

2016/09/21

Me

11

Riposo

	Rip.
	58:01

2016/09/22

Gi

12

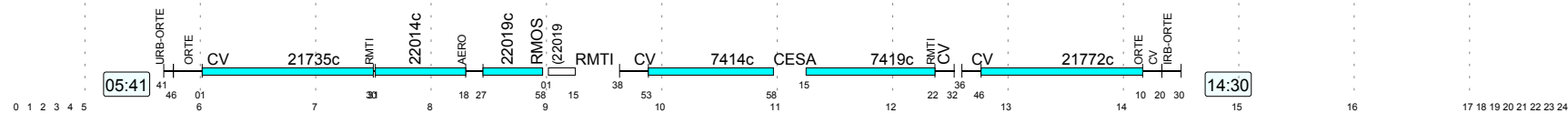
INTERVALLO

2016/09/23

Ve

LA2034

13



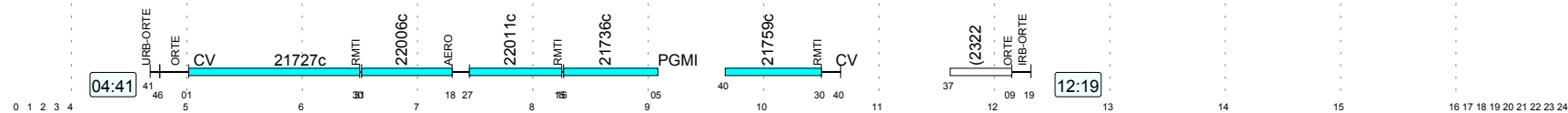
Lav	Cef
08:49	07:14
Km	Not
283	No
Rip.G	
14:11	

2016/09/24

Sa

LA2047

14



Lav	Cef
07:38	05:29
Km	Not
229	Si
Rip.G	
00:00	

2016/09/25

Do

Disp

15

DISPONIBILITA'

Lav	
07:36	

2016/09/26

Lu

Disp

16

DISPONIBILITA' (fine: 19:11)

Lav	
07:36	

2016/09/27

Ma

17

Riposo

	Rip.
	58:00

2016/09/28

Me

18

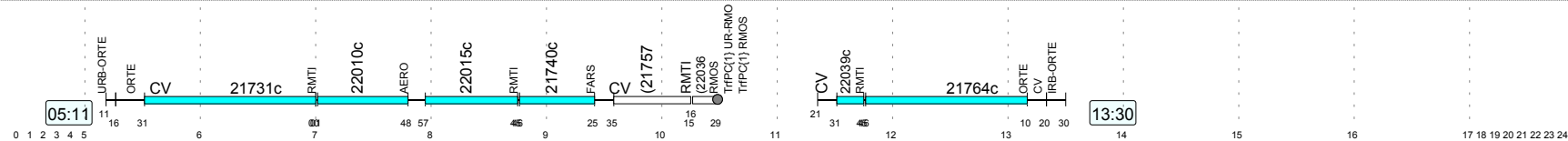
INTERVALLO

2016/09/29

Gi

LA2033

19



Lav	Cef
08:19	05:33
Km	Not
259	No
Rip.G	
00:00	

2016/09/30

Ve

Disp

20

DISPONIBILITA'

