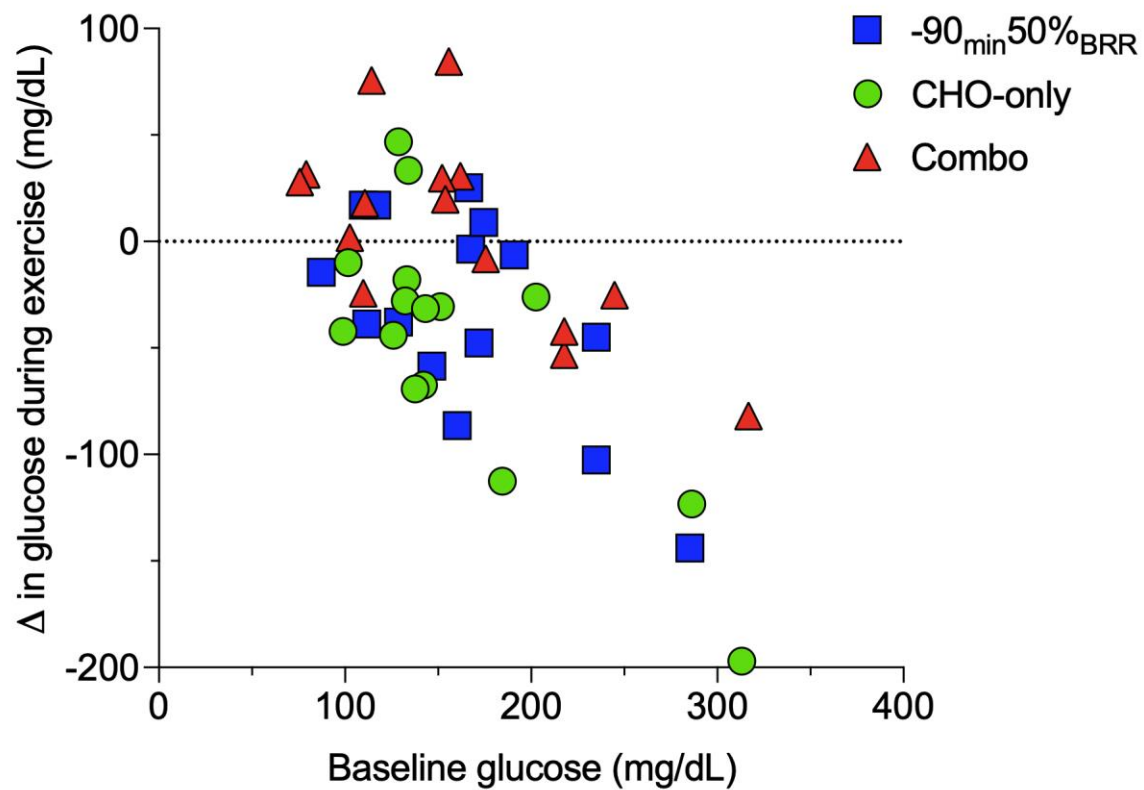
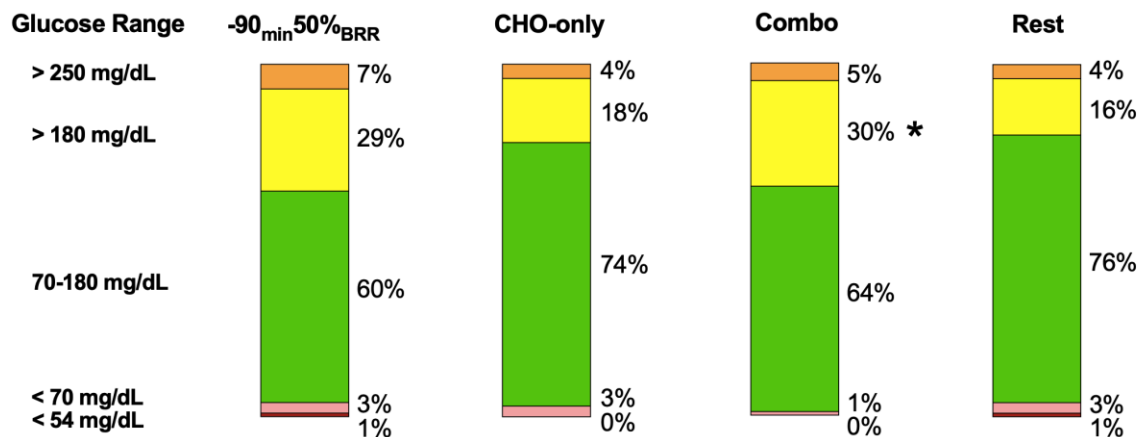


