

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