SDC2a. Running speed during time-trials. Error bars illustrate SEM. Symbols denote main effect of condition (SC v EC and SC v PE) at each distance interval: (###) PE different to SC ($P < 0.001$), (##) PE different to SC ($P < 0.01$).
SDC2b. Heart rate during time-trials. Error bars illustrate SEM. Symbols denote main effect of condition (SC v EC and SC v PE) at each distance interval: (***) SC different to EC ($P < 0.001$), (**) SC different to EC ($P < 0.01$), (*) SC different to EC ($P < 0.05$). ($$$) PE different to SC ($P < 0.001$), ($$) PE different to SC ($P < 0.01$).
**SDC2c.** Affective valence during time-trials. Error bars illustrate SEM. Symbols denote main effect of condition (SC v EC and SC v PE) at each distance interval: (^) PE different to SC ($P = 0.048$).
**SDC2d.** Ratings of Perceived Exertion (RPE) during time-trials. Error bars illustrate SEM. No main effect of condition (SC v EC or SC v PE) at any distance interval.