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Combined effects of cyclic load and temperature fluctuation on the mechanical behavior of porous sandstones

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Abstract: Rocks in cold regions tend to experience exacerbated degradation under the combined effects of environmental and anthropogenic factors, which may arise from, for example, temperature fluctuation, mechanical excavation, and blasting. Activities related to rock support or open-pit slope optimization in cold regions require a complete understanding of the failure mechanisms of rock under the complex conditions. This paper quantitatively documents the impact of combined cyclic mechanical load and freeze-thaw cycles (i.e., the effect of stress “history”) on the microstructural evolution and mechanical degradation of three porous sandstones with distinct porosity values (from 3.9 to 14.1%). The three sandstone samples were collected from different geological regions in China. The microstructural evolution of the tested samples was quantitatively analyzed using the low-field Nuclear Magnetic Resonance (NMR) technique. To investigate sample degradation arising from the impact of the stress “history”, the cyclic-loaded and freeze-thaw cycled samples were eventually compressed to failure, during which an acoustic emission system was used to monitor microseismic activities. The results of the study show that the porosity of all tested sandstone samples was increased after cyclic load, with a much more rapid and further increase in porosity observed for

27 samples being subsequently treated under the freeze-thaw cycles. More interestingly, the Chuxiong
28 sandstone with relatively small porosity values were much more sensitive to the impact of cyclic load
29 compared with the Linyi sandstone, exhibiting a somewhat larger increase rate in porosity. However,
30 the Linyi sandstone with larger initial porosity values exhibited a relatively large increase rate in
31 porosity under the multiple freeze-thaw treatments. The multiple freeze-thaw treatments mainly
32 resulted in the development of relatively large pores. The results of the uniaxial compression tests
33 show that the strength reduction of the samples being solely treated by freeze-thaw cycles was within
34 the range of 5 - 10%, whereas it was within the range of 20 - 40% for those samples subjected to the
35 combined cyclic load and freeze-thaw cycles.

36 **Keywords:** Porous sandstone; cyclic load; freeze-thaw cycles; porosity evolution; mechanical
37 degradation

38 **1 Introduction**

39 Anthropogenic activities (e.g., blasting or mechanical excavation in open-pit mines) can cause the
40 cyclic fatigue of pit slopes (Lin et al., 2019; Zhao et al., 2017; Lin et al., 2012). For open pits located
41 in cold regions, the mechanically degraded pit slopes can be exacerbated when temperature
42 fluctuation is pronounced (Bayram, 2012). The negative signature left within rock from the stress
43 “history” will threaten open-pit mine vehicles, excavation facilities, and even human safety (Zhou et al.,
44 2015; Yavuz, 2011; Wang and Wan, 2019). Besides which, the pore parameters (e.g., porosity or
45 permeability) of rocks are suspected to exhibit different mechanical and elastic responses due to the
46 effect of the stress “history”, thereby potentially affecting oil and gas recovery and anti-seepage
47 performance. Therefore, it is important to understand the microstructural changes and degradation
48 mechanisms of rock subjected to cyclic load and temperature fluctuation.

49 Many experimental and analytical studies have been carried out to investigate the impact of
50 freeze-thaw cycles on the mechanical properties of rocks (e.g., Nicholson et al., 2001; Bayram et al.,
51 2014; Han et al., 2016; Zhou et al., 2018). It has been demonstrated that the elastic modulus,
52 uniaxial compressive strength, and cohesion exhibited an exponential reduction tend for many rocks
53 being treated under freeze-thaw cycles (Wang et al., 2016). Earlier studies have also shown that the
54 microstructural parameters of rock are affected by the freeze-thaw treatment and mechanical load

55 (Zhou et al., 2018; Bayram et al., 2014). The changes in rock microstructures tend to affect porosity
56 and permeability (Head and Vanorio, 2016), as well as rock mechanical properties (Yavuz, 2011).

57 Analytically, some researchers have explored the effect of freeze-thaw cycles on the mechanical
58 properties of rock using damage models. Yavuz et al. (2006) proposed an equation for estimating the
59 index properties of deteriorated carbonate rocks due to freeze-thaw cycles. A decrease in the index
60 properties (i.e., P-wave velocity, Schmidt hardness) was noted for the freeze-thaw deteriorated rock.
61 A damage constitutive model of rock under freeze-thaw and mechanical loading was established by
62 Huang et al. (2018), and the model has been used to analyze the stability of a tunnel under the
63 coupled thermo-hydro-mechanical condition in cold regions. Based on the single discontinuity surface
64 theory (Jaeger,1960), a novel statistical model was proposed by Fu et al. (2018) to estimate the
65 triaxial compressive strength of transversely isotropic rocks being freeze-thaw treated.