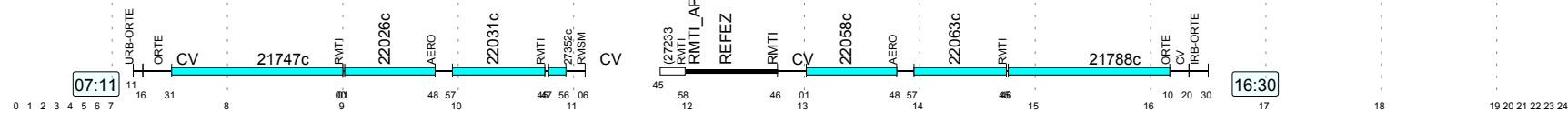
Lav	
07:36	

2016/10/01

Sa

LA2014

21



Lav	Cef
09:19	06:34
Km	Not
289	No
Rip.G	
00:00	

2016/10/02

Do

22

Riposo Quantitativo

	Rip.
	60:11

2016/10/03

Lu

23

INTERVALLO

Lav	Cef
07:38	05:29
Km	Not
229	Si
Rip.G	
00:00	

Lav	
07:36	

Lav	Cef
07:48	04:25
Km	Not
137	Si
Rip	

Lav	Cef
06:56	04:13
Km	Not
135	No
RFR	

INTERVALLO

Riposo Weekend

	Rip.
	68:25

Lav	Cef
07:16	04:53
Km	Not
206	No
Rip.G	
18:11	

Lav	Cef
07:49	06:23
Km	Not
283	No
Rip.G	
14:44	

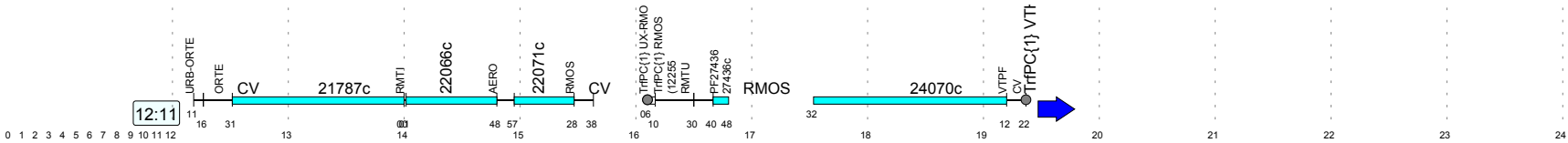
Lav	Cef
07:16	04:53
Km	Not
206	No
Rip.G	
16:50	

Figure 1: Schematic representation of the experimental protocol. The timeline shows two main sessions: 11:50 and 19:40. The 11:50 session includes URB-ORTE, ORTE (2307), and RMTI. The 19:40 session includes CV, 22062c, AERO, 22067c, RMOS, CV, TrIPc(1) UR-RMO, TrIPc(1) RMOS, CV, 24064c, VTPI, CV, CV, 7587c, CV, ORTE, CV, Tr-ORTE, and a final 19:40 session. The timeline is marked with numbers 0 to 23.

