**SUPPLEMENTARY MATERIALS**

**Supplementary Table 1** Class-specific protocols

*Laser (Radial and Standard)*. This protocol of 66 minutes is based on an existing training protocol. The athlete reached 76% of HRR within 5 minutes of warming up on 65 rpm.

Finish

Start

Finish

Start

Finish

Start

Finish

Start

Finish

Start

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Leg | Activity | Duration (minutes) | Intensity (% of HRR) | Cadence (rpm) |
| UpwindReachDownwind | Cycling | 1255 | 808060 | 607085 |
| UpwindReachDownwind | 1255 | 808060 | 607085 |
| UpwindReachDownwind | 1255 | 808060 | 607085 |

*470 Crew*.This protocol of 50 minutes is based on a regular sailing race with an outer trapezoid course (O2). The athlete reached 70% of HRR within 5 minutes of warming up on 85 rpm.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Leg | Activity | Duration (minutes) | Intensity (% of HRR) | Cadence (rpm) |
| UpwindReachDownwind | Cycling | 1258 | 709080 | 85 |
| UpwindDownwindReach | 1285 | 708090 |

*470 Helm*. This protocol of 50 minutes is based on a regular sailing race with an outer trapezoid course (O2). The athlete reached 70% of HRR during 5 minutes of warming up on 65 rpm.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Leg | Activity | Duration (minutes) | Intensity (% of HRR) | Cadence (rpm) |
| UpwindReachDownwind | Cycling | 1258 | 809070 | 706585 |
| UpwindDownwindReach | 1285 | 807090 | 708560 |

*Finn*. This protocol of 45 minutes is based on a regular sailing race with a windward/leeward course (L). The athlete reached 80% of HRR in a warming up of 1 km rowing. In addition, 30 seconds were reserved between the legs to enable the athlete to switch from cycling to rowing ergometer and vice versa.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Leg | Activity | Duration (minutes) | Intensity (% of HRR) | Cadence (rpm) | Drag factor |
| UpwindDownwind | CyclingRowing | 1510 | 8085 | 60- | -140 |
| UpwindDownwind | CyclingRowing | 155 | 8083 | 60- | -140 |

*RS:X*. This protocol of 26 minutes is based on a regular sailing race with a windward/leeward course (L). The athlete reached 72% of HRR in a warming up of 1 km rowing.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Leg | Activity | Duration (minutes) | Intensity (% of HRR) | Drag factor |
| UpwindDownwind | Rowing | 8\*5\*\* | 8090 | 120 |
| UpwindDownwind | 8\*5\*\* | 8090 |

\*The first 15 seconds of every minute were on maximal intensity to mimic pumping activity.

\*\*The first 10 seconds of every minute were on maximal intensity to mimic pumping activity.