**S4 Table:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Training Block** | **Training Stress Score (TSS)** | **Absolute RMR (kJ.day-1)** |
| **Leptin** **(% change)** | F(5, 83.769) = 0.4916, p = 0.78 | F(1, 27.734) = 2.5999, p = 0.12 | F(1, 19.486) = 0.1382, p = 0.71 |
| **fT3** **(% change)** | F(5, 83.526) = 0.0945, p = 0.99 | F(1, 38.307) = 0.0681, p = 0.80 | F(1, 22.597) = 0.2622, p = 0.61 |

*fT3 = free thyroid hormone (triiodothyronine); TSS = Training stress score*