

## Supplementary material

**Table S1.** Mean and standard deviation values of critical swimming speed ( $U_{crit}$ ), distance swam in the endurance experiment, total length (TL), dry weight (DW), nucleic acid concentrations (RNA, DNA), sRD (standardized RNA:DNA ratio), resRNA (RNA residuals), and protein concentration (Proteins) for white seabream *Diplodus sargus* (Linnaeus, 1758) larvae at different ages (DPH – days post-hatching). N is the number of larvae analyses at each age. (\*analytical parameters refer to the last day of swimming endurance; the period of the test in these two ages varied between 1 and 10 days).

<b>Ucrit</b>	<b>N</b>	<b>TL</b> (mm)	<b>DW</b> (mg)	<b>Ucrit</b> (cm s <sup>-1</sup> )	<b>RNA</b> ( $\mu\text{g mg}^{-1}$ DW)	<b>DNA</b> ( $\mu\text{g mg}^{-1}$ DW)	<b>sRD</b>	<b>resRNA</b>	<b>Proteins</b> ( $\mu\text{g larva}^{-1}$ )
15 DPH	15	3.9 ± 0.8	0.1 ± 0.0	1.9 ± 0.7	33.7 ± 25.6	42.3 ± 28.8	0.4 ± 0.2	-0.4 ± 0.8	302.7 ± 195.3
20 DPH	16	6.4 ± 0.9	0.2 ± 0.1	5.4 ± 1.3	27.4 ± 10.9	39.4 ± 15.0	0.5 ± 0.2	0.0 ± 0.7	566.7 ± 238.6
25 DPH	16	6.8 ± 0.7	0.4 ± 0.2	5.4 ± 1.8	24.6 ± 8.6	36.3 ± 11.7	0.5 ± 0.1	0.1 ± 0.4	524.2 ± 206.2
30 DPH	16	8.3 ± 1.0	0.5 ± 0.2	4.5 ± 1.1	22.6 ± 6.9	28.1 ± 7.4	0.6 ± 0.2	0.2 ± 0.3	410.4 ± 147.9
35 DPH	16	8.6 ± 1.1	0.7 ± 0.4	7.6 ± 2.7	20.1 ± 6.0	25.0 ± 7.7	0.6 ± 0.2	0.1 ± 0.3	413.4 ± 244.8
40 DPH	16	11.1 ± 1.7	1.6 ± 0.7	11.3 ± 4.0	17.4 ± 5.0	23.3 ± 6.1	0.5 ± 0.1	0.3 ± 0.2	279.2 ± 154.4
45 DPH	16	12.0 ± 1.9	2.6 ± 1.6	14.1 ± 5.3	13.5 ± 4.7	17.9 ± 5.7	0.5 ± 0.1	0.1 ± 0.3	619.6 ± 500.2
50 DPH	16	13.3 ± 2.0	5.6 ± 2.1	19.6 ± 5.3	7.4 ± 2.8	16.3 ± 3.9	0.3 ± 0.1	-0.3 ± 0.3	1168.6 ± 492.4
55 DPH	16	17.0 ± 3.6	12.1 ± 8.4	22.0 ± 3.19	6.0 ± 2.0	12.0 ± 1.7	0.4 ± 0.1	-0.2 ± 0.3	1890.4 ± 1221.2
<b>Endurance</b>	<b>N</b>	<b>TL</b> (mm)	<b>DW</b> (mg)	<b>Distance</b> (km)	<b>RNA</b> ( $\mu\text{g mg}^{-1}$ DW)	<b>DNA</b> ( $\mu\text{g mg}^{-1}$ DW)	<b>sRD</b>	<b>res RNA</b>	<b>Proteins</b> ( $\mu\text{g larvae}^{-1}$ )
15 DPH	8	5.8 ± 0.6	0.1 ± 0.1	0.1 ± 0.1	25.3 ± 9.5	44.5 ± 22.7	0.4 ± 0.1	0.0 ± 0.5	831.0 ± 46.4
25 DPH	8	8.3 ± 1.2	0.9 ± 0.4	1.0 ± 0.4	19.5 ± 4.5	30.4 ± 8.2	0.5 ± 0.2	0.1 ± 0.2	566.2 ± 111.0
35 DPH*	8	11.6 ± 1.7	3.2 ± 2.0	5.0 ± 6.0	12.8 ± 3.0	22.3 ± 3.3	0.4 ± 0.1	-0.1 ± 0.2	1516.4 ± 1255.8
45 DPH*	8	20.3 ± 6.1	15.0 ± 8.9	54.1 ± 22.1	12.5 ± 4.6	21.1 ± 5.5	0.4 ± 0.1	0.1 ± 0.4	2293.6 ± 1127.7