66 Some techniques have been used to investigate the changes in microstructures within rocks
67 subjected to external loading. These techniques mainly include computed tomography (CT) scanning
68 (Nasser et al., 2011; Jia et al., 2013), scanning electron microscope (SEM) analysis (Zuo et al., 2015),
69 and digital imaging treatment (Al-Shumaimri, 2012). As a new approach for characterizing the
70 microstructures in rocks, the nuclear magnetic resonance (NMR) technique has been increasingly
71 used in the laboratory to evaluate the porosity and pore-size distribution of rock (e.g., Baud et al.,
72 2014; Shang et al., 2015; Li et al., 2016). Thanks to the NMR technique, the microstructural damage
73 of rock caused by various loading conditions, including dynamic loading (Zhou et al., 2015), unloading
74 (Zhou et al., 2018) and uniaxial compression (Shang et al., 2015), were investigated.

75 The above review shows that previous studies essentially focused on the pure effect of freeze-thaw
76 cycles on the mechanical behaviour of rocks. The combined effect of cyclic load and freeze-thaw
77 cycles on the microstructural and mechanical degradation of rocks is still not fully understood but is
78 very important for rock engineering activities, especially in cold regions. We therefore report the
79 results from a comprehensive experimental investigation that directly explored the microstructural
80 evolution and mechanical degradation of sandstones under the combined cyclic load and
81 freeze-thaw cycles. Three different porous sandstones with distinct porosity values were used in the
82 study, which allows the effect of porosity on the microstructural and mechanical degradation of rock
83 to be understood. The samples were first cyclically compressed using a uniaxial testing machine,

84 and then degraded under multiple freeze-thaw treatment. The NMR technique was used to quantify
85 the microstructural parameters of the tested samples. Finally, those degraded samples after the
86 combined loading (i.e., cyclic load and freeze-thaw cycles) were uniaxially compressed to failure,
87 during which an acoustic emission (AE) system was used to monitor microseismic activities for
88 examining damage mechanisms.

89 **2 Materials and methods**

90 **2.1 Sample preparation**

91 To consider the influence of porosity and pore structure on the failure mechanisms of rock, three
92 sandstone blocks with distinct porosity values were collected in three regions in China (Fig. 1a). They
93 are Chuxiong sandstone (porosity \approx 3.9%), Guixi sandstone (5.5%), and Linyi sandstone (14.1%).
94 The Guixi and Linyi sandstones were collected from two cold regions, with the Chuxiong sandstone
95 collected from a representative region in China where low porosity sandstones are available. The
96 use of the three sandstones with distinct porosity values allows the role of microstructures (i.e.,
97 porosity and pore structure) to be highlighted and investigated in this study. The three sandstones
98 were formed in different geological ages, which are Cretaceous, Devonian, and Cambrian,
99 respectively. The Chuxiong sandstone (CS) was collected from the Liuju copper mine in Yunnan
100 Province, China (Fig. 1b). The Guixi sandstone (GS) was collected from the Yinluling mine in Jiangxi
101 Province, China (Fig. 1c). It contains \sim 75.4% fine quartz particles and is red in color. The Linyi
102 sandstone (LS) was collected from the Linyi area in Shandong Province, China (Fig. 1d). It is yellow
103 with a granular and tight micro-structure. Table 1 shows the mineralogy of the three tested
104 sandstones. In the study, cylindrical samples having a size of \sim 50 \times 100 mm (diameter \times height)
105 were prepared from the collected sandstone blocks, following the ISRM standard (ISRM 2007).

106 **2.2 Experimental scheme**

107 All tests followed an experimental scheme consisting of the following five steps (Fig. 2):

108 **(1) Conducting UCS test on the three sandstones.** First, conventional uniaxial compression
109 strength (UCS) tests were conducted on the three sandstones in air-dry condition to get their
110 mechanical properties. Prior to the UCS test, two sets of strain gauges were attached to the surface
111 of each tested sample to measure both strains in the longitudinal and transverse directions. The

112 prepared air-dried samples were uniaxially loaded to failure with a small loading rate of 50 N/s by
113 using a servo-controlled testing machine (Fig. 3a). In the meanwhile, an acoustic emission system
114 was used to monitor microseismic activities. The mechanical properties of the three sandstones are
115 shown in Table 2, where the Chuxiong sandstone had the minimum mean UCS of 48.8 MPa, and the
116 Linyi sandstone had the maximum mean UCS of 75.9 MPa. Hence, a load of up to 10 kN
117 (equivalence of 5.1 MPa given the sample size) was used in the later cyclic loading process,
118 expecting that all tested samples can survive in the cyclic loading stage, and then can be used in the
119 freeze-thaw treatment and the final uniaxial loading tests.

