**Supplementary Material**

**Fig. S1** Serum cTnT levels in the rats after performing one bout and repeated exhaustive exercise. Serum cTnT level was measured in the sedentary group and 4, 12 and 24 h following one bout and repeated exhaustive exercise using an ELISA kit. Data are mean ± SD. *, p<0.05 compared to one bout exhaustive exercise. cTnT: cardiac troponin T; SE: single bout exhaustive exercise; RE: repeated exhaustive exercise.

**Fig. S2** Ultrastructural changes of SAN and AVN in the rats following repeated exhaustive exercise. Representative electron micrographs of SAN and AVN in the rat following repeated exhaustive exercise show the blurred Z-line, myofibril contracture and the membrane budding of cardiac myocytes. White arrows point to Z-line. Black arrows point to the membrane budding. Hollow arrows point to myofibril. SAN: sinoatrial node; AVN: atrioventricular node.