Supplementary file 2 Repeated measures analysis of variance (ANOVA) comparing weekly rating of perceived exertion (wRPE) between interventions.

CWI		TWI		PAS		ANOVA		
Baseline week	Intervention week	Baseline week	Intervention week	Baseline week	Intervention week	**Intervention**	**Time**	**Interaction**
4642.8 ± 1371.1	4415.6 ± 941.0	4661.1 ± 1505.6	5061.8 ± 1067.0	4477.8 ± 1473.4	4829.3 ± 1256.5	p = .634	p = .419	p = .401

CWI Cold-water immersion, *TWI* thermoneutral water immersion, *PAS* passive recovery