

S1 Table. Summary of individual monitoring data.

Individual data are summarized for recovered and strained state. Group data summarizes mean individual data.

Player State	A		B		C		D		E		F		G		H		I		J		Overall	
	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain
Natural Logarithm of Creatine Kinase (U/L)																						
Tests	5	5	4	6	7	7	6	7	4	5	4	5	5	5	5	3	5	7	7	7	52	57
Mean	4.78	5.30	4.90	5.73	5.08	5.50	4.91	5.67	4.26	4.70	5.05	5.50	4.34	4.91	5.05	6.19	6.05	6.44	5.14	5.85	4.95	5.58
SD	0.11	0.40	0.17	0.28	0.31	0.64	0.33	0.46	0.19	0.36	0.18	0.38	0.41	0.41	0.35	0.46	0.61	0.97	0.26	0.16	0.49	0.53
Diff.	0.52		0.84		0.42		0.76		0.44		0.46		0.57		1.14		0.39		0.71		0.62 ± 0.24	
d	1.60		2.56		1.27		2.34		1.34		1.40		1.75		3.49		1.18		2.17		1.91 ± 0.73	
Creatine Kinase (U/L)																						
Antilog	119	201	134	309	161	244	135	290	71	109	155	245	77	136	156	487	425	625	170	347	142	265
SD_{antilog}	[107, 133]	[134, 300]	[112, 159]	[234, 408]	[118, 218]	[129, 462]	[97, 188]	[183, 460]	[58, 86]	[76, 157]	[130, 185]	[168, 359]	[51, 115]	[91, 204]	[110, 220]	[308, 772]	[232, 779]	[237, 1646]	[131, 222]	[295, 407]	[87, 232]	[156, 450]
Diff_{antilog}	82		175		83		155		39		90		59		332		200		176		123	
Natural Logarithm of Urea (mg/dL)																						
Tests	5	5	4	6	7	7	6	7	4	5	4	5	5	5	5	3	5	7	7	7	52	57
Mean	2.92	3.11	3.25	3.26	3.33	3.40	3.35	3.59	3.73	3.66	3.03	3.28	3.17	3.13	3.28	3.31	3.72	3.63	3.38	3.50	3.32	3.39
SD	0.13	0.26	0.09	0.13	0.10	0.17	0.12	0.11	0.04	0.11	0.33	0.13	0.11	0.23	0.11	0.28	0.09	0.19	0.14	0.15	0.26	0.20
Diff.	0.19		0.01		0.07		0.24		-0.07		0.25		-0.03		0.03		-0.09		0.13		0.07 ± 0.12	
d	1.38		0.04		0.52		1.73		-0.52		1.79		-0.22		0.20		-0.64		0.92		0.52 ± 0.90	
Urea (mg/dL)																						
Antilog	19	22	26	26	28	30	29	36	42	39	21	27	24	23	26	27	41	38	29	33	28	30
SD_{antilog}	[16, 21]	[17, 29]	[24, 28]	[23, 30]	[25, 31]	[25, 36]	[25, 32]	[33, 40]	[40, 43]	[35, 43]	[15, 29]	[23, 30]	[21, 26]	[18, 29]	[24, 29]	[21, 36]	[37, 45]	[31, 46]	[25, 34]	[29, 39]	[21, 36]	[24, 36]
Diff_{antilog}	4		0		2		8		-3		6		-1		1		-3		4		2	

