

**SUPPLEMENTARY TABLE 2** | Example of training performed during the team holding camp ( $n = 1$ ; male).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK -3 Pre-Olympic Games; Volume = 110km; 16.2% &gt; 4mmol·L<sup>-1</sup></b>							
<b>AM</b>	Travel to Cairns	Easy 10km Walk	Lab Testing	Easy 8km Walk 5:01min·km <sup>-1</sup>	Easy 12km Walk 5:09min·km <sup>-1</sup>	Easy 12km Walk 5:10min·km <sup>-1</sup>	33km Walk 4:56min·km <sup>-1</sup>
<b>PM</b>	Gym		Easy 8km Walk 5:01min·km <sup>-1</sup>		Repetitions <sup>†</sup> 8x1609m		Repetitions: 10x300m
<b>WEEK -2 Pre-Olympic Games; Volume = 120km; 18.7% &gt; 4mmol·L<sup>-1</sup></b>							
<b>AM</b>	Easy 6km Run + Gym	15km Walk <sup>†</sup> 5:04min·km <sup>-1</sup>	22km Walk 4:50min·km <sup>-1</sup>	Gym	Easy 8km Walk 5:08min·km <sup>-1</sup>	Easy 12km Walk 5:16min·km <sup>-1</sup>	25km Walk 4:48min·km <sup>-1</sup>
<b>PM</b>		Repetitions: 2x8x400m	Easy 9km Run 4:56min·km <sup>-1</sup>		Repetitions <sup>†</sup> 10x1200m		Repetitions: 10x400m
<b>WEEK -1 Pre-Olympic Games; Volume = 72km; 23.6% &gt; 4mmol·L<sup>-1</sup></b>							
<b>AM</b>	Rest Day	15km Walk 4:27min·km <sup>-1</sup>	18km Walk 4:58min·km <sup>-1</sup>	6km Run + Gym 4:16min·km <sup>-1</sup>	Warm-up	Travel to Sapporo	Warm-up
<b>PM</b>		5km Run 4:25min·km <sup>-1</sup>	Easy 7km Run 4:16min·km <sup>-1</sup>		Travel to Sydney	Easy 6km Walk 5:01min·km <sup>-1</sup>	Easy 5km Walk 5:07min·km <sup>-1</sup>

\*Hyperhydration trial. †Pre-cooling trial

