

2016/08/07

Do

1

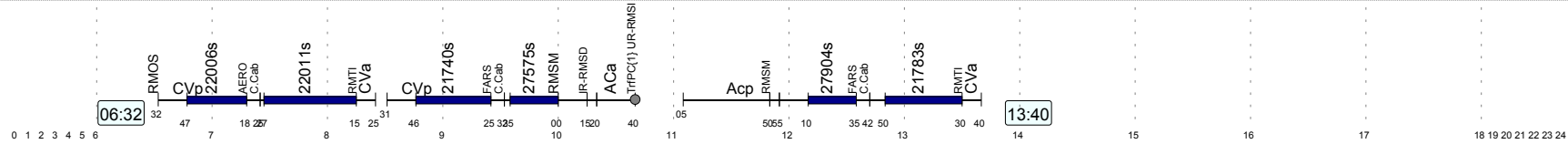
2016/08/08

Lu

LARM042

2

INTERVALLO



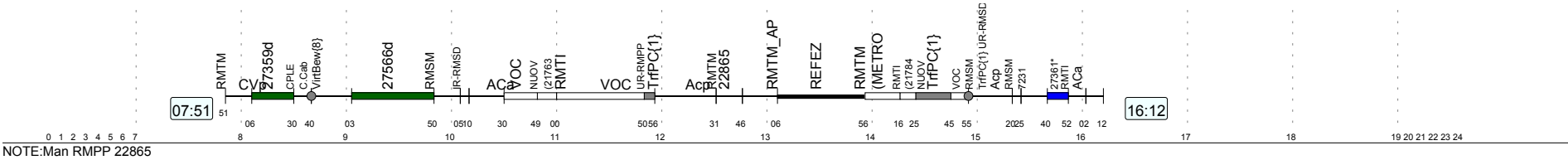
Lav	Cef
07:08	04:33
Km	Not
175	No
Rip.G	
18:11	

2016/08/09

Ma

LA1019

3



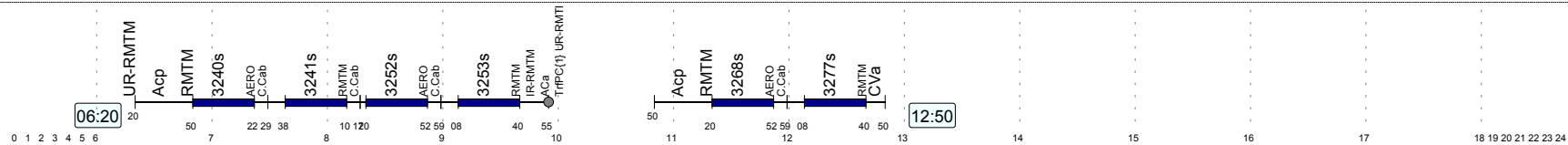
Lav	Cef
08:21	01:23
Km	Not
82	No
Rip.G	
14:08	

2016/08/10

Me

LA1004

4



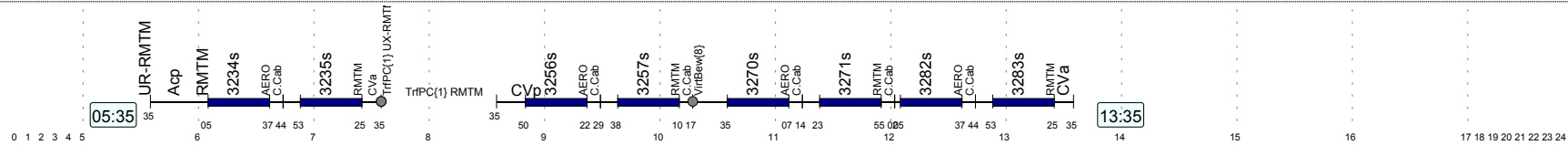
Lav	Cef
06:30	04:10
Km	Not
188	No
Rip.G	
16:45	

2016/08/11

Gi

LA1002

5



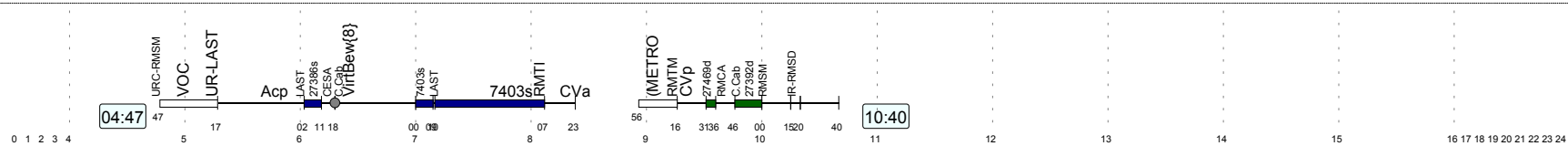
Lav	Cef
08:00	05:30
Km	Not
251	No
Rip.G	
15:12	

