

Supplementary Material 1. Powermax (W_{\max}) determination and CCT_{110%} protocol comparison across studies.

Study	Bike model	W_{\max} start and ramp-up	W_{\max} end	W_{\max} determination	CCT _{110%} start	CCT _{110%} end
Hill et al. (2007)	SRM ergometer	✓	No information	Averaging maximal output over last 75 seconds	✓	When participants could no longer maintain a 95% of 110% W_{\max}
Sale et al. (2011)	✓	✓	✓	✓	✓	✓
Danaher et al. (2014)	✓	50W start	<80 rev·min ⁻¹	No information	80% Wmax for 15 s, then 95% for 15 s, then 110%	<80 rev·min ⁻¹
Saunders et al. (2017)	✓	✓	✓	✓	✓	✓
Yamaguchi et al. (2020)	✓	✓	<60 rev·min ⁻¹	Last completed stage added to the proportion of the last stage not completed multiplied by 6	✓	<60 rev·min ⁻¹
Patel et al. (2021)	✓	No information on initial W	<60 rev·min ⁻¹	No information	✓	<60 rev·min ⁻¹

✓ indicates agreement with the standard protocol used in Saunders et al. (2013)