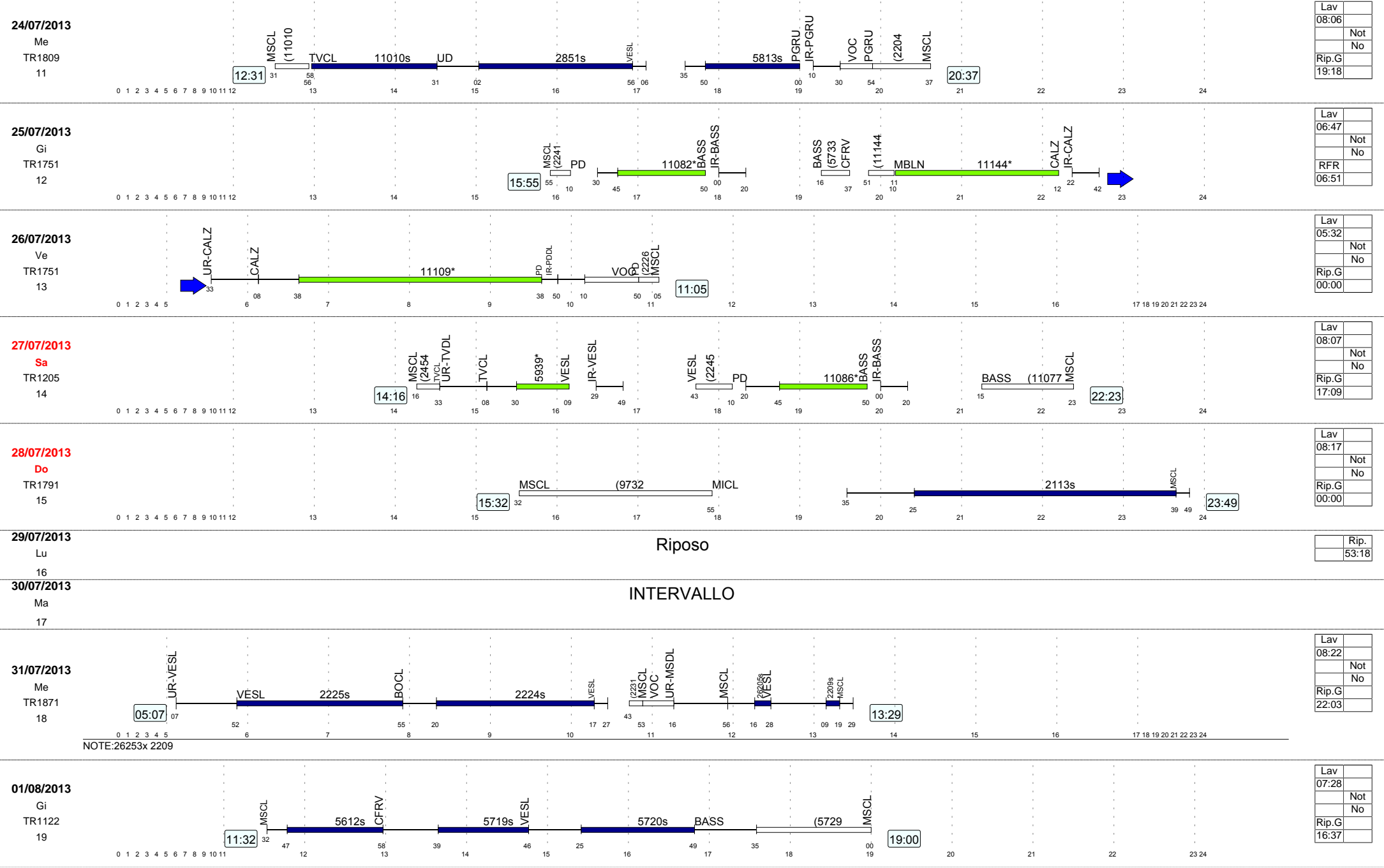


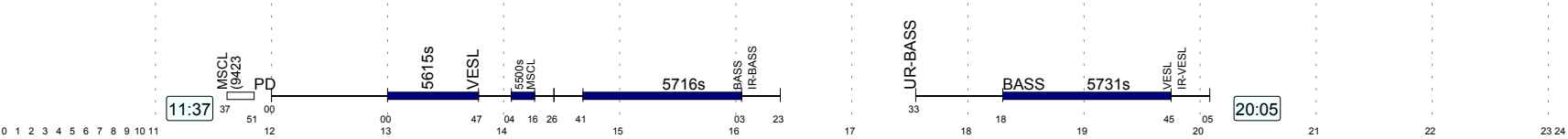
14/07/2013 Do 1	FERIE													
15/07/2013 Lu 2	FERIE													
16/07/2013 Ma TR1876 3		<table><tr><td>Lav</td><td></td></tr><tr><td>07:39</td><td></td></tr><tr><td></td><td>Not</td></tr><tr><td></td><td>No</td></tr><tr><td>Rip.G</td><td></td></tr><tr><td>00:00</td><td></td></tr></table>	Lav		07:39			Not		No	Rip.G		00:00	
Lav														
07:39														
	Not													
	No													
Rip.G														
00:00														
17/07/2013 Me 4	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>52:29</td></tr></table>		Rip.		52:29								
	Rip.													
	52:29													
18/07/2013 Gi 5	INTERVALLO													
19/07/2013 Ve TR1327 6		<table><tr><td>Lav</td><td></td></tr><tr><td>06:17</td><td></td></tr><tr><td></td><td>Not</td></tr><tr><td></td><td>Si</td></tr><tr><td>Rip.G</td><td></td></tr><tr><td>18:49</td><td></td></tr></table>	Lav		06:17			Not		Si	Rip.G		18:49	
Lav														
06:17														
	Not													
	Si													
Rip.G														
18:49														
