

Supplementary Materials: Protein-Pacing and Multi-Component Exercise Training Improves Physical Performance Outcomes in Exercise-Trained Women: The PRISE 3 Study

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Table S1. RISE Exercise Training Protocol.

Exercise	Type	Work	RPE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Resistance (R)	WB	2–3 sets/exercise 10–15 reps	7–9	WB	---	---	---	---	---
Intervals (I)	C	7–10 sets 30–60 s work 2–4 min rest	10/3	---	X	RECOVERY	---	---	RECOVERY
Stretching (S)	S	≤60 min	7–8	---	---	---	WB	---	---
Endurance (E)	C	≥60min	6	---	---	---	---	X	---

RPE: rating of perceived effort; C: choice of exercise modality; WB: whole body exercise; S: stretching exercise; X: exercise day. Exercise modalities available for C include: running, cycling, swimming, elliptical, rowing, cross-country skiing, *etc.*

Table S2. Sample Menus from the CON and PRISE nutritional intervention diet plans during the 12 week intervention. Menus were isocaloric and similar in meal timing.

	CON (1.0 g/kg-BW/Day)	PRISE (2.0 g/kg-BW/Day)
Breakfast	Steel cut oats, eggs; honey, nut/seed butter, fruit, caffeine beverage, One-A-Day Multivitamins®; 12 g protein; 30 g carbohydrate; 15 g fat	Eggs/egg whites, blueberries, coconut butter/milk, e+® caffeine beverage, Ageless Essentials®; 25 g protein; 15 g carbohydrate; 15 g fat
Mid-morning snack	Nature Valley Protein Chewy Bars®; 10 g protein, 14 g carbohydrate, 12 g fat	IsaPro®, 1.5 scoops, fresh fruit, 27 g protein; 3 g carbohydrate; 1.5 g fat
Lunch	Whole grain pita, tuna/turkey/chicken, baked chips, fresh fruit; 15 g protein; 30 g carbohydrate; 15 g fat	IsaLean Pro®; 36 g protein; 21 g carbohydrate; 6 g fat
Mid-Afternoon snack	Nature Valley Sweet and Salty Nut Granola Bars®, Horizon Organic Milk®; 12 g protein, 42 g carbohydrate, 10 g fat	IsaLean Bars®, ½ cup of yogurt or fruit; 18 g protein; 30 g carbohydrate; 5 g fat
Dinner	Fish/poultry/beef, whole grain rice/pasta or legumes, fresh vegetables, dried fruit, olive oil, water; 15 g protein; 30 g carbohydrate; 15 g fat	Fish/poultry/beef, fresh vegetables, chopped nuts, dried fruit, olive oil, milk; 25 g protein; 20 g carbohydrate; 15 g fat
Evening snack	Fresh fruit, nuts; 2–3 g protein; 20 g carbohydrate; 9 g fat	Greek yogurt, fruit; Ionix Supreme®; 5 g protein; 20 g carbohydrate; 5 g fat
Exercise Days *	Gatorade G2®, Electrolyte beverage	Replenish®, Electrolyte beverage

CON: protein based on 1.0g/kg-BW/day for a 64 kg-women; PRISE: protein based on 2.0g/kg-BW/day for a 64 kg-women. Meals were consumed ~3 h apart throughout the day.