

**SUPPLEMENTARY TABLE 1** | Example of training performed during the team holding camp ( $n = 1$ ; female).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK -4 Pre-Olympic Games; Volume = 110km; 15.8% &gt; 4mmol·L<sup>-1</sup></b>							
<b>AM</b>	Travel to Cairns	10km Walk 5:11min·km <sup>-1</sup>	Lab Testing	Easy 6km Run + Gym 4:47min·km <sup>-1</sup>	Easy 12km Walk 5:07min·km <sup>-1</sup>	Easy 12km Walk + 30min Sauna 5:08min·km <sup>-1</sup>	20km Walk 4:58min·km <sup>-1</sup>
<b>PM</b>		Easy Run 4:52min·km <sup>-1</sup>	10km Walk 5:14min·km <sup>-1</sup>		Repetitions: 8x1609m*		Repetitions: 10x300m
<b>WEEK -3 Pre-Olympic Games; Volume = 125km; 17.9% &gt; 4mmol·L<sup>-1</sup></b>							
<b>AM</b>	Easy Run + Gym	Easy 12km Walk + 30min Sauna 5:07min·km <sup>-1</sup>	22km Walk 4:52min·km <sup>-1</sup>	Gym	Easy 8km Walk 5:09min·km <sup>-1</sup>	Easy Walk + Sauna	24km Walk 4:56min·km <sup>-1</sup>
<b>PM</b>		2x8x400m 3:45min·km <sup>-1</sup>	Easy Run + Sauna		Repetitions: 10x1200m*		Repetitions: 10x400m
<b>WEEK -2 Pre-Olympic Games; Volume = 72km; 16.7% &gt; 4mmol·L<sup>-1</sup></b>							
<b>AM</b>	6km Run + Gym	Warm-up	Easy 12-20km Walk	Gym	Warm-up	Travel to Sapporo	Warm-up
<b>PM</b>		Repetitions: 10x1km (4:10)	8km (Walk/Run)		Travel to Sydney	Light Training	Easy 6-8km Walk

\*Hyperhydration trial.