

**Suppl. Table S1.** Details of the mixed training protocol\*.

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Warm up (10')</b>		35%	35%	40%	40%	45%	45%	50%	50%
		VO <sub>2</sub> max	VO <sub>2</sub> max	VO <sub>2</sub> max	VO <sub>2</sub> max	VO <sub>2</sub> max	VO <sub>2</sub> max	VO <sub>2</sub> max	VO <sub>2</sub> max
<b>Strength training</b> Eight 2-min running bouts separated by 1 min of rest	<b>Slope</b>	10%	10%	15%	15%	15%	20%	20%	20%
	<b>Speed</b>	20cm/s	25cm/s	20cm/s	23cm/s	26cm/s	20cm/s	23cm/s	26cm/s
<b>Aerobic Interval Training (30')</b>		4' 50% VO <sub>2</sub> max	4' 50% VO <sub>2</sub> max	4' 55% VO <sub>2</sub> max-	4' 55% VO <sub>2</sub> max	4' 60% VO <sub>2</sub> max	4' 60% VO <sub>2</sub> max	4' 65% VO <sub>2</sub> max	4' 65% VO <sub>2</sub> max
	<b>Work Load</b>	3' 60% VO <sub>2</sub> max	3' 65% VO <sub>2</sub> max	3' 65% VO <sub>2</sub> max	3' 70%	3' 70% VO <sub>2</sub> max	3' 70%	3' 75% VO <sub>2</sub> max	3' 75% VO <sub>2</sub> max
					VO <sub>2</sub> max		VO <sub>2</sub> max		

\* Taken from Martínez, R., et al., Effects of a combined intervention with a lentil protein hydrolysate and a mixed training protocol on the lipid metabolism and hepatic markers of NAFLD in Zucker rats. *Food Funct*, **2018**. 9(2): 830-850.