

Supplementary Table S1

		D-1 am		D-1 pm		D-2 am		D-2 pm		D-3 am		D-4 am		D-4 pm		D-5 am		D-5 pm		D-6 am	
		Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE	Volume (km)	sRPE
PRE	Z1	6.80 ± 3.04		0.00 ± 0.00		6.70 ± 0.00		7.70 ± 0.00		7.60 ± 3.43		3.60 ± 0.00		6.10 ± 0.00		0.00 ± 0.00		0.00 ± 0.00		7.36 ± 3.29	
	Z2	0.00 ± 0.00	3.06 ±	0.00 ± 0.00		0.00 ± 0.00	5.36 ±	0.00 ± 0.00	4.86 ±	0.74 ± 0.35	5.12 ±	4.20 ± 0.00	6.24 ±	0.00 ± 0.00	7.66 ±	0.00 ± 0.00		0.00 ± 0.00		1.28 ± 0.88	6.64 ±
	Z3	0.00 ± 0.00	1.24 ±	0.00 ± 0.00		0.30 ± 0.13	2.24 ±	0.00 ± 0.00	1.83 ±	0.24 ± 0.16	2.86 ±	0.00 ± 0.00	1.08 ±	0.90 ± 0.00	0.73 ±	0.00 ± 0.00		0.00 ± 0.00		0.00 ± 0.00	1.75 ±
T2	Z1	7.20 ± 0.00		8.40 ± 0.00		6.20 ± 0.00		7.70 ± 0.00		8.20 ± 3.67		7.40 ± 0.00		6.40 ± 0.00		8.40 ± 0.00		5.80 ± 0.00		8.20 ± 3.67	
	Z2	0.00 ± 0.00	2.6 ± 1.69	0.00 ± 0.00	5.52 ±	0.00 ± 0.00	7.56 ±	0.60 ± 0.00	3.42 ±	1.60 ± 0.72	7.78 ±	1.20 ± 0.00	5.96 ±	0.20 ± 0.00	8.50 ±	0.00 ± 0.00	2.80 ±	0.00 ± 0.00	4.22 ±	0.90 ± 0.40	8.00 ±
	Z3	0.00 ± 0.00		0.00 ± 0.00	1.12 ±	0.80 ± 0.0	1.11 ±	0.60 ± 0.00	1.92 ±	0.00 ± 0.00	0.29 ±	0.00 ± 0.00	0.33 ±	0.50 ± 0.00	1.51 ±	0.00 ± 0.00	1.29 ±	1.20 ± 0.00	2.23 ±	0.90 ± 0.40	1.44 ±
T3	Z1	7.20 ± 0.00		7.86 ± 1.21		7.16 ± 0.54		7.94 ± 0.13		7.70 ± 3.44		4.80 ± 0.00		6.20 ± 0.00		7.70 ± 0.00		5.90 ± 0.00		6.85 ± 3.06	
	Z2	0.00 ± 0.00	4.34 ±	0.00 ± 0.00	5.88 ±	0.00 ± 0.00	3.30 ±	0.12 ± 0.27	3.30 ±	0.78 ± 0.42	8.54 ±	1.20 ± 0.00	3.56 ±	0.60 ± 0.00	7.42 ±	0.00 ± 0.00	3.04 ±	0.60 ± 0.00	4.76 ±	1.00 ± 0.45	5.86 ±
	Z3	0.00 ± 0.00	2.35 ±	0.36 ± 0.80	2.13 ±	0.16 ± 0.36	2.36 ±	0.12 ± 0.27	1.13 ±	0.66 ± 0.85	0.86 ±	1.20 ± 0.00	1.42 ±	0.60 ± 0.00	1.47 ±	0.00 ± 0.00	1.21 ±	0.60 ± 0.00	2.44 ±	0.15 ± 0.07	0.69 ±

The table shows the daily training volume (km) including sRPE in PRE and during the 2 weeks (i.e T2 and T3) of the training camp.