2016/08/12

Ve

LARM025

6



Lav	Cef
05:53	01:45
Km	Not
59	Si
Rip.G	
00:00	

2016/08/13

Sa

7

Riposo Quantitativo

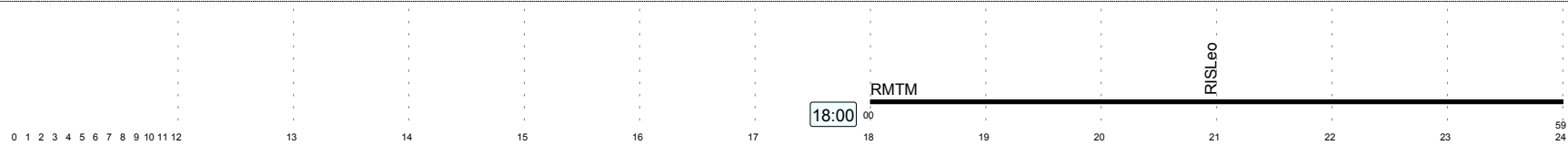
	Rip.
	55:20

2016/08/14

Do

LARM988

8



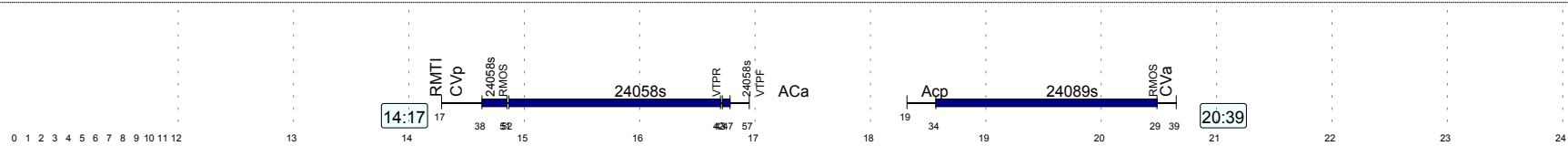
Lav	Cef
05:59	00:00
Km	Not
0	No
Rip.G	
14:17	