S1 Table. Continued

Player State	A		B		C		D		E		F		G		H		I		J		Overall	
	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain
Short Recovery and Stress Scale - Physical Performance Capability (0-6)																						
Tests	4	3	4	6	6	6	6	6	4	4	3	3	6	5	4	1	5	6	7	7	49	47
Mean	3.5	3.3	3.5	3.0	4.3	3.3	3.7	3.3	3.5	3.0	4.0	3.3	3.7	2.6	4.0	3.0	3.6	3.3	4.0	3.1	3.8	3.1
SD	0.6	0.6	0.6	0.0	0.8	0.5	0.8	0.5	0.6	0.8	0.0	1.2	0.8	0.5	0.8		0.9	0.8	0.0	0.4	0.3	0.2
Diff.	-0.2		-0.5		-1.0		-0.3		-0.5		-0.7		-1.1		-1.0		-0.3		-0.9		-0.6 ± 0.3	
d	-0.24		-0.73		-1.46		-0.49		-0.73		-0.98		-1.56		-1.46		-0.39		-1.25		-0.93 ± 0.48	
Short Recovery and Stress Scale - Overall Recovery (0-6)																						
Tests	4	3	4	6	6	6	6	6	4	4	3	3	6	5	4	1	5	6	7	7	49	47
Mean	3.3	2.3	3.8	2.0	4.3	3.8	3.3	2.2	3.8	1.8	4.7	2.0	3.5	2.6	4.0	3.0	3.4	2.5	4.3	2.6	3.8	2.5
SD	1.0	0.6	1.0	0.0	0.8	0.8	1.2	0.4	1.0	1.3	0.6	0.0	0.8	0.5	0.0		0.5	1.0	0.8	0.8	0.5	0.6
Diff.	-0.9		-1.8		-0.5		-1.2		-2.0		-2.7		-0.9		-1.0		-0.9		-1.7		-1.4 ± 0.7	
d	-1.09		-2.08		-0.59		-1.38		-2.37		-3.16		-1.07		-1.19		-1.07		-2.03		-1.60 ± 0.78	
Short Recovery and Stress Scale - Muscular Stress (0-6)																						
Tests	4	3	4	6	6	6	6	5	4	4	3	3	6	5	4	1	5	5	7	7	49	45
Mean	2.3	3.7	1.5	4.0	1.5	3.0	1.3	3.8	1.3	3.8	1.3	4.0	2.3	3.8	1.8	4.0	2.8	3.4	1.6	3.1	1.8	3.7
SD	0.5	0.6	0.6	0.0	0.5	0.9	0.5	0.4	0.5	2.1	0.6	0.0	0.8	0.8	0.5		0.4	1.1	1.0	0.7	0.5	0.4
Diff.	1.4		2.5		1.5		2.5		2.5		2.7		1.5		2.3		0.6		1.6		1.9 ± 0.7	
d	2.17		3.83		2.30		3.78		3.83		4.09		2.25		3.45		0.92		2.41		2.90 ± 1.04	
Short Recovery and Stress Scale - Overall Stress (0-6)																						
Tests	4	3	4	6	6	6	6	5	4	4	3	3	6	5	4	1	5	5	7	7	49	45
Mean	3.0	3.7	2.5	3.5	1.5	2.8	1.8	3.6	1.5	3.3	2.0	4.3	2.7	3.6	2.0	4.0	2.4	3.6	1.6	3.4	2.1	3.6
SD	1.2	1.2	1.0	0.5	0.8	1.0	0.8	0.9	0.6	0.5	0.0	0.6	1.0	0.5	0.0		0.5	1.1	0.5	0.5	0.5	0.4
Diff.	0.7		1.0		1.3		1.8		1.8		2.3		0.9		2.0		1.2		1.9		1.5 ± 0.5	
d	0.88		1.31		1.75		2.32		2.30		3.07		1.23		2.63		1.58		2.44		1.95 ± 0.70	