20/07/2013 Sa TR1442 7		<table><tr><td>Lav</td><td></td></tr><tr><td>08:19</td><td></td></tr><tr><td></td><td>Not</td></tr><tr><td></td><td>No</td></tr><tr><td>Rip.G</td><td></td></tr><tr><td>15:15</td><td></td></tr></table>	Lav		08:19			Not		No	Rip.G		15:15	
Lav														
08:19														
	Not													
	No													
Rip.G														
15:15														
21/07/2013 Do TR1778 8		<table><tr><td>Lav</td><td></td></tr><tr><td>07:30</td><td></td></tr><tr><td></td><td>Not</td></tr><tr><td></td><td>No</td></tr><tr><td>Rip.G</td><td></td></tr><tr><td>16:14</td><td></td></tr></table>	Lav		07:30			Not		No	Rip.G		16:14	
Lav														
07:30														
	Not													
	No													
Rip.G														
16:14														
22/07/2013 Lu TR1319 9		<table><tr><td>Lav</td><td></td></tr><tr><td>06:41</td><td></td></tr><tr><td></td><td>Not</td></tr><tr><td></td><td>Si</td></tr><tr><td>Rip.G</td><td></td></tr><tr><td>00:00</td><td></td></tr></table>	Lav		06:41			Not		Si	Rip.G		00:00	
Lav														
06:41														
	Not													
	Si													
Rip.G														
00:00														
23/07/2013 Ma 10	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>48:59</td></tr></table>		Rip.		48:59								
	Rip.													
	48:59													