2016/08/15

Lu

LARM430

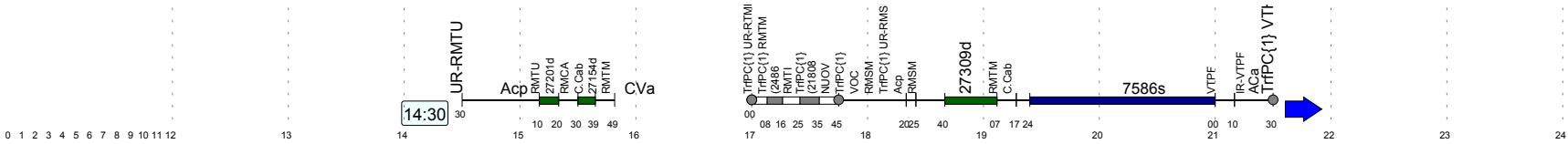
9



Lav	Cef
06:22	04:04
Km	Not
183	No
Rip.G	
17:51	

2016/08/16

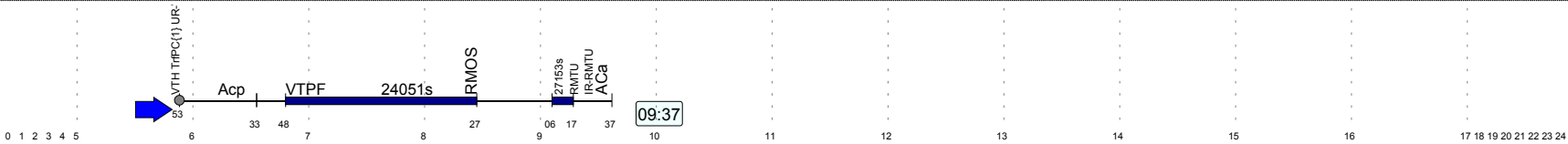
Ma
LA1383
10



Lav	Cef
07:00	02:49
Km	Not
137	No
RFR	
08:23	

2016/08/17

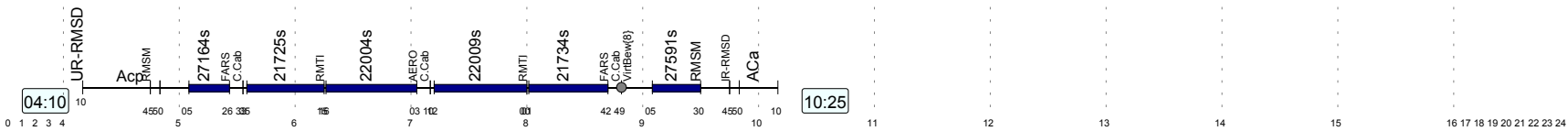
Me
LA1383
11



Lav	Cef
03:44	01:50
Km	Not
91	No
Rip.G	
18:33	

2016/08/18

Gi
LARM016
12



Lav	Cef
06:15	04:02
Km	Not
183	Si
Rip.G	
00:00	

2016/08/19

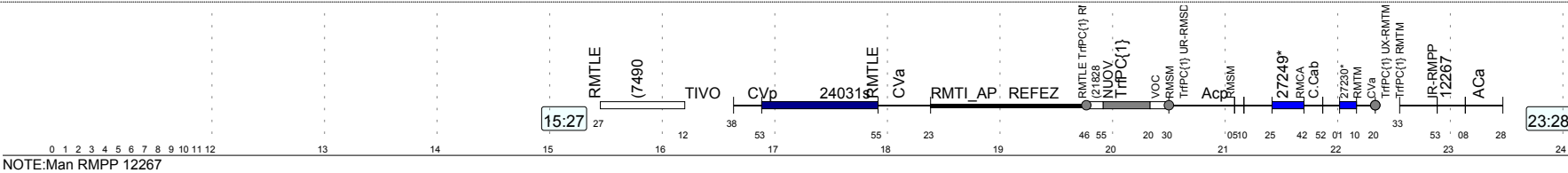
Ve
13

Riposo

	Rip.
	53:02

2016/08/20

Sa
LARM324
14

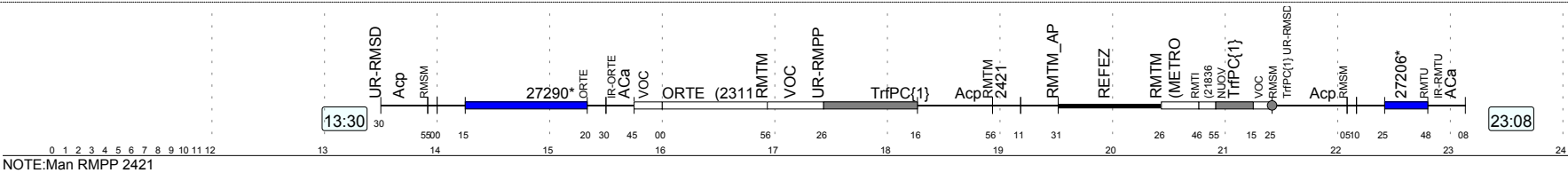


NOTE:Man RMPP 12267

Lav	Cef
08:01	01:47
Km	Not
56	No
Rip.G	
14:02	

2016/08/21

Do
LARM156
15

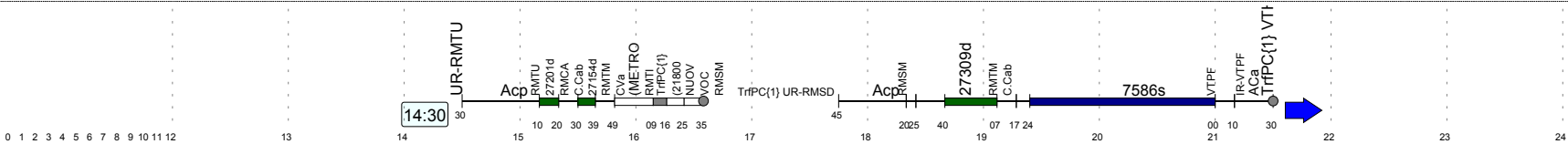


NOTE:Man RMPP 2421

Lav	Cef
09:38	01:28
Km	Not
85	No
Rip.G	
15:22	

2016/08/22

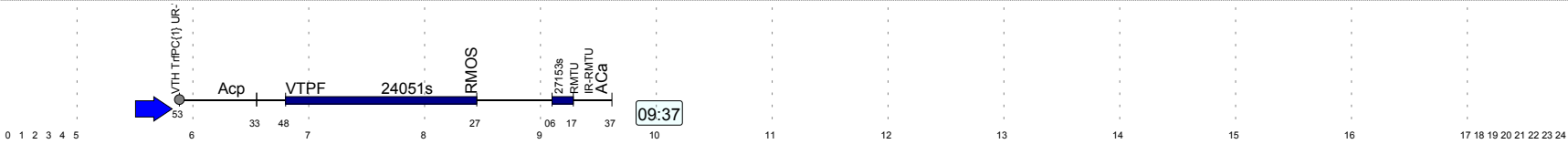
Lu
LA1383
16



Lav	Cef
07:00	02:49
Km	Not
137	No
RFR	
08:23	

2016/08/23

Ma
LA1383
17



Lav	Cef
03:44	01:50
Km	Not
91	No
Rip.G	
19:34	

[illegible]

	Rip.
	51:00

Lav	Cef
08:00	05:30
Km	Not
251	No
Rip.G	
14:13	

Lav	Cef
07:58	04:32
Km	Not
162	No
Rip.G	
11:49	

Lav	Cef
07:05	05:30
Km	Not
251	No
Rip.G	
15:55	

Figure 1: Schematic representation of the experimental design. The figure shows two timelines for two groups of participants. The left timeline (Group 1) starts at 06:20 with a 20-minute UR-RMTM, followed by a 5-minute Acp, a 5-minute RMTM, a 3240s break, a 5-minute AERO, a 5-minute C.Cab, a 3241s break, a 5-minute RMTM, a 5-minute C.Cab, a 3252s break, a 5-minute AERO, a 5-minute C.Cab, a 3253s break, a 5-minute RMTM, a 5-minute IR-RMTM, a 5-minute A.Ca, and finally a 5-minute T.HPC(1) UR-RMTM. The right timeline (Group 2) starts at 12:50 with a 5-minute Acp, a 5-minute RMTM, a 3268s break, a 5-minute AERO, a 5-minute C.Cab, a 3277s break, a 5-minute RMTM, and finally a 5-minute C.Va. The x-axis represents time in minutes, with markers for each activity and break.

