

## Supplemental figure 1.

Representative western blot of total OXPHOS cocktail in duplicates from one sedentary (SED), moderately (MOD) and very trained (VERY) subject. Note that Complex IV present a weak signal in this cocktail, and quantification of that band is done after individual detection of that band to avoid the strong signal of the four others according to the manufactures recommendations. Antibody: ab110411, Abcam, Cambridge, MA, USA.

