

## Supplementary

**Table S1.** Biochemical and hematological parameters during the training camp.

	Reference Range		Position	n	Pre		Mid		Post			
					EMM	SE	EMM	SE	EMM	SE		
ALB	3.8–5.3	g/dL	T5	7	4.7	0.1	4.7	0.1		4.7	< 0.1	
			BR	4	4.7	< 0.1	4.8	< 0.1	**	4.6	0.1	#
			BK	8	4.6	0.1	4.7	< 0.1		4.6	0.1	
CK	50–250	U/L	T5	7	811.6	173.2	758.0	108.5		411.3	87.2	**, ###
			BR	4	1834.3	305.6	1233.8	186.9		659.3	147.6	***, ###
			BK	8	315.1	86.7	802.5	101.7	***	436.9	53.8	***, ###
Hepcidin	79.0–49,000	pg/mL	T5	7	23,651.2	4454.6	17,755.4	1843.5		15,556.4	2642.0	
			BR	4	22,465.9	3199.9	17,994.0	1636.9		13,715.6	1755.2	
			BK	8	10,776.7	1747.1	12,821.0	714.7		12,343.8	2331.6	
WBC	3900–9800	/μL	T5	7	5957.1	384.3	6528.6	664.8	**	5942.9	578.5	*
			BR	4	6875.0	89.3	6425.0	138.6		6025.0	460.1	
			BK	8	5625.0	284.9	6062.5	360.5	*	6162.5	526.8	
RBC	427–570	×10 <sup>4</sup> /μL	T5	7	512.3	9.1	510.1	12.4		514.6	8.4	
			BR	4	487.3	5.6	499.3	7.7	***	497.0	7.5	**, #
			BK	8	512.8	12.3	509.0	12.8		510.9	13.4	
Hb	13.5–17.6	g/dL	T5	7	15.1	0.3	15.1	0.2		15.3	0.1	
			BR	4	14.9	0.4	15.1	0.4	*	15.0	0.5	**
			BK	8	15.5	0.3	15.4	0.3		15.6	0.4	
Hct	39.8–51.8	%	T5	7	46.8	1.1	46.5	0.7		48.3	0.4	##
			BR	4	45.4	0.8	46.2	1.1	**	47.2	1.3	**, #
			BK	8	48.3	0.8	46.9	0.6	***	48.4	1.0	#
MCV	83–102	fL	T5	7	91.6	1.6	91.1	1.5		94.0	1.4	***, ###
			BR	4	93.5	1.1	92.8	1.1	***	95.0	1.1	##
			BK	8	94.4	1.0	92.3	1.3	***	95.0	1.1	*, ###
MCH	28.0–34.6	pg	T5	7	29.5	0.5	29.6	0.4		29.8	0.5	
			BR	4	30.5	0.6	30.1	0.6		30.2	0.6	**
			BK	8	30.2	0.4	30.3	0.4		30.5	0.3	*
MCHC	31.6–36.6	%	T5	7	32.3	0.2	32.4	0.2		31.7	0.2	**, ###
			BR	4	32.7	0.3	32.6	0.3		31.8	0.4	**, ##
			BK	8	32.1	0.2	32.8	0.2	***	32.1	0.2	###
PLT	13.0–36.9	×10 <sup>4</sup> /μL	T5	7	25.3	1.3	26.2	1.5		26.3	1.7	
			BR	4	28.4	1.7	28.2	1.9		27.3	1.4	*
			BK	8	23.5	1.4	22.9	2.0		25.7	1.0	**, #

EMM estimated marginal mean; SE standard error; \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$  vs. Pre; #  $p < 0.05$ , ##  $p < 0.01$ , ###  $p < 0.001$  vs. Mid; T5, Tight-5 (numbers 1–5); BR, Back row (numbers 6–8); and BK, Backs (numbers 9–15).

## Supplementary

**Table S2.** Physical activity in the first half of the pre-season camp.

[illegible]

Exercise	Yoga	02160	4	30	2			30	2	30	2	30	2	30	2	2.0
	Team practice	15560	8.3	150	20.75	60	8.3			150	20.75	150	20.75			17.6
	Stretch	02101	2.3	30	1.15	30	1.15	30	1.15	30	1.15	30	1.15	30	1.15	1.2
	Unit training	15560	8.3	150	20.75	120	16.6			120	16.6	90	12.45			16.6
	Skill training	15562	6.3	150	15.75			60	6.3			60	6.3			9.5
	Core exercise	02160	4			30	2									2.0
	Weight training	02050	6			120	12									12.0
	Strength and Fitness	02050	6					60	6							6.0
	Fitness	02040	8							150	20					20.0
	Cap Run	12010	6											60	6	6.0
	Pool	18367	2.5													
	Game	15560	8.3					80	11.0667					80	11.0667	11.1
	Personal Training	02052	5	60	5	60	5	120	10	60	5	60	5	120	10	6.7
	Physical activity	METS·h			65.4		45.1		36.5		65.5		47.7		30.2	48.4
	Energy expenditure	kcal/kg			68.7		47.3		38.3		68.8		50.0		31.7	50.8
Activity	Recreation	07023	1.8	210	6.3	360	10.8	400	12	240	7.2	360	10.8	460	13.8	
other than	Meal	07022	1.5	180	4.5	180	4.5	180	4.5	180	4.5	180	4.5	180	4.5	
exercise	Sleep	07030	1	480	8	480	8	480	8	480	8	480	8	480	8	
	Physical activity	METS·h			18.8		23.3		24.5		19.7		23.3		26.3	22.7
	Energy expenditure	kcal/kg			19.7		24.5		25.7		20.7		24.5		27.6	23.8
Total	Physical activity	METS·h			84.2		68.4		61.0		85.2		71.0		56.5	71.0
	Energy expenditure	kcal/kg			88.4		71.8		64.1		89.5		74.5		59.3	74.6

