Supplementary material

1.1 Overall energy intake and macronutrient composition

A descriptive table of overall energy intake and macronutrient composition is reported in Table 1

Total energy intake				
Camp Day	**Energy (kcal)**	**CHO (g)**	**Fat (g)**	**Pro (g)**
Day 1	4004±1017*	637±162*†	59±15	139±36•
Day 2	4609±1061*	839±202†	111±27#$	210±54
Day 3	4734±1328*	651±189*†	92±25#$	155±43•
Day 4	4133±731*	686±125*	73±13	129±28•
Day 5	4793±887*	691±116*	118±28#$	163±34•
Day 6	4141±489*	740±83*	65±6	156±15•
Day 7	4578±473*	604±82*†	102±10#$	197±12‡
Day 8	4619±543*	703±109*	94±13#$	227±21‡
Day 9	6177±811	938±162	83±9#	198±24‡
Overall	4636±1035	720±171	89±263	174±45
P value	<0.001	<0.001	<0.001	<0.001

Table 1. Overall and day-by-day macronutrient intake over the 9-day training camp. Data is inclusive of standardised meals and in-ride energy intake. Data is reported as mean ± SD. n=16. *p≤0.05 in the number of kcals consumed on the identified day versus the amount consumed on day 9. † p≤0.05 in the amount of CHO consumed on the identified day versus the amount consumed on day 2. ‡ p≤0.05 in the amount of protein consumed on the identified day versus the amount consumed on day 1.• p≤0.05 in the amount of protein consumed on the identified day versus the amount consumed on day 2. # p≤0.05 in the amount of fat consumed versus the amount consumed on day 1. $ p≤0.05 in the amount of protein consumed on the identified day versus the amount consumed on day 6.

1.2 Exercise physiological responses to cycle training sessions

The physical and physiological responses to cycle training sessions are reported in Table 2

The physical and physiological responses to cycle training sessions												
Day N	**Duration (h)**	**Distance (km)**	**P_{mean} (w)**	**P_{max} (w)**	**HR_{mean} (bpm)**	**HR_{max} (bpm)**	**HR Z1** ≤63%	**HR Z2** 64-77%	**HR Z3** 78-87%	**HR Z4** 88-97%	**HR Z5** 98-105%	**HR Z6** ≥106%
Day 1	4.2	134	197	726	140	178	90	67	70	25	2	0
Day 2	5.5	164	191	943	140	179	114	110	77	24	3	1
Day 3	2.0	56	148	591	112	146	106	15	0	0	0	0
Day 4	5.8	182	209	803	142	186	122	106	75	37	4	2
Day 5	3.6	110	186	707	126	159	133	71	8	0	0	0
Day 6	CPX											
Day 7	3.2	90	179	835	125	174	125	37	20	16	2	0
Day 8	4.5	144	199	725	125	175	119	91	30	7	0	0
Day 9	5.8	183	219	858	139	177	148	137	52	13	0	0
Overall	4.3±1.4	133±45	191±22	773±109	131±11	172±13	120±17	79±40	41±31	15±13	1±1	0±1

Table 2. Physical and physiological responses to cycle training. Data are presented as mean±SD. n=16. N; number. h; hours. km' kilometres. P; power. HR; heart rate. bpm; beats per minute. Z; zone. CPX; cardiopulmonary exercise testing. HR zones are presented as % maximum (HR_{max}) and categorised as; Zone 1; ≤63%, Zone 2; 64-77%, Zone 3; 78-87%, Zone 4; 88-97%, Zone 5; 98-105%, Zone 6; ≥106%

1.3 Day by day glycaemic varience during training camp

The mean [***iG***] are reported for each day and night, and overall in Figure 1.

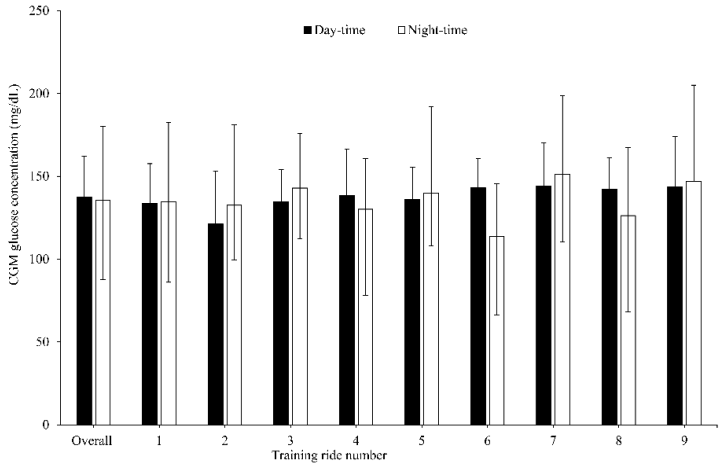

Figure 1. Interstitial glucose concentrations [*iG*] (mean±SD) over each day (06:00 to 23:59) and night (00:00 to 05:59) during 9 days of consecutive training.