**Table 1.** Measures of reliability for mean exercise and peak physiological variables during the HST (*n* = 6).

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| --- | --- | --- |
|  | **HST1 – HST 2** | **HST2 – HST 3** |
| **ICC** | **TEM** | **CV** | **ICC** | **TEM** | **CV** |
| **Mean HR (bts.min-1)** | 0.99 (0.93 – 0.99) | 1.6 | 0.91 | 0.99 (0.96 – 0.99) | 1.7 | 0.90 |
| **Peak HR (bts.min-1)** | 0.98 (0.89 – 0.99) | 2.44 | 1.15 | 0.97 (0.81 – 0.99) | 3.92 | 1.84 |
| **Mean SpO2** | 0.95 (0.65 – 0.99) | 0.91 | 0.81 | 0.97 (0.73 – 0.99) | 0.50 | 0.61 |
| **Peak SpO2** | 0.96 (0.69 – 0.99) | 0.83 | 1.15 | 0.83 (0.50 – 0.97) | 1.44 | 1.37 |
| **Mean** $\dot{V}$**EBTPS (L.min-1)** | 0.75 (0.74 – 0.97) | 3.92 | 4.84 | 0.82 (0.59 – 0.97) | 2.37 | 2.90 |
| **Peak** $\dot{V}$**EBTPS (L.min-1)** | 0.64 (-2.7 – 0.95) | 6.20 | 2.23 | 0.97 (0.83 – 0.99) | 1.25 | 1.53 |
| **Mean** $\dot{V}$**O2 (L.min-1)** | 0.62 (-3.5 – 0.95) | 0.11 | 4.10 | 0.85 (-19 – 0.98) | 0.16 | 5.64 |
| **Peak** $\dot{V}$**O2 (L.min-1)** | 0.69 (-0.61 – 0.95) | 0.17 | 5.75 | 0.74 (0.72 – 0.95) | 0.22 | 8.06 |
| **Mean** $\dot{V}$**CO2 (L.min-1)** | 0.70 (-2.2 – 0.96) | 0.12 | 5.65 | 0.87 (0.15 – 0.98) | 0.10 | 2.41 |
| **Peak** $\dot{V}$**CO2 (L.min-1)** | 0.74 (-0.41 – 0.96) | 0.09 | 8.61 | 0.85 (0.33 – 0.97) | 0.19 | 12.04 |
| **Mean BLa (mmol-1)** | 0.90 (0.30 – 0.99) | 0.62 | 15.0 | 0.96 (0.72 – 0.99) | 0.39 | 8.7 |
| **Peak BLa (mmol-1)** | 0.75 (-0.29 – 0.96) | 0.65 | 19.2 | 0.98 (0.85 – 0.99) | 0.26 | 3.04 |