120 **(2) Sample saturation and NMR test.** For comparison purposes, the initial porosity values of the
121 prepared sandstone samples were measured using the NMR technique. The samples were first
122 saturated under a pressure of 100 kPa by using a vacuum saturation device for around 12 h. Distilled
123 water was used as a liquid in vacuum saturation to eliminate the effect of physical and chemical
124 reactions on test results. The signal decay of the hydrogen atoms in the fully saturated rock samples
125 was then monitored using a low-field AniMR-150 NMR testing machine (Fig. 3c). The T_2 distribution
126 curves, reflecting the magnitude of rock porosity, of all tested samples were obtained (see Section 2.3
127 for the principle of the NMR technique). The NMR measured porosity values of the three sandstones
128 are shown in Table 3 (the third row). Following on from the description of the mechanical and
129 petrophysical properties of the sandstones, the cyclic mechanical load and freeze-thaw cycles were
130 applied on the samples, which are respectively introduced in (3) and (4).

131 **(3) Samples were subjected to cyclic mechanical load (CML).** A cyclic mechanical load of up to
132 10 kN was applied on the prepared samples (in air-dry condition) with a small loading rate of 20 N/s
133 using the same servo-controlled testing machine as that used in (1). As described earlier, the use of
134 the peak load (i.e., 10 kN) enables the cyclic-loaded samples to be re-used in the subsequent
135 freeze-thaw treatment, to meet the purpose of this research. The relationship between cyclic load
136 and time is shown in Fig. 4. After each CML test, the porosity of each tested sample was measured
137 using the NMR technique; and the corresponding results are shown in Table 3 (the fourth row).

138 **(4) The cyclic-loaded samples were subsequently subjected to freeze-thaw cycles (CML+FTC).**
139 All cyclic- loaded samples were re-saturated using the vacuum saturation device in the same manner
140 as that described in (2), and then placed in the TDS300 freeze-thaw machine manufactured by

141 Donghua Testing Equipment Company, Ltd., China (see Fig. 3b). In this work, thirty freeze-thaw
142 cycles were conducted on each sample and each cycle lasted around 10 h (Fang et al., 2018; Li et al.,
143 2016; Zhou et al., 2015). Fig. 5 shows a schematic diagram of one freeze-thaw cycle, during which
144 the samples were frozen at -20 °C for 5 h, and then thaw at 20 °C for an additional 5 h, simulating the
145 temperature fluctuation in nature. Similarly, the porosity of each sample after the combined CML and
146 FTC treatment was re-measured using the NMR technique, and the corresponding results are shown
147 in Table 3 (the fifth row).

148 **(5) Conducting UCS test on the samples being treated under CML and FTC.** The samples after
149 the combined cyclic load and multiple freeze-thaw treatments were first dried in room condition; the
150 air-dried samples were then compressed to failure with a loading rate of 50 N/s. An acoustic emission
151 instrument (model: PCI-8) produced by the Physical Acoustics Corporation (USA) was used to
152 monitor the failure characteristics of the degraded samples (Fig. 3d). Four Nano30 sensors were
153 attached on the surface of each sample using Vaseline as a coupling agent. To eliminate electronic
154 or environmental noise, a threshold value of 45 dB was set in each test. The AE signals logged by
155 the sensors were amplified by a gain of 40 dB with preamplifiers. Only those successfully logged
156 data with high completeness were used in the latter data processing.

