RESPONSE TO EDITOR AND REVIEWERS

We sincerely thank the handling editor given us the opportunity to revise our manuscript. We also wish to express our sincere gratitude to reviewer 1 for their insightful comments on our manuscript. Please see below for our point-by-point reply.

REVIEWER: 1

COMMENT #1:

All results presented in the text must be reflected in the tables (in the appropriate places) with the same number of decimal places.

RESPONSE #1:

We sincerely thank the reviewer for this constructive comment. In response, we have carefully reviewed and standardized the numerical results throughout the manuscript to ensure consistency in the reported values and decimal places between the text and tables. Specifically, we have added **Supplementary Appendix S1** to provide a comprehensive summary of mechanical performance outcomes, including cadence, total work, mean power output (MPO), and peak power output (PPO) at both RPE 4 and RPE 7, with corresponding mean ± SD values and p-values. Additionally, detailed physiological responses have been organized into **Supplementary Appendices S2 and S3** to ensure completeness and consistency in data reporting. We have also incorporated the relevant numerical results into the revised **Figure 2**. We believe these revisions have improved the accuracy, consistency, and clarity of our results.

COMMENT #2:

Figure 2 must be supplemented with numerical data—specifically, the results that the authors presented only in the text. This manner of presentation is unprofessional. Figure 2 is unclear and requires supplementing not only with numerical results but also with adequate descriptions.

RESPONSE #2:

We sincerely thank the reviewer for this constructive comment. In response, we have revised Figure 2 to improve its clarity and readability. Specifically, we have added numerical results (mean ± SD) and corresponding p-values for both the caffeine (CAF) and placebo (PLA) conditions at RPE 4 and RPE 7. We have also improved the figure layout, increased its resolution, and expanded the figure legend to provide clearer descriptions of the graphical elements. We believe these revisions have substantially improved the clarity, completeness, and interpretability of **Figure 2**.