NOTE:26253x 2209

02/08/2013

Ve  
TR1851  
20



Lav	
08:28	
	Not
	No
Rip.G	
00:00	

03/08/2013

Sa  
21

INTERVALLO

04/08/2013

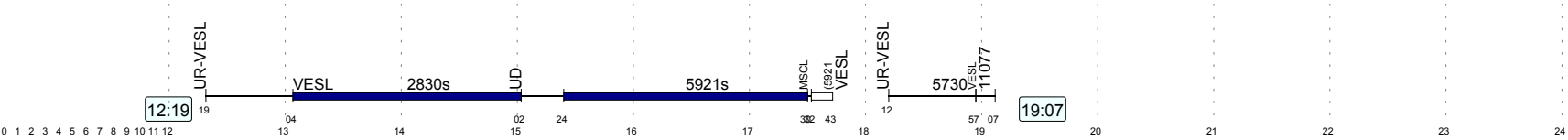
Do  
22

Riposo Weekend

	Rip.
	64:14

05/08/2013

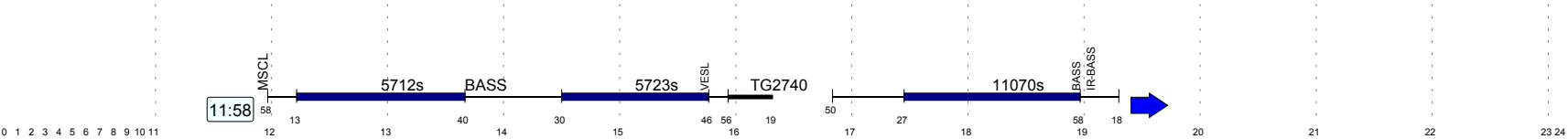
Lu  
TR1878  
23



Lav	
06:48	
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	No
Rip.G	
16:51	

