**Supplemental Digital Content 2.** Daily energy, macronutrient and β-alanine intake in the β-alanine and placebo groups across the study period. Data from the 3-day diaries were averaged and considered as daily intake. Data are presented as mean ± standard deviation.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | PRE | POST | POST4 | POST8 | POST12 | POST16 |
| **β-alanine Group** |  |  |  |  |  |  |
|  Protein (g·kg-1·d-1) | 1.1±0.2 | 1.3±0.4 | 1.2±0.4 | 1.1±0.2 | 1.3±0.3 | 1.4±0.3 |
|  CHO (g·kg-1·d-1) | 3.6±0.7 | 3.6±1.2 | 3.8±1.0 | 4.0±0.8 | 3.8±1.2 | 4.1±1.1 |
|  Lipid (g·kg-1·d-1) | 1.0±0.50 | 1.0±0.4 | 1.0±0.4 | 1.1±0.3 | 1.0±0.3 | 1.0±0.2 |
|  Energy (kcal·kg-1·d-1) | 27.6±7.0 | 29.2±7.8 | 28.7±5.8 | 30.2±4.9 | 29.6±7.1 | 30.2±5.7 |
|  β-alanine (mg·d-1) | 552±210 | 804±470 | 760±178 | 669±293 | 751±333 | 772±386 |
|  |  |  |  |  |  |  |
| **Placebo Group** |  |  |  |  |  |  |
|  Protein (g·kg-1·d-1) | 1.3±0.4 | 1.7±0.4 | 1.1±0.2 | 1.6±1.2 | 1.6±0.4 | 1.4±0.6 |
|  CHO (g·kg-1·d-1) | 3.5±1.1 | 2.9±0.7 | 3.8±1.5 | 3.1±1.2 | 3.4±1.1 | 4.2±1.6 |
|  Lipid (g·kg-1·d-1) | 0.9±0.5 | 1.0±0.6 | 1.0±0.4 | 1.0±0.5 | 1.1±0.4 | 0.8±0.6 |
|  Energy (kcal·kg-1·d-1) | 26.7±7.3 | 27.5±7.1 | 28.9±9.2 | 27.7±12.6 | 30.7±9.7 | 29.3±11.2 |
|  β-alanine (mg·d-1) | 547±381 | 680±349 | 495±373 | 712±464 | 542±296 | 402±80 |

Linear mixed models analysis: non significant differences for all variables.