

SUPPLEMENTARY TABLE 4. Summary of physical performance and biomarker recovery.

Study	Biomarkers recovered (or not affected during training?)	Physical performance markers recovered (or not affected during training)?	% Of measured markers recovered/not affected?	Recovery measured for
Conkright et al.	Not measured	4/8	50%	6 weeks
Hamarsland et al.	11/13	2/3	81%	1+2 weeks ^a
Santos et al.	5/6	Not measured	83%	63 hours
Szivak et al.	1/6	3/3	44%	24h + no ^b
Henning et al.	9/10	Not measured	90%	2-6 weeks
Nindl et al.	9/12	3/3	80%	5 weeks
Gunga et al.	5/8	Not measured	63%	72 hours
Opstad 1992	15/19	Not measured	79%	4-5 days
Opstad 1982	3/3	Not measured	100%	6 days
Kyröläinen et al.	9/11	Not measured	82%	2 weeks
Vikmoen et al.	4/4	2/3	86%	1+2 weeks ^c
Mourtakos et al.	4/4	Not measured	100%	30 days

^a= Biomarkers were measured for 1 week, and physical performance for 2 weeks. ^b= Physical performance recovery was not measured at all. However, since no physical performance markers were affected at post, the data is reported on the physical performance column. ^c=All markers were measured for two weeks, but all biomarkers recovered within one week.