|  |  |  |  |
| --- | --- | --- | --- |
| Day | Stage race | Sampled  | Calculated |
|  |  |  | TEE | BC |
| 012345678910 | Team time trialFlat stageFlat stageRest dayFlat stageMedium mountain stageMedium mountain stageFlat stageMedium mountain stageMedium mountain  | Evening Urine, DLW doseMorning + Evening Urine, BM Morning + Evening Urine, BMMorning + Evening Urine, DLW dose, BM | Period 1 | x |
| 11121314151617 | Rest dayFlat stageMedium mountainIndiv. time trial Flat stageMountain stageMountain stage | Morning + Evening Urine, BMMorning + Evening Urine, BM Morning + Evening Urine, DLW dose, BM | Period 2 | x |
| 18192021222324 | Rest dayMountain stageFlat stageMountain stageIndiv. time trialMountain stageFlat stage + athlete departure | Morning + Evening Urine, BMMorning UrineEvening UrineMorning 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