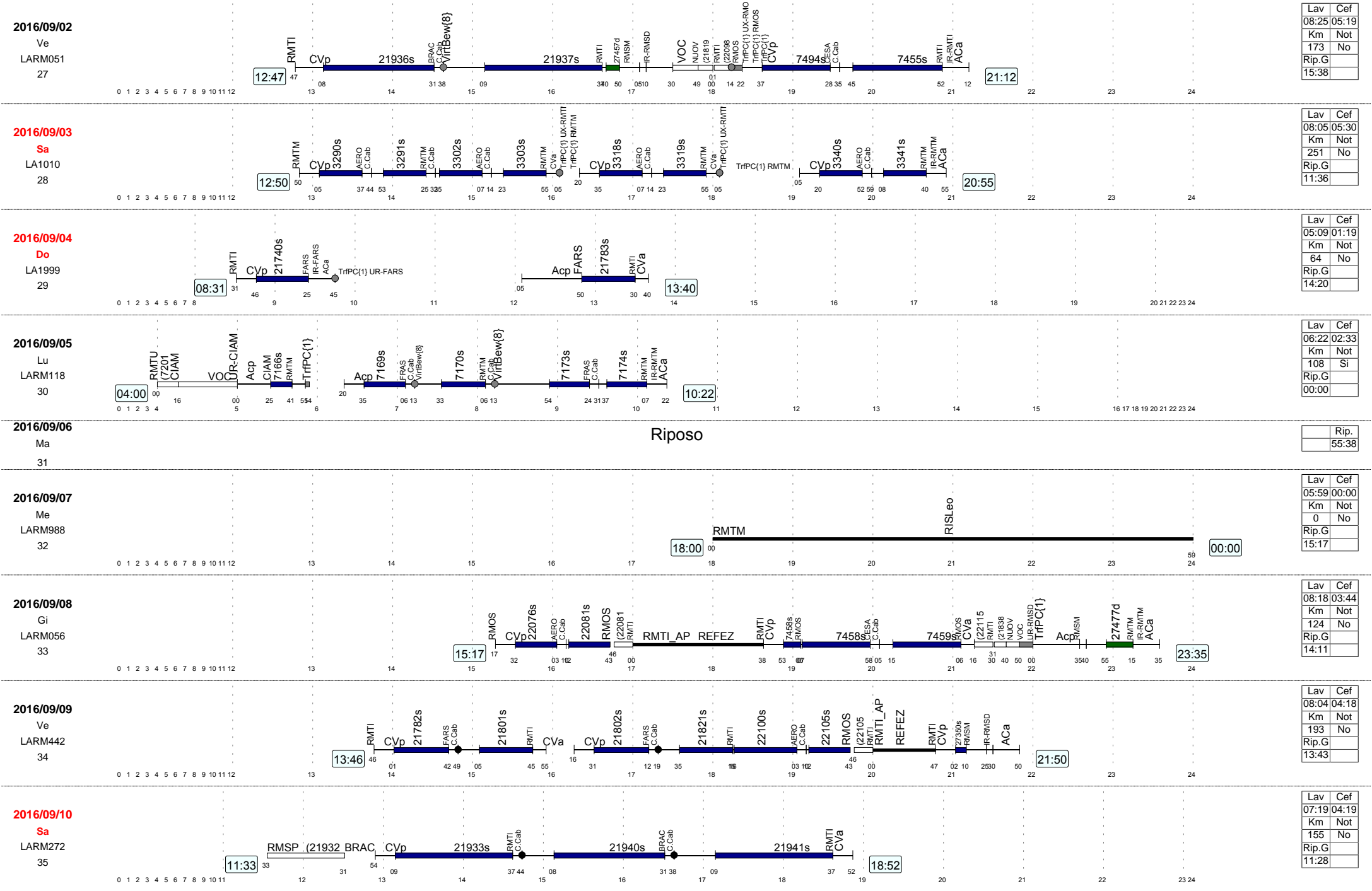
Lav	Cef
06:30	04:10
Km	Not
188	No
Rip.G	
15:20	

Timeline diagram showing the schedule of the 2024-25 season. The timeline starts at 04:10 and ends at 09:11. Key events include UR-RMSD, Ac, RMSM, UR-RMSD, Ac, RMSM, 27192s, FARS, C.Cab, 21733s, RMTI, 22012s, AERO, C.Cab, 22017s, RMTI, and C.Va. The timeline is divided into segments by vertical dashed lines.