06/08/2013

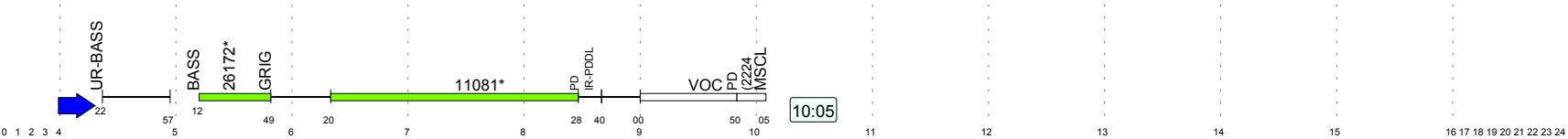
Ma  
TR1902  
24



Lav	
07:20	
	Not
	No
RFR	
09:04	

07/08/2013

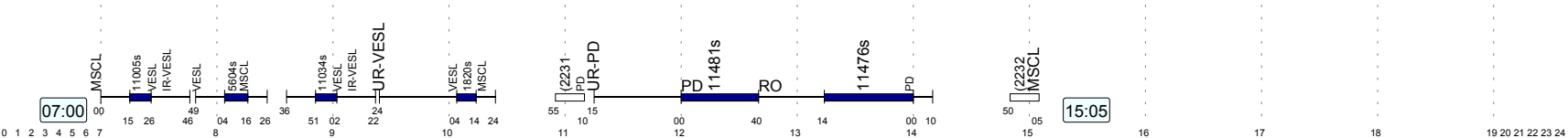
Me  
TR1902  
25



Lav	
05:43	
	Not
	Si
Rip.G	
00:00	

08/08/2013

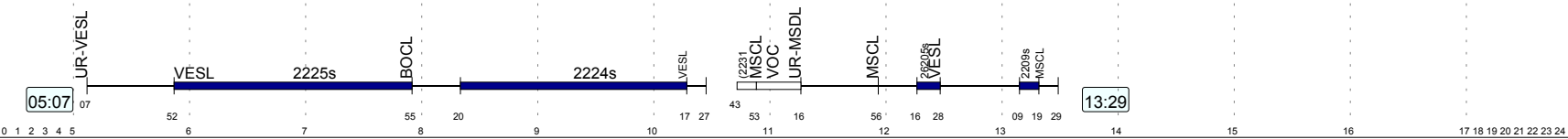
Gi  
TR1893  
26



Lav	
08:05	
	Not
	No
Rip.G	
14:02	

09/08/2013

Ve  
TR1871  
27



Lav	
08:22	
	Not
	No
Rip.G	
00:00	

10/08/2013

Sa  
28

Riposo Weekend

	Rip.
	64:50

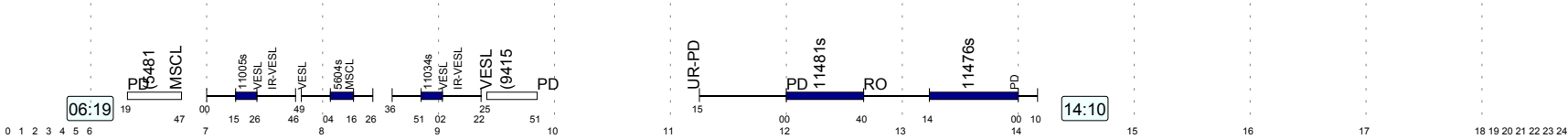
11/08/2013

Do  
29

INTERVALLO

12/08/2013

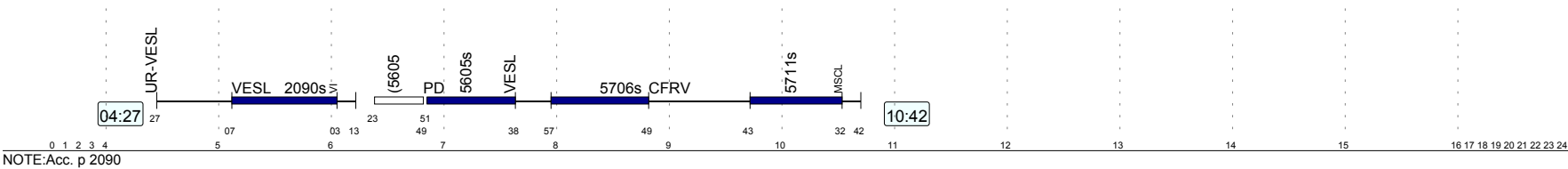
Lu  
TR1893  
30



Lav	
07:51	
	Not
Rip.G	No
14:17	

13/08/2013

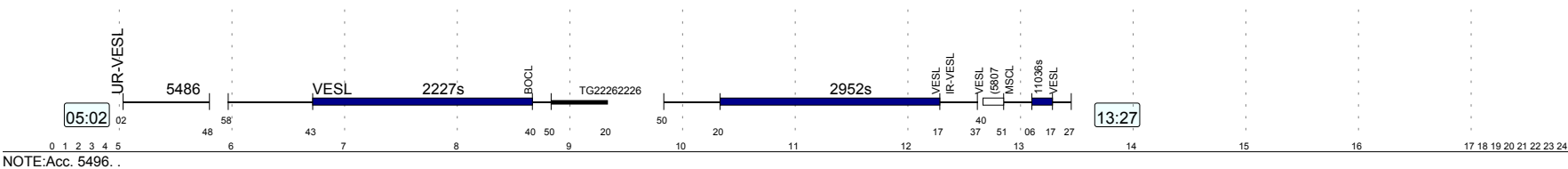
Ma  
TR1343  
31



Lav	
06:15	
	Not
Rip.G	Si
18:20	

14/08/2013

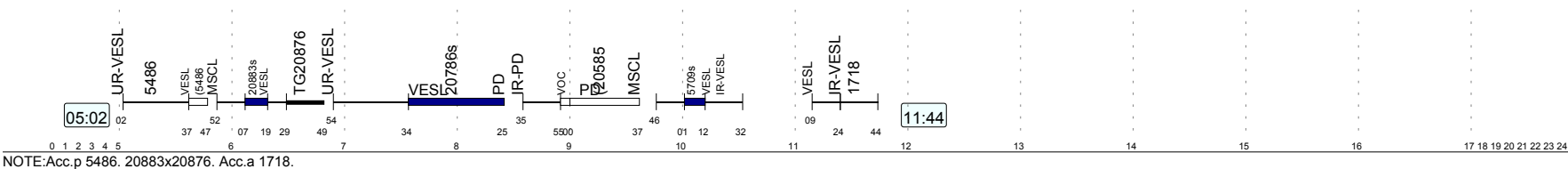
Me  
TR1854  
32



Lav	
08:25	
	Not
Rip.G	No
15:35	

15/08/2013

Gi  
TR1025  
33



Lav	
06:42	
	Not
Rip.G	No
00:00	

16/08/2013

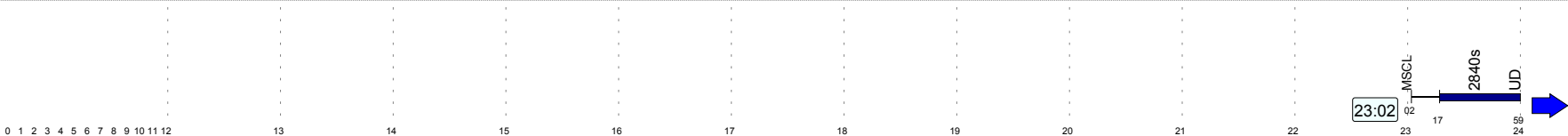
Ve  
34

Riposo

	Rip.
	59:18

17/08/2013

Sa  
TR1143  
35



18/08/2013