157 **2.3 Nuclear Magnetic Resonance**

158 The Nuclear Magnetic Resonance (NMR) technique can detect the fluids within saturated rocks. This
159 technique has been widely used to evaluate many physical parameters of rocks, such as pore size
160 distribution, permeability, free-fluid index, porosity, etc (Freedman and Heaton, 2004). The NMR
161 technique is attractive to researchers for its non-destructive nature of measurement, it is therefore
162 used in the study for porosity measurement. Fig. 6 shows the principle of NMR, which relies on the
163 interaction between the magnetic properties of H fluid nucleus (within water in the study) and the
164 applied magnetic field. The resonance phenomenon is expected to happen during the interaction,
165 thereby the relaxation characteristics of the H-containing fluid can be obtained (Chang et al., 1997;
166 Kanters et al., 1998). As shown in Fig. 6a, the direction of nuclear spin is often disorganized in the
167 absence of an external magnetic field, and the expected value of the macro magnetic moment of the
168 spin system is 0. The orientation of individual nuclear spin will be affected after an external magnetic
169 field is applied, and the spin system is expected to reach an equilibrium state, with a stable

170 magnetization value (see Fig. 6a). Through emitting the RF pulses to fluid-saturated samples placed
171 in the magnetic field, the H protons within the fluids will resonate and absorb the RF pulse energy.
172 The RF energy absorbed by the H proton will be released after removing of the RF pulse, and the
173 energy release process can be detected by a dedicated coil, which can be converted to the nuclear
174 magnetic resonance signal (Fig. 6b).

175 It can be anticipated that fluid-filled pores with various sizes will yield different magnitudes of energy.
176 The magnetization decay signal is featured by the relaxation time, which is associated with the type
177 and properties of pore-filling fluids, as well as their interactions with pores, pore size distribution, and
178 surface relaxivity. Generally, the smaller the relaxation time T_2 is, the smaller the pore size is. The T_2
179 can be expressed as (Anovitz and Cole 2015):

$$180 \quad \frac{1}{T_2} \approx \frac{1}{T_{2F}} = \rho \left(\frac{S}{V} \right) \quad (1)$$

181 where T_{2F} is the transverse surface relaxation time (ms); ρ is the surface relaxivity, which is a factor for
182 the intensity of the transverse surface relaxation ($\mu\text{m}/\text{ms}$); and S/V is the surface-to-volume ratio of a
183 pore.

184 **3 Experimental results**

185 **3.1 Microstructural evolution of sandstone**

186 **3.1.1 T_2 spectrum curve as an indicator of pore size distributions**

187 Fig. 7 shows the T_2 spectrum curves of the tested sandstone samples subjected to the combined
188 cyclic mechanical load (CML) and freeze-thaw cycles (FTC). For comparison purposes, the
189 corresponding T_2 curves of the samples in the original state (OS), as well as after the cyclic
190 mechanical load, are also shown in the figure. The porosity accumulation curves (blue line) of the
191 samples under the three conditions (i.e., OS, CML, and CML + FTC) are also presented. Generally,
192 the pore size increased with the increase in relaxation time. For the samples in the original state, the
193 influence of lithology (sandstones with different geological formations) on the shape characteristics of
194 the T_2 spectrum curves was pronounced.

195 The evolution of pore size distribution can be reflected by the changes in the shape of the T_2
196 spectrum curves. As shown in Fig. 7a, the T_2 spectrum curves of the LS-1 sample under the three

197 different conditions all exhibited clear peak values, at around 100 ms. The presence of the peak
198 values demonstrated that there existed large pores within the samples (Shang et al., 2015). Similar
199 peak values were also observed for other samples (Figs. 7b-7c) but appeared at different times. As a
200 general trend, the T_2 spectrum curves of all tested samples under CML moved upwards dramatically
201 compared with that of the samples under OS, implying a clear increase in porosity of the tested
202 samples after the cyclic mechanical load. A further increase in porosity was noticed when the
203 combined CML and FTC were applied, which was probably due to the additional negative effect of
204 expansion and contraction of pores as a result of the multiple freeze-thaw treatments.

205 The peak points of the T_2 spectrum curves of the GS-1 and CS-1 samples (Figs. 7b and 7c) moved to
206 the top right after CML, and then moved to the top left after the combined CML and FTC. This
207 observation indicated that the cyclic load probably led to the expansion of relatively small pores
208 inside the samples, while the subsequently applied freeze-thaw force contributed to the generation of
209 new pores. However, it is observed that the evolution of the peak points of the T_2 spectrum curves of
210 the LS-1 sample (Fig. 7a) exhibited a reverse trend. It is suspected that the cyclic load caused a
211 certain closure of large pores inside the sample, and the freeze-thaw force led to a continuous
212 expansion of large pores.