Lav	Cef
05:01	03:00
Km	Not
124	Si
Rip.G	
00:00	

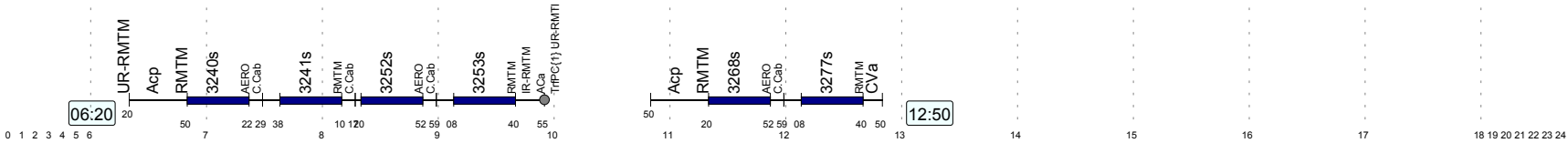
	Rip.
	51:39

Lav	Cef
08:05	05:30
Km	Not
251	No
Rip.G	
15:52	



2016/09/11

Do
LA1004
36



Lav	Cef
06:30	04:10
Km	Not
188	No
Rip.G	
00:00	

2016/09/12

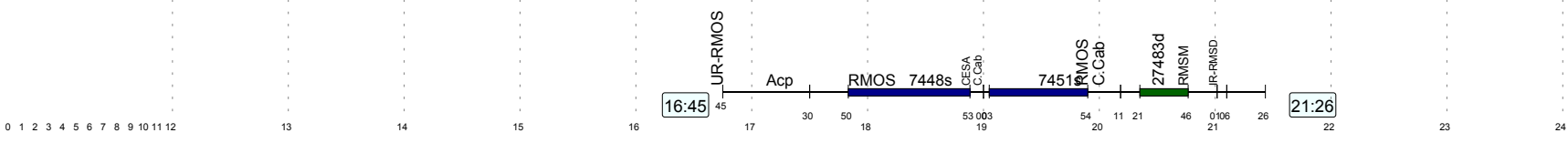
Lu
37

Riposo

	Rip.
	51:55

2016/09/13

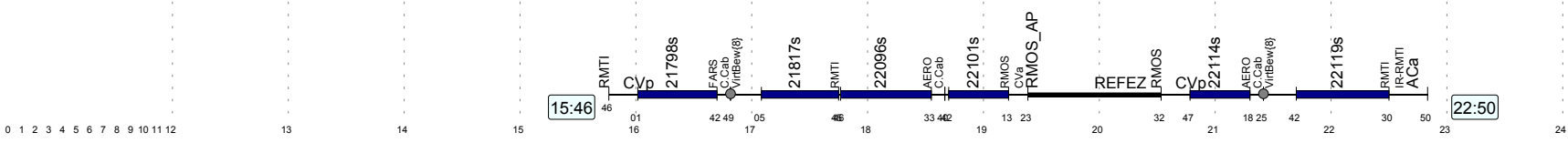
Ma
LARM445
38



Lav	Cef
04:41	02:56
Km	Not
70	No
Rip.G	
18:20	

2016/09/14

Me
LARM449
39



Lav	Cef
07:04	04:08
Km	Not
178	No
Rip.G	
19:41	

2016/09/15

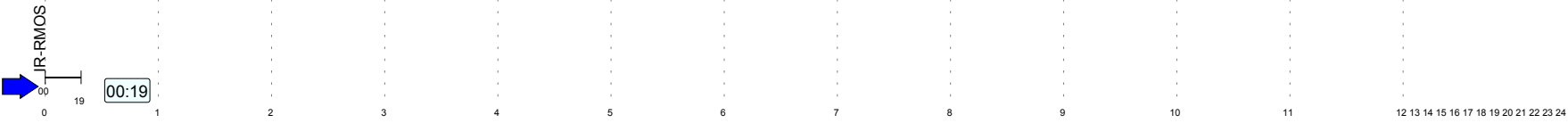
Gi
LARM377
40



Lav	Cef
05:48	03:14
Km	Not
151	Si
Rip.G	
28:43	

2016/09/16

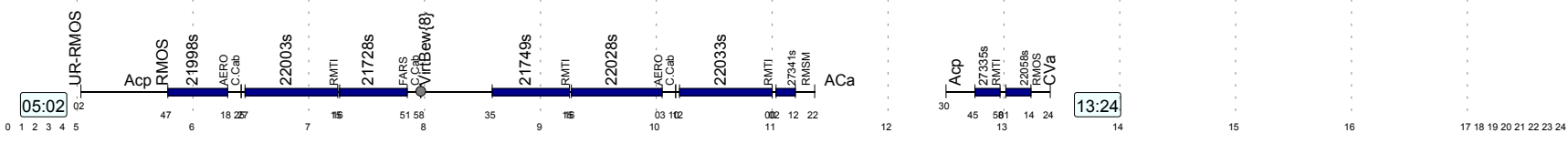
Ve
LARM377
41



Lav	Cef
08:22	05:10
Km	Not
205	No
Rip.G	
00:00	

2016/09/17

Sa
LARM262
42



Lav	Cef
08:22	05:10
Km	Not
205	No
Rip.G	
00:00	

2016/09/18

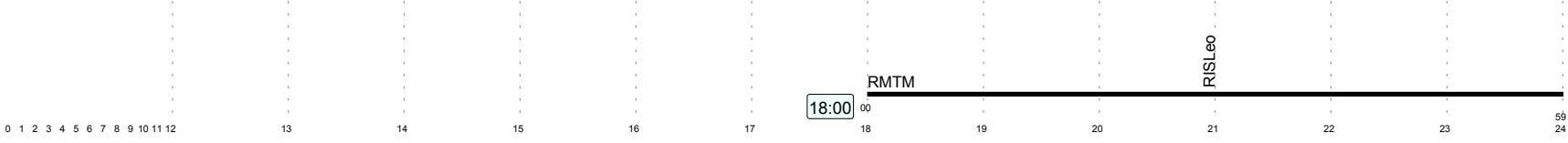
