**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*