S1 Table. Continued

Player State	A		B		C		D		E		F		G		H		I		J		Overall	
	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain	Rec	Strain
Countermovement Jump Height (cm)																						
Tests	5	5	4	6	6	7	6	7	5	5	4	5	6	5	3	2	5	7	7	7	51	56
Mean	29.2	29.2	36.0	37.3	33.8	34.8	40.4	40.0	33.6	33.2	32.2	32.8	31.2	31.8	50.3	50.2	37.6	38.6	35.8	36.2	36.0	36.4
SD	0.9	1.0	1.5	0.9	1.0	1.3	1.0	0.9	0.6	1.3	0.8	0.7	2.2	1.0	0.6	1.1	0.9	1.2	0.7	1.5	6.0	5.8
Diff.	0.0		1.3		1.0		-0.4		-0.4		0.6		0.6		-0.2		1.0		0.4		0.4 ± 0.6	
d	0.00		1.14		0.87		-0.36		-0.36		0.54		0.54		-0.16		0.83		0.32		0.34 ± 0.54	
Jump Efficiency Coefficient (index)																						
Tests	5	5	4	6	6	7	6	7	5	5	4	5	6	5	3	1	5	5	7	7	51	53
Mean	1.13	1.14	1.49	1.65	1.18	1.23	1.64	1.73	1.30	1.27	1.10	1.29	1.47	1.50	1.80	1.78	1.73	1.69	1.26	1.32	1.41	1.46
SD	0.17	0.17	0.09	0.19	0.23	0.21	0.31	0.17	0.11	0.14	0.33	0.18	0.22	0.31	0.13		0.20	0.06	0.05	0.11	0.25	0.24
Diff.	0.02		0.16		0.05		0.09		-0.03		0.20		0.03		-0.03		-0.04		0.06		0.05 ± 0.08	
d	0.08		0.77		0.23		0.43		-0.17		0.97		0.15		-0.13		-0.17		0.27		0.24 ± 0.39	
Exercise Heart Rate (bpm)																						
Tests	4	3	4	4	7	7	6	7	5	3	4	5	6	5	2	2	4	6	6	5	48	47
Mean	186.5	182.3	171.0	170.8	160.6	157.1	166.3	160.9	183.4	180.3	188.8	185.4	161.3	161.4	171.0	170.0	171.5	169.5	179.3	178.2	174.0	171.6
SD	0.6	0.6	2.9	1.5	2.6	2.0	2.6	3.4	1.3	2.5	2.6	4.9	2.6	3.5	1.4	1.4	3.3	2.4	1.2	3.3	10.1	9.8
Diff.	-4.2		-0.2		-3.5		-5.4		-3.1		-3.4		0.1		-1.0		-2.0		-1.1		-2.4 ± 1.8	
d	-1.81		-0.09		-1.51		-2.33		-1.34		-1.47		0.04		-0.43		-0.86		-0.48		-1.03 ± 0.79	
Rating of Perceived Exertion (6-20)																						
Tests	5	4	4	5	7	7	6	7	5	3	4	5	6	5	3	2	4	6	7	7	51	51
Mean	15.8	15.8	15.3	15.2	13.9	14.6	11.3	12.0	15.6	15.0	15.3	15.4	13.0	13.8	11.7	14.0	13.0	12.3	14.0	14.1	13.9	14.2
SD	1.1	1.0	1.0	0.8	0.7	1.1	1.0	1.3	1.1	1.0	1.5	1.1	0.6	1.1	0.6	1.4	0.8	1.0	0.8	1.1	1.6	1.3
Diff.	-0.1		-0.1		0.7		0.7		-0.6		0.2		0.8		2.3		-0.7		0.1		0.3 ± 0.9	
d	-0.05		-0.05		0.75		0.71		-0.64		0.16		0.85		2.47		-0.71		0.15		0.36 ± 0.92	

Rec: 'recovered' state; Strain: 'strained' state; SD: standard deviation; Diff.: mean difference between recovered and strained state; *d*: standardized mean difference = mean difference divided by pooled within-player SD, Antilog: back-transformed means of lnCK and lnUrea, Diff_{antilog}: difference between back-transformed means lnCK and lnUrea, SD_{antilog}: back-transformed values for mean – SD and mean + SD for lnCK or lnUrea [mean – SD, mean + SD].

Overall: means, mean differences and standardized mean differences are presented as grand means and between-player SDs for all 10 players.