**Supplementary Digital Content 1** – Total energy and macronutrient intake for SL and CON groups before starting the training program (BASELINE) and during the training/diet intervention (TRAINING) (mean ± SD).

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| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
|  |  | Total energy intake  (kcal.d-1) | Carbohydrate intake  (g.kg-1.d-1) | Lipid  intake  (g.kg-1.d-1) | Protein  intake  (g.kg-1.d-1) |
| SL group | BASELINE | 2530 ± 660 | 4.44 ± 1.3 | 1.33 ± 0.49 | 1.39 ± 0.28 |
|  | TRAINING | 2685 ± 500 | 5.44 ± 1.2 \* | 1.05 ± 0.19 \* | 1.57 ± 0.28 \* |
|  |  |  |  |  |  |
| CON group | BASELINE | 2715 ± 645 | 4.79 ± 1.12 | 1.32 ± 0.43 | 1.44 ± 0.37 |
|  | TRAINING | 2835 ± 505 | 5.65 ± 0.99 \* | 1.02 ± 0.16 \* | 1.61 ± 0.22 \* |
|  |  | \*: *P* < 0.05 as compared to PRE values | | |  |