

Supplemental Digital Content 4. Summary of accumulated training load during the 31-day dietary adaptation periods.

	Running			Cycling		Total	
	Distance (km)	TRIMP	sRPE	TRIMP	sRPE	TRIMP	sRPE
Habitual Diet	249.7 ± 104.9	2304 ± 918	6840 ± 3146	373 ± 692	1799 ± 3583	2677 ± 629	8665 ± 3120
Ketogenic Diet	253.7 ± 112.8	2582 ± 1131	7109 ± 3337	271 ± 392	969 ± 1517	2854 ± 885	8078 ± 2427
ES (± 90 % CI)	0.03 ± 0.16	0.27 ± 0.25	0.08 ± 0.32	-0.13 ± 0.31	-0.21 ± 0.38	0.25 ± 0.51	-0.17 ± 0.56

Values are presented as mean ± SD. ES = Cohen's *d* effect size as interpreted according to <0.2, >0.2, >0.6, >1.2, >2.0 and >4.0 for *trivial, small, moderate, large, very large* and *extremely large*, respectively. TRIMP *training impulse*; sRPE *session ratings of perceived exertion*.