

S1 Table:

Individual data for RNA concentration and quality in Experiment 1

Sample	RNA concentration (ng/ μ l)	RNA yield (ng RNA per mg muscle)	RQI	RQI classification	A_{260}/A_{280}	A_{260}/A_{230}
Good Practice 1	197.50	318.5	8.00	Pass	1.85	0.58
Good Practice 2	280.50	480.9	8.10	Pass	1.80	1.22
Good Practice 3	340.00	505.0	8.60	Pass	1.84	1.09
Good Practice 4	278.50	397.9	9.40	Pass	1.80	1.20
Thaw 1	185.00	430.2	7.80	Pass	1.68	1.52
Thaw 2	215.50	659.7	7.80	Pass	1.74	0.33
Thaw 3	268.50	676.9	8.50	Pass	1.79	1.00
Thaw 4	119.00	324.5	8.40	Pass	1.56	1.29
Free thaw 1	225.50	697.4	8.20	Pass	1.75	0.96
Free thaw 2	166.50	675.0	8.20	Pass	1.69	0.38
Free thaw 3	259.50	949.4	9.00	Pass	1.77	0.80
Free thaw 4	246.50	859.9	8.90	Pass	1.84	1.34