

Variable	Pre-test Design fluency (DF) results				Post-test Design fluency (DF) results								Military performance					
	Total correct	DF 1 correct	DF 2 correct	DF 3 correct	Total incorrect	DF 1 incorrect	DF 2 incorrect	DF 3 incorrect	Total correct	DF 1 correct	DF 2 correct	DF 3 correct	Total incorrect	DF 1 incorrect	DF 2 incorrect	DF 3 incorrect	P-ind	P-team
VO <sub>2</sub> max (L/min)	0.06	0.09	0.05	0.01	-0.08	-0.01	-0.08	-0.09	0.02	0.04	-0.02	0.03	0.02	0.05	0.19	-0.17	0.28*	0.18
VO <sub>2</sub> max (mL/kg/min)	0.07	0.04	0.07	0.09	0.16	0.17	0.11	0.08	0.10	0.15	0.09	-0.01	0.10	0.14	0.19	0.10	0.21	0.16
Pre HRV SD1/SD2	-0.24	-0.22	-0.14	-0.26	-0.09	-0.09	-0.09	-0.03	-	-	-	-	-	-	-	-	-	-
Post HRV SD1/SD2	-	-	-	-	-	-	-	-	-0.26*	-0.24	-0.28*	-0.13	-0.27*	-0.19	-0.12	-0.34**	0.40**	0.32*

**Supplementary table 1.** Correlations between VO<sub>2</sub>max, HRV (SD1/SD2), Design fluency (DF) test results, and military performance

DF, Design fluency; VO<sub>2</sub>max, maximal oxygen uptake; P-ind, individual military performance; P-team, military team performance. Values are Pearson's or Spearman's correlations, where appropriate. \* p <0.05, \*\* p <0.01