Do
43

Riposo Quantitativo

	Rip.
	52:36

2016/09/19

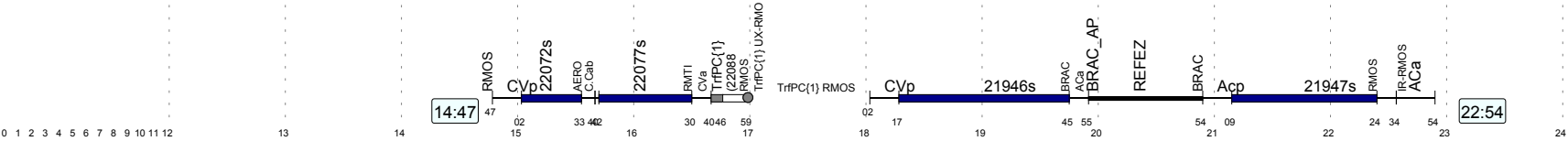
Lu
LARM988
44



Lav	Cef
05:59	00:00
Km	Not
0	No
Rip.G	
14:47	

2016/09/20

Ma
LARM454
45



Lav	Cef
08:07	04:11
Km	Not
145	No
Rip.G	
23:53	

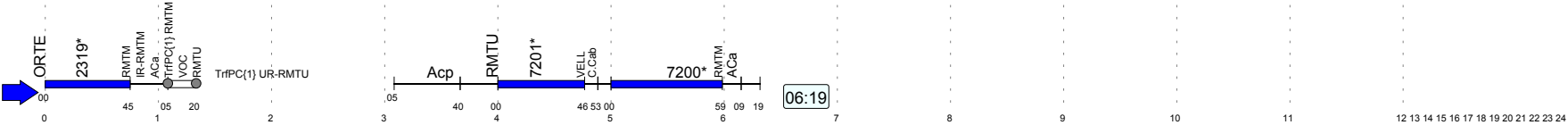
2016/09/21

Me
LARM378
46



2016/09/22

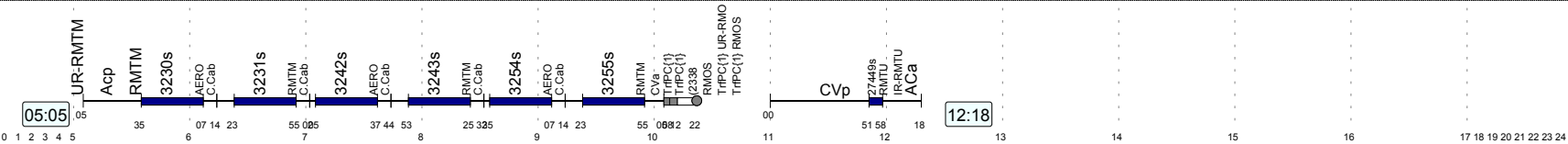
Gi
LARM378
47



Lav	Cef
07:32	02:46
Km	Not
146	Si
Rip.G	
22:46	

2016/09/23

Ve
LA1001
48



Lav	Cef
07:13	04:27
Km	Not
192	No
Rip.G	
00:00	

2016/09/24

Sa
49
2016/09/25
Do
50

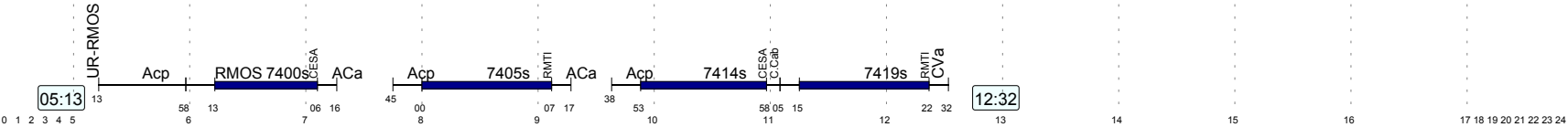
INTERVALLO

Riposo Weekend

	Rip.
	64:55

2016/09/26

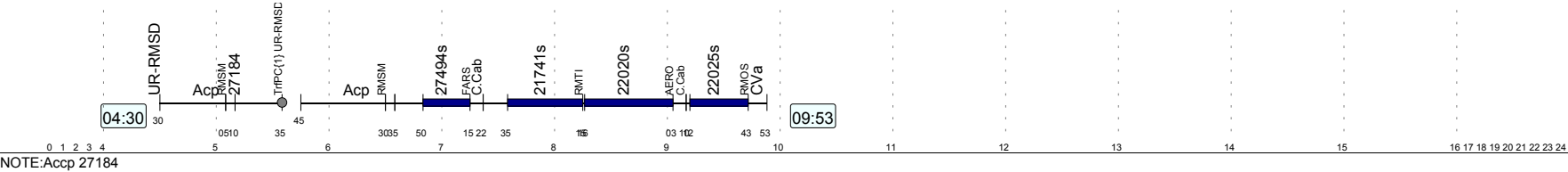
Lu
LARM034
51



Lav	Cef
07:19	04:29
Km	Not
134	No
Rip.G	
15:58	

2016/09/27

Ma
LARM024
52



Lav	Cef
05:23	02:53
Km	Not
116	Si
Rip.G	
00:00	

2016/09/28

Me
Disp
53

DISPONIBILITA'

