

Table SDC 1. Characteristics of elite race walkers

	High CHO Availability (HCHO)	Low CHO, High Fat (LCHF)
Sample Size	9	9
Age (years)	25.9 ± 7.0	26.2 ± 6.7
BM (kg)	64.6 ± 7.4	63.1 ± 7.4
Baseline $\dot{V}O_{2peak}$ (mL·kg <sup>-1</sup> ·min <sup>-1</sup> )	61 ± 6	64 ± 7
Personal Best in 10km race walk (min:ss.ms)	42:38.96 ± 3:49.21	41:35.73 ± 2:10.03
Personal Best in 20km race walk (h:min:ss)	1:23:40 ± 2:09	1:21:55 ± 2:50
Phase 1 (Baseline) Training Volume (km)	71.7 ± 27.7	67.6 ± 24.3
Phase 2 Training Volume (km)	100.1 ± 21.8**	107.6 ± 21.3**
Phase 3 (Adaptation) Training Volume (km)	115.8 ± 29.9***	102.6 ± 41.2**

Data are mean ± SD. Significant differences within group relative to Baseline denoted by \*\*( $p < 0.005$ ), \*\*\*( $p < 0.0001$ ).