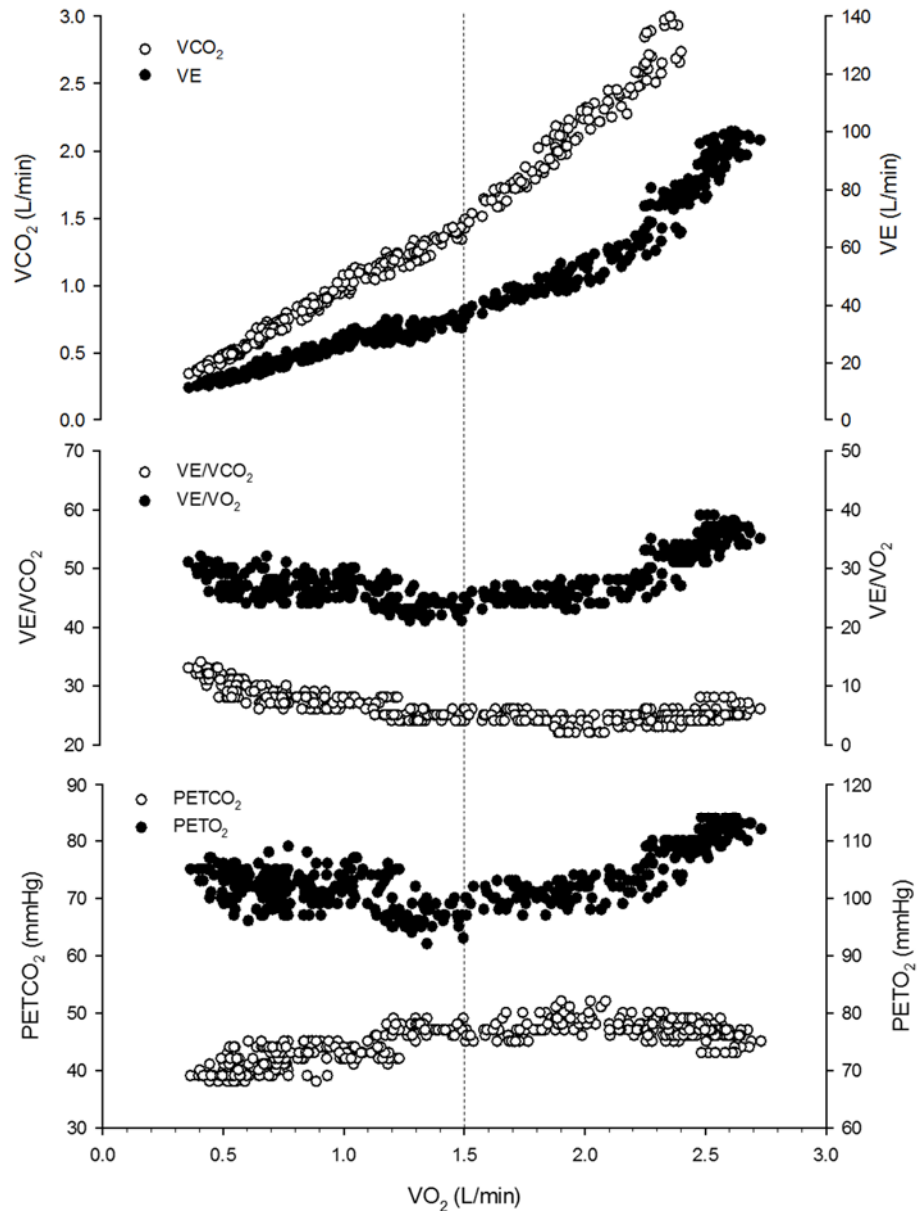**Supplemental Figure 1**

A multi-panel graph of ventilatory and gas exchange indices during the CPET that was used to determine ventilatory anaerobic threshold for a representative subject. The ventilatory anaerobic threshold was determined as the VO_2 value when all of the following occurred: i) CO_2 output (VCO_2) began to increase out of proportion to the relative increase in VO_2 (top graph, white circles); ii) ventilation (VE) began to increase out of proportion to the relative increase in VO_2 (top graph, black circles), iii) the ventilatory equivalent for VO_2 (VE/VO_2; black circles) began to increase with no systematic increase in the ventilatory equivalent for VCO_2 (VE/VCO_2; white circles) (middle graph); and iv) end-tidal O_2 ($PETO_2$; black circles) began to increase with no systematic increase or fall in end-tidal CO_2 ($PETCO_2$; white circles) (bottom graph).