Cardiometabolic and Hormonal Outcome Variables			
	-90_{min}50%_{oBRR}	CHO-only	Combo
Heart rate (% of heart rate reserve)	46 ± 6	46 ± 5	45 ± 5
<u>Carbohydrate oxidation (g/min)</u>			
10-15 min	1.69 ± 1.0	1.80 ± 0.8	1.66 ± 0.9
85-90 min	1.55 ± 0.7	1.82 ± 0.8	1.77 ± 0.8
135-140 min	1.38 ± 0.6	1.69 ± 0.7	1.54 ± 0.7
<u>Fat oxidation (g/min)</u>			
10-15 min	0.48 ± 0.1	0.52 ± 0.2	0.51 ± 0.2
85-90 min	0.47 ± 0.1	0.37 ± 0.1 *	0.39 ± 0.1 *
135-140 min	0.51 ± 0.2	0.39 ± 0.1 *†	0.44 ± 0.1
<u>β-hydroxybutyrate (mmol/L)</u>			
Pre-exercise: 0 min	0.2 ± 0.2	0.2 ± 0.1	0.2 ± 0.2
Post-exercise: 140 min	0.4 ± 0.3 ‡§	0.1 ± 0.1	0.3 ± 0.2
<u>Energy expenditure (kcal/min)</u>			
10-15 min	7.5 ± 2.2	7.7 ± 1.8	7.6 ± 2.0
85-90 min	7.1 ± 1.9	7.1 ± 1.9 *	7.1 ± 2.0 *
135-140 min	7.0 ± 2.0 *	6.9 ± 1.9 *	6.9 ± 1.9 *
Total caloric expenditure (kcal)	863 ± 241	869 ± 218	861 ± 231
Caloric intake (kcal)	3 ± 13 ‡	160 ± 79	124 ± 68
Net caloric expenditure (kcal)	860 ± 240 ‡	709 ± 217	737 ± 201
<u>Plasma glucagon (pg/mL)</u>			
Pre-exercise: 0 min	15.1 ± 8.9	16.3 ± 13.0	11.7 ± 7.0
Mid-exercise: 65 min	21.3 ± 14.5	15.5 ± 15.5	13.9 ± 7.5
Post-exercise: 140 min	30.9 ± 22.3 *	18.1 ± 8.9 †	22.7 ± 19.2
<u>Salivary cortisol (ng/mL)</u>			
Pre-exercise: 0 min	41.3 ± 15.5	44.3 ± 19.4	40.7 ± 15.5
Post-exercise: 140 min	32.7 ± 14.8	28.8 ± 14.0 §	27.7 ± 9.5 §

Supplementary Table S1. Cardiometabolic and hormonal outcome variables. Cardiometabolic outcomes in all treatment conditions (n=15) during exercise. Values are presented as mean ± SD. *Significantly different from the 10-15-minute time period within the same strategy ($P<0.05$). †Significantly different from -90_{min}50%_{oBRR} at the same time period ($P<0.05$). ‡Significantly different from other strategies ($P<0.05$). §Significantly different from pre-exercise within the same strategy ($P<0.05$). ||Significantly different from the CHO-only strategy at the same time period ($P<0.05$).



Supplementary Figure S1. Change in glucose dependence of baseline glucose.
Change in blood glucose level during 120 minutes of exercise relative to baseline pre-exercise glucose level.



Supplementary Figure S2. Continuous glucose monitor ranges 12 hours following exercise across three conditions and rest day. Glucose ranges defined as level 2 hyperglycemia (>250 mg/dL), level 1 hyperglycemia (181-250 mg/dL), target range (70-180 mg/dL), level 1 hypoglycemia (54-69 mg/dL) and level 2 hypoglycemia (<54 mg/dL), data presented as mean. *Significantly different from Rest ($P<0.05$).