213 **3.1.2 Porosity evolution under combined CML and FTC**

214 Table 3 shows the porosity of the tested samples under different conditions; the data are also plotted
215 in Fig. 8 with the percentage increments highlighted. The initial porosity of the LS-1 sample was
216 14.1% (Table 3), while it was only 3.9% for the CS-1 sample. The porosity values of all tested
217 samples increased clearly after CML (Fig. 8, red bars), compared with that of the samples in their
218 original state (green bars). A further increase in porosity was noticed after the subsequent multiple
219 freeze-thaw treatments (blue bars). The increase rate in porosity for the three sandstones in
220 response to cyclic mechanical load was different. It is 33.3% for the CS-1 sample with relatively
221 smaller initial porosity, while much smaller increase rate in the porosity was noticed for the more
222 porous GS-1 and LS-1 samples (which are 20.8% and 2.6%, respectively, see Fig. 8). The observed
223 difference in the mechanical load response in terms of porosity increment can be due to the pores'
224 buffering effect (Liu et al., 2012), which states that the application of cyclic mechanical load can result
225 in the compaction of relatively large pores inside rock.

226 After the subsequent freeze-thaw treatment, the porosity values of the GS-1 and LS-1 samples were
227 increased further by 18.7% and 15.3%, respectively, while the corresponding porosity increment of
228 the CS-1 sample was only 9.9% (Fig. 8). This observation demonstrated that the freeze-thaw
229 treatment can have much more significant impact on porous sandstone in contrast to tight ones,
230 because the former is expected to experience more significant expansion and contraction of water in
231 internal rock pores after being fully saturated, leading to marked degradation of rock (Baud et al.,
232 2014). As such, different lithology types are expected to have different tolerance to the same frost
233 heave (Huang et al., 2018).

234 3.1.3 Alteration of pore parameters: a micro-scale insight

235 In this section, we report the alternation of the pore parameters (reflected by the amount of free fluid
236 and bound fluid) and permeability of the tested sandstones under combined CML and FTC. It is known
237 that the fluid inside the pores in a rock can be divided into free fluid and bound fluid (Hurlimann et al.,
238 2002). The T_2 cutoff value of 10 ms is often used for sandstone to distinguish free fluid and bound fluid
239 (Fan et al., 2018), and this scheme was followed in this study. As shown in Fig. 9, the T_2 cutoff value
240 (10) divides the T_2 spectrum distribution into two parts, with the left area representing the bound fluid
241 porosity (BVI) and the right part indicating the free fluid porosity (FFI). The permeability of the tested
242 rock can be readily available in the NMR post processing stage, which is calculated based on the
243 results of NMR experiments and the Coates permeability model (Rezaee et al., 2012):

$$244 \quad K = \left(\frac{PHI}{10} \right)^2 \left(\frac{FFI}{BVI} \right)^{-2} \quad (2)$$

245 where K is the permeability; PHI is the porosity.

246 The calculated pore parameters of the tested samples are listed in Table 4, in which the bound fluid
247 saturation of the LS-1 and GS-1 samples were 38.52% and 91.91%, respectively. The results also
248 implied that there existed many relatively large pores in the Linyi sandstone, whereas smaller voids
249 are more prevalent in the Guixi sandstone. Fig. 10a shows that the amount of bound fluid within all
250 tested samples, which was decreased under the combined cyclic mechanical load and freeze-thaw
251 cycles.

252 Fig. 10b shows that the increase rates in permeability of all tested samples were larger than 1

253 (100%), with the maximum value of 18.49 for the CS-1 sample. This observation indicated that the
254 permeability of all tested samples increased significantly after the combined CML and FTC; and the
255 most pronounced increment in permeability was occurred in the Chuxiong sandstone with the lowest
256 initial porosity. It is also noted that the ratio value was only 2.99 when FTC was solely applied on the
257 CS-2 sample (Fig. 10b, blue bar).

258 **3.1.4 NMR imaging**

259 A 10-mm-thick sheet along the longitudinal direction of the core samples was used in the NMR
260 imaging analysis. The position for capturing NMR images was fixed for the same sample under the
261 different loading schemes. Fig. 11 shows the NMR images of the tested rock samples under different
262 loading conditions. The brightness of the NMR images of the samples at the original state (OS) was
263 closely related with their initial porosity values. In the original state, the NMR image of the LS-1
264 sample was the brightest compared with that of other samples, indicating that the initial porosity of the
265 LS-1 sample was the largest (this has been tested in Table 3). Clear layers were also observed within
266 the LS-1 sample (Fig. 11).

