.768) |
| IIT S2 | -1 (0.011) | 0 (0.056) | 0 (0.209) | 0 (0.922) | 0 (1.000) | 0 (0.842) |
| IIT S3 | -1 (0.016) | 0 (0.077) | 0 (0.281) | 0 (0.768) | 0 (0.842) | 0 (1.000) |

Table 10: Number of errors. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

|  |
| --- |
| Number of errors |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | Average |
| HIIT S1  | 24 | 28 | 23 | 18 | 20 | 28 | 27 | 19 | 16 | 23 | 25 | 16 | 19 | 22.00 |
| HIIT S2 | 35 | 36 | 30 | 18 | 26 | 23 | 25 | 23 | 13 | 20 | 27 | 19 | 13 | 23.69 |
| HIIT S3 | 40 | 43 | 41 | 24 | 30 | 24 | 30 | 30 | 14 | 21 | 32 | 22 | 18 | 28.38 |
| IIT S1 | 22 | 26 | 24 | 18 | 19 | 15 | 21 | 13 | 13 | 14 | 18 | 20 | 14 | 18.23 |
| IIT S2 | 23 | 23 | 24 | 20 | 18 | 15 | 21 | 13 | 9 | 12 | 17 | 14 | 8 | 16.69 |
| IIT S3 | 19 | 34 | 23 | 16 | 20 | 14 | 20 | 14 | 10 | 14 | 16 | 13 | 10 | 17.15 |

Table 11: Statistical analysis of the differences between exercises. Pvalue <0.05. Number of errors. High Intensity Interval Training Series 1, Series 2, Series 3 (HIIT S1, S2, S3). Intermittent Interval Training Series 1, Series 2, Series 3 (IIT S1, S2, S3).

|  |
| --- |
| Number of errors – Comparison of averages (pvalue) |
|  | LIT S1 | LIT S2 | LIT S3 | HIIT S1 | HIIT S2 | HIIT S3 |
| HIIT S1  | 0 (1.000) | 0 (0.477) | -1 (0.030) | 1 (0.035) | 1 (0.010) | 1 (0.033) |
| HIIT S2 | 0 (0.477) | 0 (1.000) | 0 (0.157) | 1 (0.028) | 1 (0.010) | 1 (0.023) |
| HIIT S3 | 1 (0.030) | 0 (0.157) | 0 (1.000) | 1 (0.001) | 1 (0.001) | 1 (0.001) |
| IIT S1 | -1 (0.035) | -1 (0.028) | -1 (0.001) | 0 (1.000) | 0 (0.427) | 0 (0.618) |
| IIT S2 | -1 (0.010) | -1 (0.010) | -1 (0.001) | 0 (0.427) | 0 (1.000) | 0 (0.844) |
| IIT S3 | -1 (0.033) | -1 ( 0.023) | -1 (0.001) | 0 (0.618) | 0 (0.844) | 0 (1.000) |