Do  
TR1143  
36



Lav	
03:54	
	Not
Rip.G	Si
00:00	

19/08/2013

Lu  
Disp  
37

DISPONIBILITA'

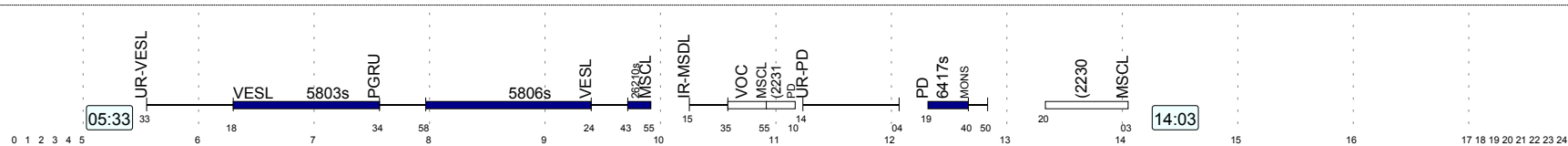
Lav	
07:36	

**20/08/2013**

Figure 1: Schematic representation of the experimental protocol. The timeline shows two sessions: Session 1 (07:00) and Session 2 (15:05). Session 1 includes a 90s MSCL, followed by three blocks of 1100fs VESL (15s, 26s, 46s), three blocks of 1500fs VESL (4s, 16s, 26s), and three blocks of 1100fs VESL (51s, 02s, 22s). Session 2 includes a 2231s PD, followed by three blocks of 1148fs PD (02s, 13s, 14s), and three blocks of 1147fs PD (00s, 10s, 16s).

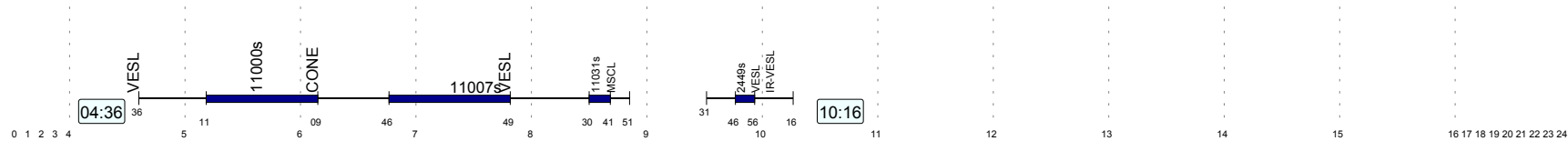
Lav	
08:05	
	Not
	No
Rip.G	
14:28	

Me  
R1771  
39



Lav	
08:30	
	Not
	No
Rip.G	
14:33	

Gi  
TR1358  
40



Lav	
05:40	
	Not
	Si
Rip.G	
00:00	

Ve  
41

## Riposo

	Rip.
	61:4

**Sa**  
42

INTERVALLO

Do  
Disp

DISPONIBILITA'

Lav	
07:36	

Lu  
Disp  
44

DISPONIBILITA'

Lav	
07:36	

Ma  
Disp  
45

DISPONIBILITA'

Lav	
07:36	

Me  
Disp  
46

DISPONIBILITA'