267 The NMR images of all samples became much clearer after CML and FTC. This was due to the fact
268 that more larger pores were generated within the samples being loaded. It is worthy to note that the
269 increase in bright spots after FTC was not obvious for some samples (e.g., CS-2), because of the
270 nature of their porosity values which are very small.

271 **3.2 Rock fatigue degradation due to cyclic mechanical load**

272 To understand the fatigue degradation of the tested sandstone samples after the cyclic mechanical
273 load, the three cyclic-loaded samples were re-tested under one more cycle of uniaxial loading and
274 unloading. The corresponding stress-strain curves (red in Fig. 12) were logged and compared with
275 the stress-strain hysteresis loops obtained during the cyclic load process. Under the cyclic load, the
276 maximum strains of the LS-1, GS-1 and CS-1 samples were around 0.012, 0.009, and 0.008,
277 respectively. The strain for the three different sandstone samples was a function of their initial porosity,
278 i.e., the samples with relatively large porosity values exhibited somewhat larger strain under the cyclic
279 mechanical load. Fig. 12 also shows that the stress-strain curve of the samples after the cyclic
280 mechanical load exhibited a hysteresis loop. The sizes of the hysteresis loops were clearly different
281 for different sandstones. The size of the hysteresis loop was proportional to the porosity increase rate.

282 For example, the CS-1 sample with relatively large porosity increase rate yielded a hysteresis loop
283 with somewhat larger size. It can also be seen that the compaction stage still existed for all samples
284 under the secondary load (red curves), although the samples have been cyclically compacted.

285 Another important observation was that the slopes of the elastic portions of the cyclic-loaded curves
286 (black) and their corresponding secondary loaded curve (red) remained essentially the same. The
287 stress-strain curve of the LS-1 sample (red curve in Fig. 12a) under the secondary load cycle shifted
288 to the left, whereas the corresponding curves of the CS-1 and GS-1 samples (Figs. 12b and 12c) did
289 not show a clear movement. This was probably due to the difference in the porosity values of the
290 three tested samples. The LS-1 sandstone sample exhibited a much larger initial porosity (Table 3),
291 with relatively large pores dominated in the rock (Fig. 7). Therefore, under the cyclic mechanical load,
292 the compaction phase for the LS-1 sample was suspected to be reduced more significantly
293 compared with that of the CS-1 and GS-1 samples. We acknowledge that although the cyclic
294 mechanical load was expected to be applied within the elastic deformation stage, the fatigue
295 degradation of the rock samples still occurred, as demonstrated by the NMR imaging analysis (Fig.
296 11).

297 **3.3 Failure characteristics of samples being treated under CML and FTC**

298 The degraded sandstone under the combined CML and FTC were uniaxially compressed to failure.
299 The mechanical test results are shown in Table 5 and Fig. 13. As shown in Fig. 13, the UCS values of
300 the CS-1, GS-1 and LS-1 samples after the CML and FTC loading were decreased by 38.9%, 32.1%
301 and 27.1%, respectively. The UCS value of the CS-2 sample was only decreased by 7.3% when the
302 sample was solely subjected to FTC (Fig. 13, blue bar). As shown in Table 5, the evolutionary trend in
303 the elastic modulus was similar to that of the UCS of the tested sandstone samples, and the Poisson's
304 ratio was increased after the freeze-thaw cycles but decreased after the combined cyclic load and
305 freeze-thaw cycles.

306 The stress-strain curves of the tested samples in the study can be broadly divided into four stages (Fig.
307 14): micro-crack compaction stage, elastic stage, plastic failure stage, and post-destruction stage.
308 The stress-strain curve at the compaction stage was non-linear and the AE count was relatively small.
309 In the elastic stage, the samples were elastically deformed, with no clear macrocracks observed.
310 Despite this, the formation of microcracks or the changes in micropores within the rock still occurred

311 (Fig. 11). During the plastic failure stage, the peak strength appeared, and the AE count gradually
312 increased and finally reached to the maximum. During the post-destruction stage, the stress suddenly
313 dropped, showing a brittle failure nature of the sandstones. In the meanwhile, the acoustic emission
314 count decreased continuously.

