

**S1 Table. Baseline characteristics of the participating athletes (N = 21 subjects).**

	<b>SB<sub>pre</sub></b>	<b>PLA<sub>pre</sub></b>	<i>p value</i> <sup>a</sup> Baseline (SB vs. PLA)
Age (yr)		32 ± 5	-
Body height (cm)		174 ± 8	-
Body mass (kg)	73.0 ± 14.0	73.2 ± 13.8	0.455
FM (kg)	13.6 ± 4.9	13.9 ± 4.9	0.075
FFM (kg)	58.4 ± 13.4	59.3 ± 13.7	0.140
TBW (L)	44.7 ± 10.2	44.3 ± 9.6	0.509

Data are mean ± SD. SB, sodium bicarbonate; PLA, placebo; FM, fat mass; FFM, fat free mass; TBW, total body water content. <sup>a</sup> Depending on the data distribution (normal; not normal): one side paired t-Student test or the Wilcoxon test.