Lav	
07:36	

Gi  
47

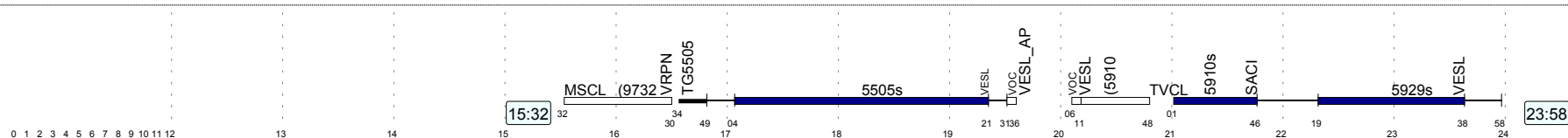
INTERVALLO

Ve  
48

## Riposo

	Rip.
	63:3

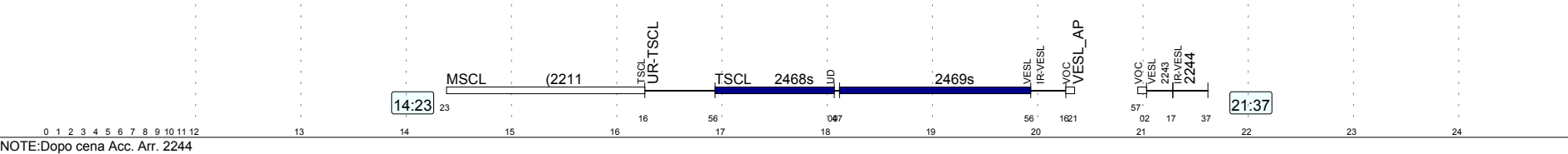
Sa  
TR1408  
49



Lav	
08:26	
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	No
Rip.G	
14:25	

01/09/2013

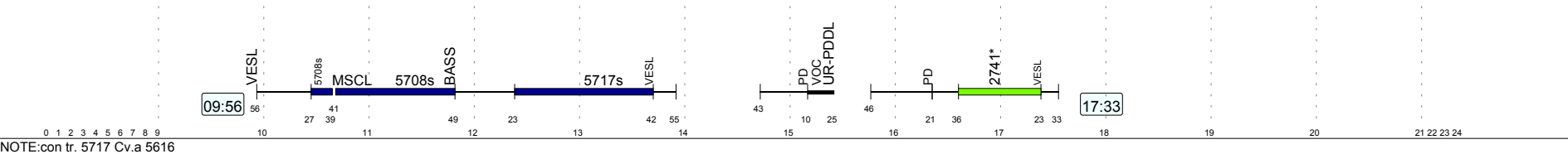
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Lav	
07:14	
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Rip.G	
12:19	

02/09/2013

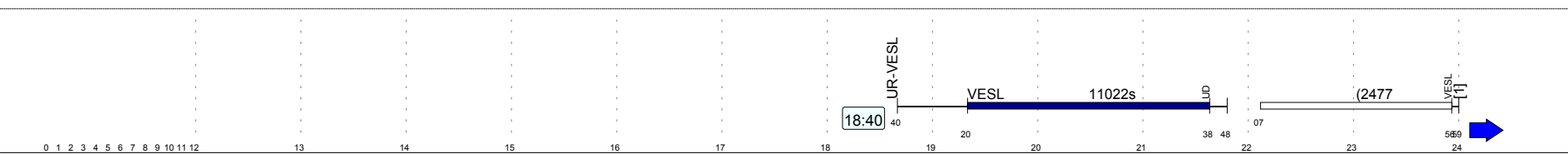
Lu  
TR1873  
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Lav	
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Rip.G	
25:07	