Lav	Cef
07:50	04:45
Km	Not
197	No
Rip.G	
16:31	

2016/10/14

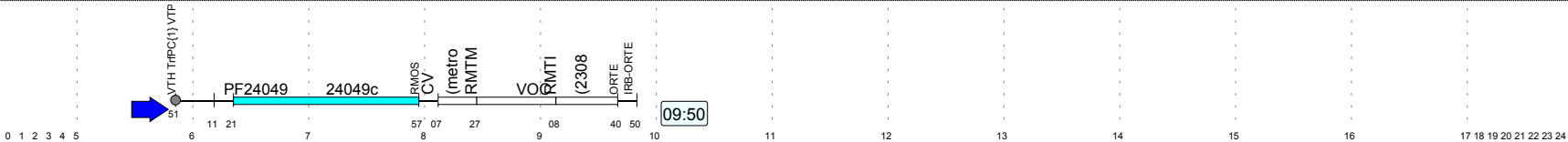
Ve
LA2057
34



Lav	Cef
07:11	05:29
Km	Not
226	No
RFR	
10:29	

2016/10/15

Sa
LA2057
35



Lav	Cef
03:59	01:36
Km	Not
88	No
Rip.G	
00:00	

2016/10/16

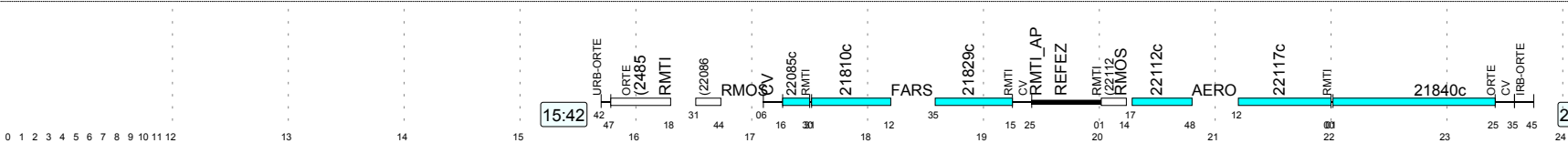
Do
36

Riposo Quantitativo

	Rip.
	53:52

2016/10/17

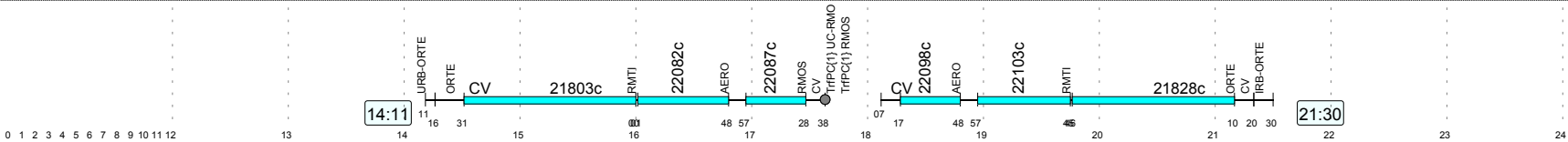
Lu
LA2066
37



Lav	Cef
08:03	05:07
Km	Not
206	No
Rip.G	
14:26	

2016/10/18

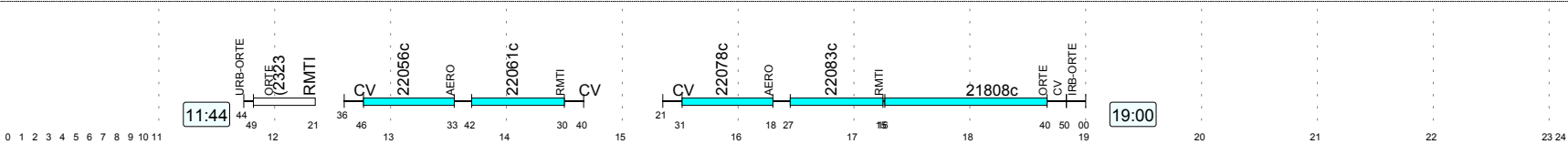
Ma
LA2006
38



Lav	Cef
07:19	05:50
Km	Not
269	No
Rip.G	
14:14	

2016/10/19

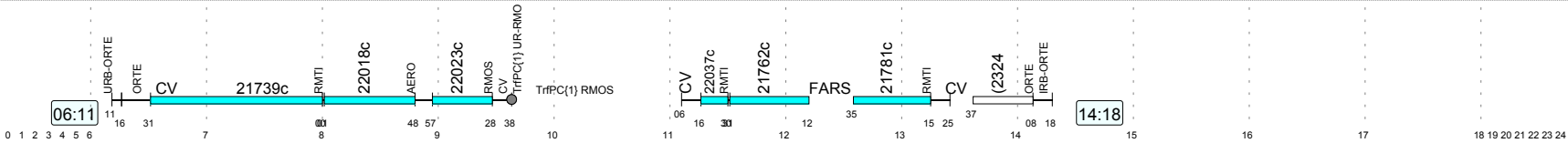
Me
LA2061
39



Lav	Cef
07:16	04:53
Km	Not
206	No
Rip.G	
11:11	

2016/10/20

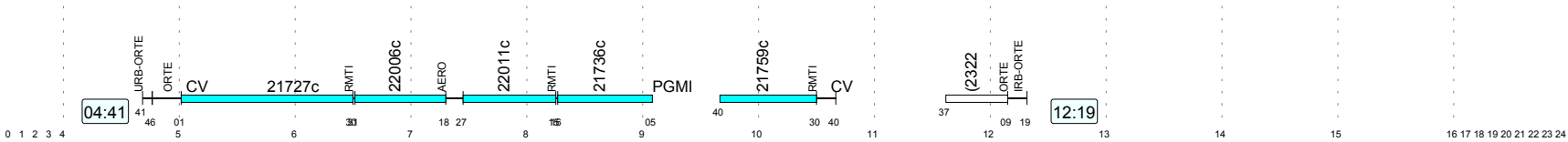
Gi
LA2065
40



Lav	Cef
08:07	04:56
Km	Not
206	No
Rip.G	
14:23	

2016/10/21

Ve
LA2060
41



Lav	Cef
07:38	05:29
