

**Supplementary Table 2.** Exercise protocol

| Speed, time | Warm up         | Treadmill exercise                 | Cool down |
|-------------|-----------------|------------------------------------|-----------|
| 1 day       | 0 m/min, 1 min; | 8 m/min, 5 min                     | 5 m/min,  |
| 2 day       | 1 m/min, ~5 min | 8 m/min, 5 min;<br>10 m/min, 5 min | 2 min     |
| 1-8 wk      |                 | 12 m/min, 60 min                   |           |