315 Besides above, the influence of porosity and combined loading was pronounced. It can be seen from
316 Figs. 15a that the strain of the LS-1 sample was the largest in the compaction stage (~ 0.015),
317 compared with that of the other three samples (all within 0.01). This was because the LS-1 sample
318 had a much larger porosity (Table 3), for which the rock tends to be compacted under external loading.
319 The AE activities clustered at the plastic failure stage for the samples LS-1 and GS-1 with relatively
320 higher porosity values, whereas for the much tighter samples with low porosity (i.e., CS-1 and CS-2),
321 scattered AE signals were monitored during the whole UCS test. It is suspected that the tight
322 sandstone matrix was much easier to be ruptured locally (at the microscale) without the help of pore
323 collapse, thereby exhibiting high frequency of AE activities. Also, it clearly can be seen that the UCS
324 values of the stress degraded samples were much smaller compared with that of their respective ones
325 in the original state (Table 6 and Fig. 14), which matches with the findings in Shang et al. (2015),
326 although water weakening effect may be at play (Baud et al., 2000). It should be noted that we can
327 only quantify the UCS reduction arising from the combined loading (CML + FTC), given the testing
328 scheme used in this research (Section 2.2).

329 **4 Discussion**

330 **4.1 Water weakening effect**

331 In this study, the prepared sandstone samples were first saturated with distilled water and then
332 treated under freeze–thaw cycles in the laboratory, thereby simulating in-situ temperature fluctuation
333 (Section 2.2). It has been understood that the presence of water may affect the physical and chemical
334 properties of rocks, causing a water weakening effect (Baud et al., 2000; Shang et al., 2018). Despite
335 this, it is suspected that the water weakening effect can be very weak in this particular study or within
336 an acceptable range, given that the samples used in this study contained very small fractions of
337 soluble clay minerals (below 0.8%, Table 1). On the other hand, quartz dominated the mineral
338 composition (75.4 – 92.3%) of all tested samples, the solubility of quartz in water can be neglected
339 considering the temperature (-25 – 25 °C) and pressure (room condition) used in the study (Futera et

340 al., 2017). A quantitative analysis of water weakening effect on UCS reduction would be required for
341 rocks with larger fractions of clay minerals which is beyond the scope of this study.

342 343 **4.2 Role of microstructures and minerology on the strength**

344 The mechanical properties of rocks are closely related to their micro-structural and mineralogical
345 properties (Nicholson, 2001; Li et al., 2016; Shang et al., 2016; Aliyu et al., 2019). As shown in Table
346 1, the three sandstones tested consisted mainly of quartz (75.4 - 92.3%), which is one of the
347 common hard minerals in the Earth. The quartz content in the sandstone samples was positively
348 correlated with their UCS values (Table 2), which is in good accordance with Price (1966). Under the
349 cyclic mechanical load, the porosity of all tested samples increased. It was found that the rate of
350 increase in porosity was negatively related to initial porosity values, i.e., samples with relatively large
351 initial porosity values exhibited somewhat smaller rate of increase in porosity. This observation is
352 consistent with previous studies (Shang et al., 2015; Adnan and Adrian, 2013; Geraud et al., 1998).
353 The changes in porosity of the samples under the cyclic mechanical load was due to the combined
354 effects of pore generation, micro-crack expansion, and pore collapse (Shang et al., 2015). The large
355 pores within the LS-1 sample were expected to be compacted under low external stress, considering
356 that the sample had a large porosity (14.1%, Table 3). This hypothesis was demonstrated by the
357 slightly right movement of the red curve compared with the black curve (Fig. 7a). For the GS-1 and
358 CS-1 samples with smaller porosity values (Figs. 7b and 7c), the porosity increment was mainly due
359 to the generation and expansion of new micro-cracks, which were reflected by the right shifting of
360 pore size distribution curves. Similar observations in the evolution of pores under stress were
361 reported by Li et al. (2016) on an unidentified sandstone, and by Adnan and Adrian (2013) on
362 Gosford sandstone. By comparing the secondary loading stress-strain curves and the cyclic loading
363 curves in the compaction phase (Figs. 12b and 12c) for the samples GS-1 and CS-1, we can infer
364 that there was a clear reversible compaction for the samples.

365 The porosity increase rate of the LS-1, GS-1 and CS-1 samples after the multiple freeze-thaw
366 treatments were 15.3, 18.7 and 9.9%, respectively. The freeze-thaw damage made in the samples, in
367 the aspect of porosity increment, was suspected to be caused by the repeated initiation and
368 dissipation of pore ice pressure (Park et al., 2015; Freire-Lista et al., 2015; Matsuoka and Murton,
369 2008). When the pressure caused by volume expansion reaches the tensile strength of rock, the

370 pores will be enlarged, resulting in the formation of new microfractures (Chen et al., 2004). It is
371 argued by Park et al. (2015) that the changes in porosity of rock subjected to freeze-thaw treatments
372 are the result of the combined impact of original porosity and strength. This perspective has been
373 further testified by our data, for example the Linyi sandstone had the largest original porosity
374 (~14.1%), the porosity increase rate of this sandstone however was not the largest among the three
375 tested sandstones due to its relatively high UCS compared with that of Guixi and Chuxiong
376 sandstones.

