

Supplemental Digital Content 1

Supplemental Table 1 – Dietary and physical activity controls.

Variable	Endurance		Sprint		Statistics	
	<i>Pre</i>	<i>Week 6</i>	<i>Pre</i>	<i>Week 6</i>	<i>END</i>	<i>SIT</i>
Caloric intake (kcal / day)	2233 ± 503	2155 ± 664	2157 ± 760	2186 ± 650	0.68	0.75
Carbohydrates (% of total kcal)	51 ± 8	47 ± 10	45 ± 10	47 ± 11	0.09	0.60
Fat (% of total kcal)	36 ± 8	37 ± 9	34 ± 5	33 ± 9	0.78	0.83
Protein (% of total kcal)	15 ± 4	15 ± 4	19 ± 6	20 ± 6	0.88	0.83
Sitting time (h / day)	18.1 ± 1.4	18.6 ± 1.8	18.6 ± 1.6	18.5 ± 3.3	0.31	0.83
Standing time (h / day)	3.6 ± 0.8	3.2 ± 0.9	3.4 ± 1.3	3.7 ± 2.8	0.27	0.66
Walking time (h / day)	2.0 ± 0.4	2.2 ± 1.2	1.9 ± 0.5	1.7 ± 1.0	0.76	0.45

Data are analyzed using paired two-tailed Students *t*-tests comparing week 6 vs. pre-training in each exercise group. Data are expressed as mean ± SD. n=9 END, n=8 SIT for dietary intake; n=6 END, n=6 SIT for physical activity.