|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Stage race | Sampled | Calculated | |
|  |  |  | TEE | BC |
| 0  1  2  3  4  5  6  7  8  9  10 | Team time trial  Flat stage  Flat stage  Rest day  Flat stage  Medium mountain stage  Medium mountain stage  Flat stage  Medium mountain stage  Medium mountain | Evening Urine, DLW dose  Morning + Evening Urine, BM    Morning + Evening Urine, BM  Morning + Evening Urine, DLW dose, BM | Period 1 | x |
| 11  12  13  14  15  16  17 | Rest day  Flat stage  Medium mountain  Indiv. time trial  Flat stage  Mountain stage  Mountain stage | Morning + Evening Urine, BM  Morning + Evening Urine, BM    Morning + Evening Urine, DLW dose, BM | Period 2 | x |
| 18  19  20  21  22  23  24 | Rest day  Mountain stage  Flat stage  Mountain stage  Indiv. time trial  Mountain stage  Flat stage + athlete departure | Morning + Evening Urine, BM  Morning Urine  Evening Urine  Morning Urine, BM | Period 3 | x |

Table SDC1: Overview of the different race stages, times of dosing and urine sampling.

DLW, doubly labeled water; BM, body mass; TEE, total energy expenditure; BC, body composition

‘x’ indicates that the morning urine was used to calculate body composition