Lav	
07:36	

2016/09/29

Gi
LARM449
54

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

15:46

46

01

16

42

49

05

17

46

18

33

42

19

23

20

32

47

21

18

25

42

22

30

50

23

24

Lav	Cef
07:04	04:08
Km	Not
178	No
Rip.G	
14:04	

2016/09/30

Ve
LARM056
55

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

12:54

54

09

15

13

01

16

03

11

12

43

45

00

17

18

38

53

19

58

05

15

20

15

21

06

16

Lav	Cef
08:22	03:43
Km	Not
127	No
Rip.G	
00:00	

2016/10/01

Sa

56

2016/10/02

Do

57

INTERVALLO

Riposo Weekend

	Rip.
	65:31

2016/10/03

Lu
LARM454
58

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

14:47

47

02

15

33

42

16

30

40

46

59

17

18

02

17

19

45

55

20

54

21

09

22

24

34

54

Lav	Cef
08:07	04:11
Km	Not
145	No
Rip.G	
14:16	

2016/10/04

Ma
LA1011
59

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

13:10

10

30

00

20

52

59

08

40

48

17

22

29

38

10

120

18

52

59

08

19

40

50

20

15

30

Lav	Cef
07:58	04:28
Km	Not
191	No
Rip.G	
13:42	

NOTE:Man in arrivo del 3281 per 3308

2016/10/05

Me
LA1007
60

0 1 2 3 4 5 6 7 8 9 10

11

12

13

10:50

50

05

37

44

53

25

32

35

07

14

23

55

14

05

15

20

50

16

22

29

38

17

10

20

18

Lav	Cef
06:30	04:10
Km	Not
188	No
Rip.G	
14:00	

2016/10/06

Gi
LA1005
61

0 1 2 3 4 5 6 7

8

9

10

07:20

20

50

22

29

38

10

25

10

05

37

44

53

11

25

32

35

07

14

23

55

13

05

14

15

16

Lav	Cef
05:45	04:10
Km	Not
188	No
Rip.G	
16:00	

2016/10/07

Ve
LA1001
62

0 1 2 3 4 5

6

7

8

05:05

05

35

07

14

23

55

08

37

44

53

25

32

07

14

23

55

10

08

22

11

12

13

14

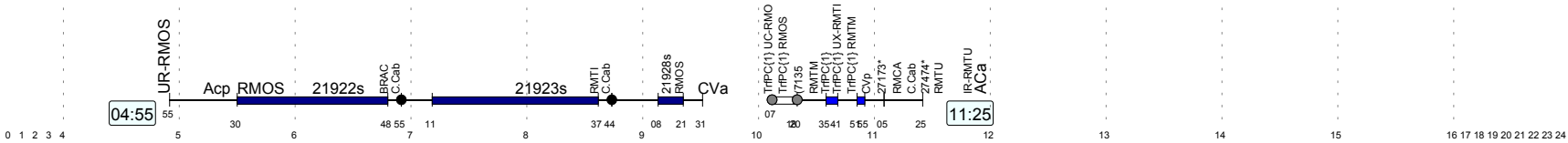
15

16

Lav	Cef
07:13	04:27
Km	Not
192	No
Rip.G	
16:37	

2016/10/08

Sa
LARM294
63



Lav	Cef
06:30	03:17
Km	Not
109	Si
Rip.G	
00:00	

2016/10/09

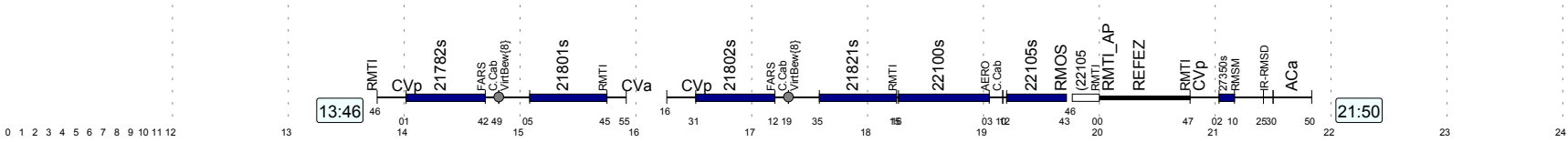
Do
64

Riposo Quantitativo

	Rip.
	50:21

2016/10/10