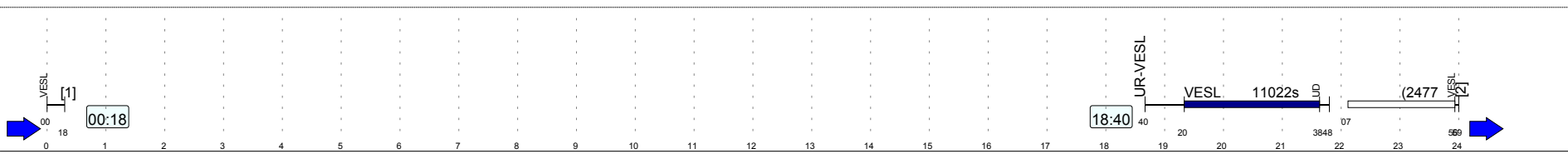
03/09/2013

Ma  
TR1147  
52



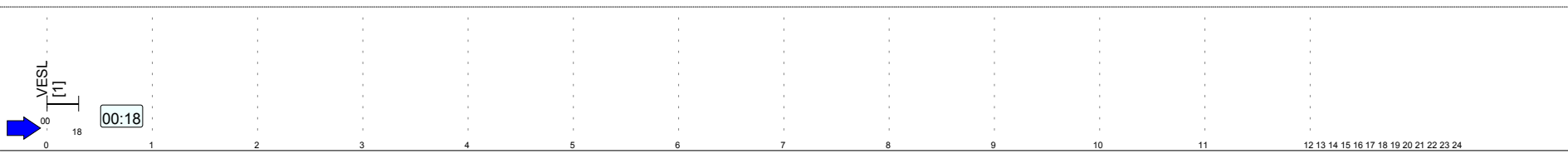
04/09/2013

Me  
TR1147  
53



05/09/2013

Gi  
TR1147  
54



06/09/2013

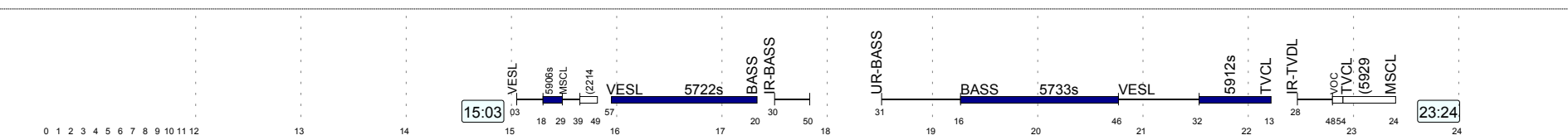
Ve  
55

Riposo

	Rip.
	62:45

07/09/2013

Sa  
TR1368  
56



Lav	
08:21	
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	No
Rip.G	
00:00	

08/09/2013

Do  
57

NON ASSEGNATO

09/09/2013

Lu  
58

NON ASSEGNATO

10/09/2013 Ma 59	NON ASSEGNATO					
11/09/2013 Me 60	NON ASSEGNATO					
12/09/2013 Gi 61	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
13/09/2013 Ve 62	NON ASSEGNATO					
14/09/2013 Sa 63	NON ASSEGNATO					
15/09/2013 Do 64	NON ASSEGNATO					
16/09/2013 Lu 65	NON ASSEGNATO					
17/09/2013 Ma 66	NON ASSEGNATO					
18/09/2013 Me 67	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.					
	00:00					
19/09/2013 Gi 68	NON ASSEGNATO					
20/09/2013 Ve 69	NON ASSEGNATO					
21/09/2013 Sa 70	NON ASSEGNATO					
22/09/2013 Do 71	NON ASSEGNATO					
23/09/2013 Lu 72	NON ASSEGNATO					
24/09/2013 Ma 73	Riposo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
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	00:00					
25/09/2013 Me 74	NON ASSEGNATO					
26/09/2013 Gi 75	NON ASSEGNATO					
27/09/2013 Ve 76	NON ASSEGNATO					

28/09/2013	NON ASSEGNATO					
Sa						
77						
29/09/2013	NON ASSEGNATO					
Do						
78						
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	00:00					
Lu						
79						
01/10/2013	NON ASSEGNATO					
Ma						
80						
02/10/2013	NON ASSEGNATO					
Me						
81						
03/10/2013	NON ASSEGNATO					
Gi						
82						
04/10/2013	NON ASSEGNATO					
Ve						
83						
05/10/2013	NON ASSEGNATO					
Sa						
84						
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	00:00					
Do						
85						
07/10/2013	NON ASSEGNATO					
Lu						
86						
08/10/2013	NON ASSEGNATO					
Ma						
87						
09/10/2013	NON ASSEGNATO					
Me						
88						
10/10/2013	NON ASSEGNATO					
Gi						
89						
11/10/2013	NON ASSEGNATO					
Ve						
90						
12/10/2013	Riposo Weekend	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
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	00:00					
Sa						
91						