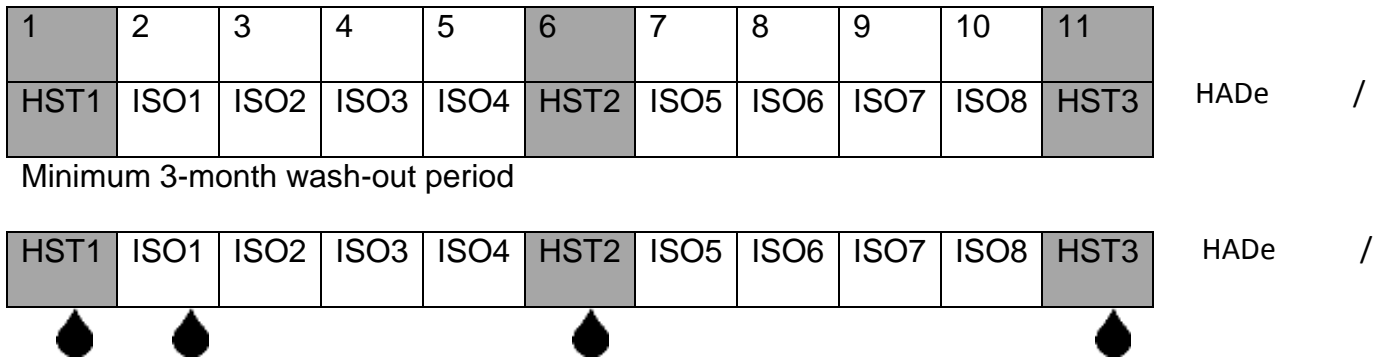


Figure 1. Graphical presentation of the study protocol



▲ denotes blood sampling before and after exercise in the heat, isothermal heat strain (ISO), heat stress test (HST), euhydrated heat acclimation (HAEu), permissive dehydration heat acclimation (HADe).