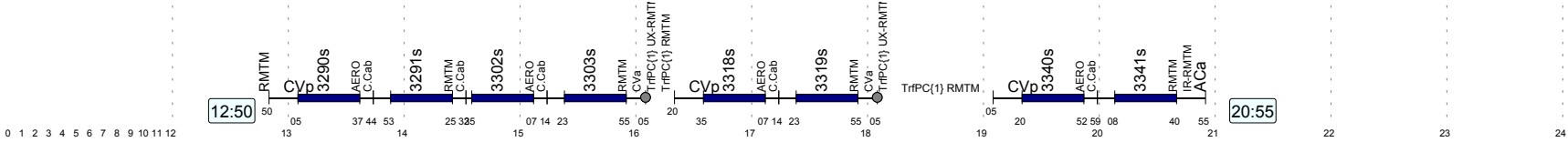
Lu
LARM442
65



Lav	Cef
08:04	04:18
Km	Not
193	No
Rip.G	
15:00	

2016/10/11

Ma
LA1010
66



Lav	Cef
08:05	05:30
Km	Not
251	No
Rip.G	
00:00	

2016/10/12

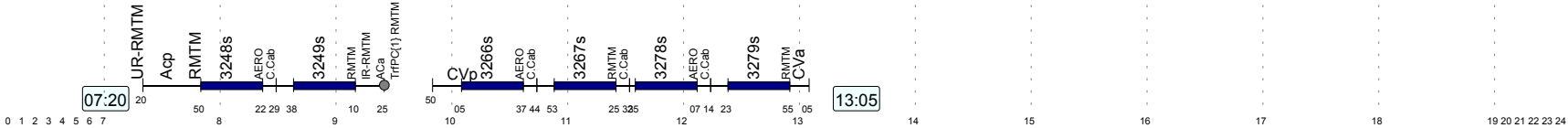
Me
Disp
67

DISPONIBILITA'

Lav	
07:36	

2016/10/13

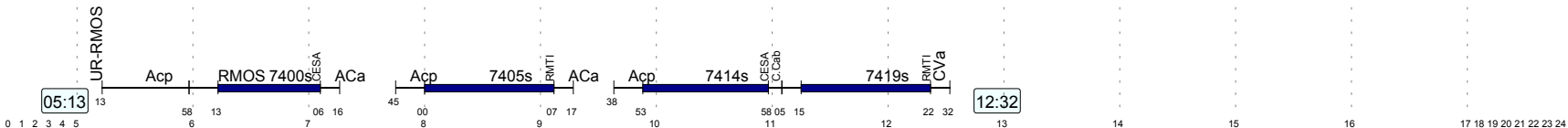
Gi
LA1005
68



Lav	Cef
05:45	04:10
Km	Not
188	No
Rip.G	
16:08	

2016/10/14

Ve
LARM034
69



Lav	Cef
07:19	04:29
Km	Not
134	No
Rip.G	
00:00	

2016/10/15

Sa
70

Riposo Weekend

	Rip.
	00:00

2016/10/16

Do
71

NON ASSEGNATO

2016/10/17

Lu
72

NON ASSEGNATO

2016/10/18

Ma
73

NON ASSEGNATO

2016/10/19

Me
74

NON ASSEGNATO

2016/10/20	NON ASSEGNATO					
Gi						
75						
2016/10/21	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Ve						
76						
2016/10/22	NON ASSEGNATO					
Sa						
77						
2016/10/23	NON ASSEGNATO					
Do						
78						
2016/10/24	NON ASSEGNATO					
Lu						
79						
2016/10/25	NON ASSEGNATO					
Ma						
80						
2016/10/26	NON ASSEGNATO					
Me						
81						
2016/10/27	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Gi						
82						
2016/10/28	NON ASSEGNATO					
Ve						
83						
2016/10/29	NON ASSEGNATO					
Sa						
84						
2016/10/30	NON ASSEGNATO					
Do						
85						
2016/10/31	NON ASSEGNATO					
Lu						
86						
2016/11/01	NON ASSEGNATO					
Ma						
87						
2016/11/02	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Me						
88						
2016/11/03	NON ASSEGNATO					
Gi						
89						
2016/11/04	NON ASSEGNATO					
Ve						
90						
2016/11/05	NON ASSEGNATO					
Sa						
91						
2016/11/06	NON ASSEGNATO					
Do						
92						

2016/11/07	NON ASSEGNATO					
Lu						
93						
2016/11/08	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
Ma						
94						
2016/11/09	NON ASSEGNATO					
Me						
95						
2016/11/10	NON ASSEGNATO					
Gi						
96						
2016/11/11	NON ASSEGNATO					
Ve						
97						
2016/11/12	NON ASSEGNATO					
Sa						
98						