377 Table 6 shows the porosity increment and associated strength degradation of the tested sandstone
378 samples. The strength degradation of all tested samples was positively correlated with their porosity
379 increase rate. For example, the porosity of the CS-1 sample increased 46.4% and its strength
380 decreased 38.9%. The porosity of CS-2 sample increased by 8.1% and its strength decreased 7.3%.
381 Similar relationship between porosity increment and strength degradation was reported by Dunn
382 (1973) on sandstone, by Yavuz (2011) on andesite stone, and by Tugrul (2004) on various rocks.

383 **5 Conclusion**

384 This paper documents the results of an extensive laboratory investigation of the combined effects of
385 cyclic mechanical load and freeze-thaw cycles on the microstructural evolution and mechanical
386 degradation of three sandstones with distinct porosity values. The NMR technique allowed the
387 inspection of the microstructural properties of the tested sandstones, in terms of the evolution of pore
388 size distribution, porosity, and permeability, which are responsible for the bulk properties of the
389 sandstones. The mechanical strength reductions of the degraded sandstone samples were
390 quantified and characterized based on the UCS tests, as well as the AE measurements. From the
391 experimental results, the following conclusions can be drawn:

- 392 (1) The porosity of all tested sandstones was increased after the cyclic mechanical load.
393 Significant increases in porosity were also observed after the subsequent freeze-thaw cycles.
- 394 (2) The sandstone samples with relatively small porosity values were more sensitive to cyclic load,
395 in terms of the increase rate in porosity. It was also observed that the cyclic load led to the
396 enlargement of relatively small pores and the generation of new pores, whereas the
397 freeze-thaw cycles mainly resulted in the development of relatively large pores.

398 (3) The final UCS test results show that the UCS of the tested samples after the freeze-thaw
399 cycles was decreased within the range of 5 - 10%, while it was within the range of 20 - 40% for
400 samples under the combined cyclic load and freeze-thaw cycles.

401 (4) The Poisson's ratio of the tested sandstone samples was increased after the freeze-thaw
402 cycles, but it was clearly decreased when both cyclic load and freeze-thaw cycle were applied.
403 The AE results show that the larger the internal porosity of the sample, the more active the AE
404 activity during the compaction stage. The peak acoustic emission count was positively
405 correlated with the peak strength of the tested sandstone samples.

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409 **Fig Captions**

410 **Fig. 1** Geological locations of the three sandstones used in the study.

411 **Fig. 2** Flowchart of the experimental scheme.

412 **Fig. 3** Experimental apparatus. (a) Servo-controlled testing machine, (b) TDS300 freeze-thaw
413 machine, (c) low-field NMR testing machine (model: AniMR-150), and (d) UCS test system.

414 **Fig. 4** Relationship between cyclic mechanical load and time.

415 **Fig. 5** Schematic diagram of one freeze-thaw cycle.

416 **Fig. 6** The principle of NMR. (a) Protons in applied field, and (b) magnetization vector changes under
417 the effect of RF pulses (after Friebolin, 1991).

418 **Fig. 7** T_2 pore size distribution and porosity accumulation of the tested sandstone samples under
419 different loading conditions.

420 **Fig. 8** Porosity evolution of the tested samples under different loading conditions.

421 **Fig. 9** Schematic diagram of a T_2 spectrum division.

422 **Fig. 10** NMR test results of the pore parameters of the samples. (a) Bound fluid saturation, and (b)
423 permeability.

424 **Fig. 11** Longitudinal NMR imaging of samples saturated with water under different conditions. The
425 light spots represent the pore spaces that have been filled with water, while the black areas denote

426 rock matrix.

427 **Fig. 12** Stress-strain curves (black line) of different sandstone samples under cyclic mechanical load
428 and secondary uniaxial loading and unloading (red line).

429 **Fig. 13** UCS reductions of the tested sandstone samples subjected to cyclic load and freeze-thaw
430 cycles.

431 **Fig. 14** Stress versus strain measured in the UCS tests, together with the measured acoustic
432 emission count.

433 **Conflict of interest**

434 We have no conflict of interests to declare

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