Km	Not
229	Si
Rip.G	
00:00	

2016/10/22

Sa
42

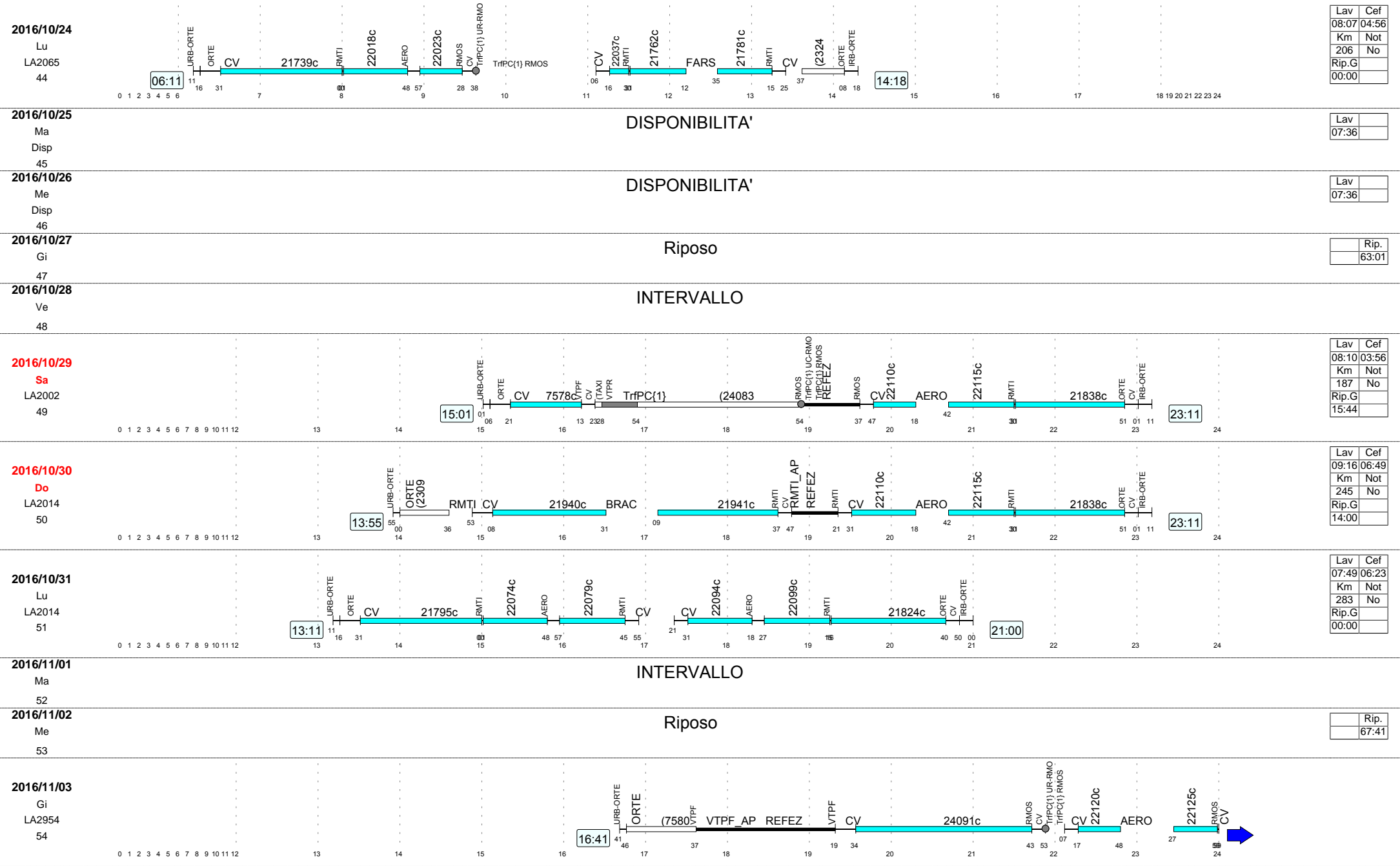
Riposo Weekend

	Rip.
	65:52

2016/10/23

Do
43

INTERVALLO



Lav	Cef
08:07	04:56
Km	Not
206	No
Rip.G	
00:00	

Lav	
07:36	

Lav	
07:36	

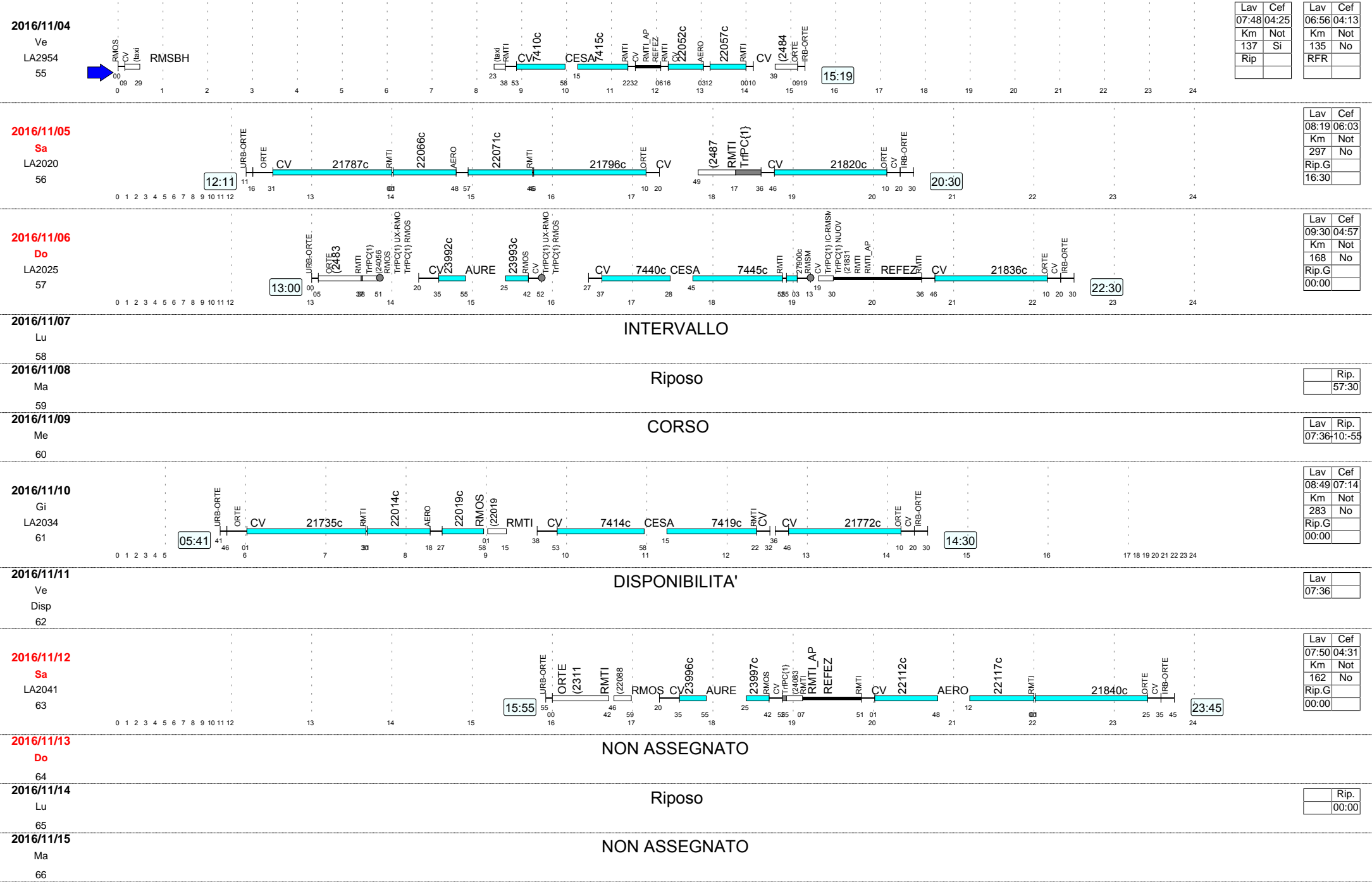
	Rip.
	63:01

Lav	Cef
08:10	03:56
Km	Not
187	No
Rip.G	
15:44	

Lav	Cef
09:16	06:49
Km	Not
245	No
Rip.G	
14:00	

Lav	Cef
07:49	06:23
Km	Not
283	No
Rip.G	
00:00	

	Rip.
	67:41



2016/11/16	Me	NON ASSEGNATO					
67							
2016/11/17	Gi	NON ASSEGNATO					
68							
2016/11/18	Ve	NON ASSEGNATO					
69							
2016/11/19	Sa	NON ASSEGNATO					
70							
2016/11/20	Do	Riposo Quantitativo	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.						
	00:00						
71							
2016/11/21	Lu	NON ASSEGNATO					
72							
2016/11/22	Ma	NON ASSEGNATO					
73							
2016/11/23	Me	NON ASSEGNATO					
74							
2016/11/24	Gi	NON ASSEGNATO					
75							
2016/11/25	Ve	NON ASSEGNATO					
76							
2016/11/26	Sa	NON ASSEGNATO					
77							
2016/11/27	Do	Riposo Weekend	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>00:00</td></tr></table>		Rip.		00:00
	Rip.						
	00:00						
78							
2016/11/28	Lu	NON ASSEGNATO					
79							
2016/11/29	Ma	NON ASSEGNATO					
80							
2016/11/30	Me	NON ASSEGNATO					
81							
2016/12/01	Gi	NON ASSEGNATO					
82							
2016/12/02	Ve	NON ASSEGNATO					
83							
2016/12/03	Sa	NON ASSEGNATO					
84							

2016/12/04	Riposo Quantitativo		Rip.
Do			00:00
85			
2016/12/05	NON ASSEGNATO		
Lu			
86			
2016/12/06	NON ASSEGNATO		
Ma			
87			
2016/12/07	NON ASSEGNATO		
Me			
88			
2016/12/08	NON ASSEGNATO		
Gi			
89			
2016/12/09	NON ASSEGNATO		
Ve			
90			
2016/12/10	Riposo Weekend		Rip.
Sa			00:00
91			