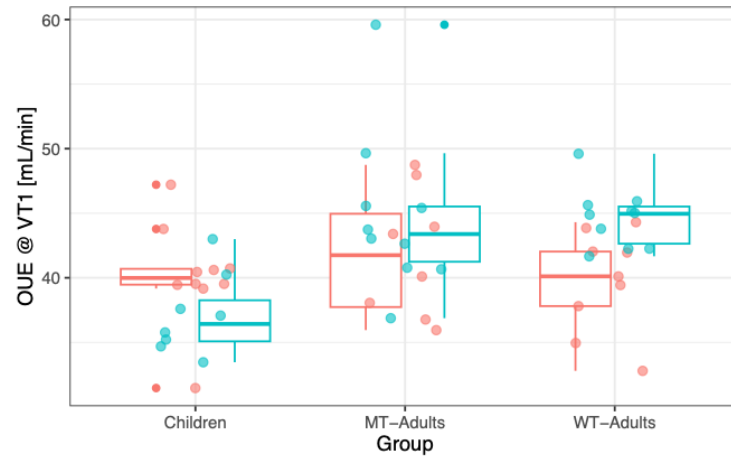
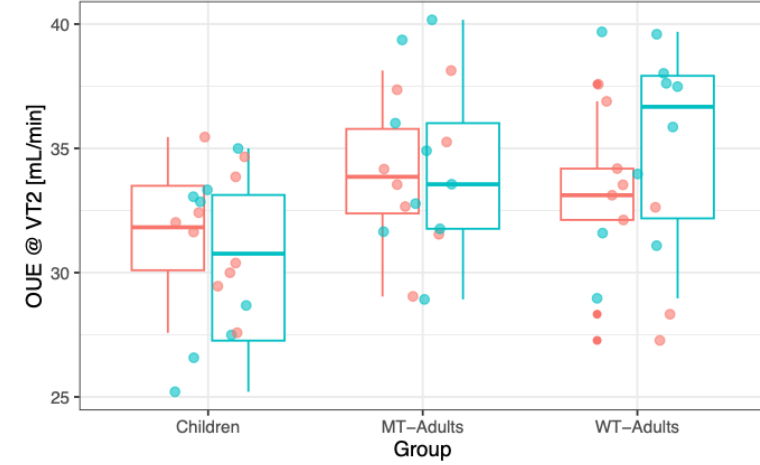
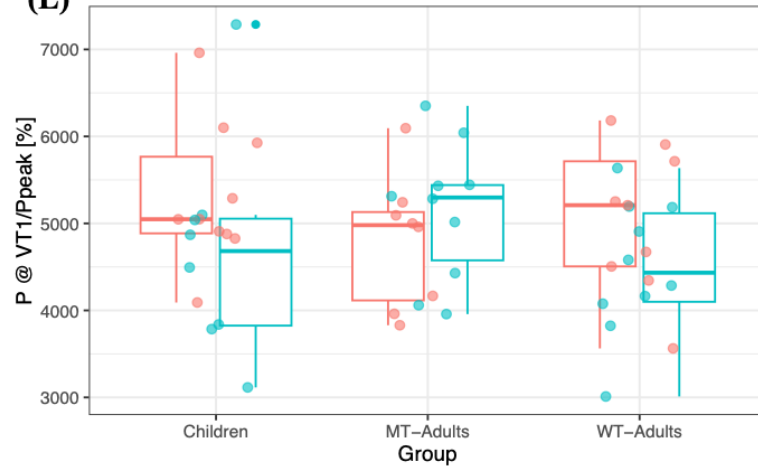
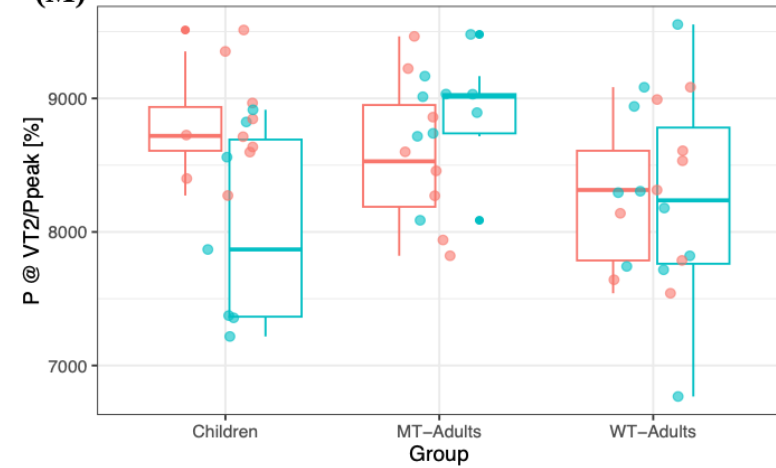


Supplemental table S2: exhaustion criteria in children, moderately-trained and well-trained adults presented in mean (SD), each separated for both sexes. RER: Respiratory Exchange Ratio. HF: Heart Frequency.

	Children (C)			moderately-trained adults (MTA)			well-trained adults (WTA)		
<i>Number of VO2 Plateaus</i>	2	2	0	9	2	7	5	1	4
RER _{max}	1.12 (0.05)	1.10 (0.04)	1.14 (0.06)	1.17 (0.04)	1.16 (0.05)	1.17 (0.04)	1.20 (0.04)	1.18 (0.03)	1.23 (0.04)
HF _{max}	190.9 (8.0)	189.6 (7.4)	192.6 (8.9)	185.7 (7.5)	183.5 (5.9)	187.4 (8.4)	188.2 (5.8)	186.3 (4.6)	189.9 (6.3)

(J)**(K)****(L)****(M)**

Supplemental figure 1: The supplemental CPET parameters OUE@VT1 (J), OUE@VT2 (K), P@VT1/Ppeak (L) and P@VT2/Ppeak (M) are shown in the corresponding graphs as boxplots across the three groups: children, moderately-trained, and well-trained adults. Female subjects are represented in red, while male subjects are presented in blue.