Article title: Total Energy Expenditure, Energy Intake and Body Composition in Endurance Athletes across the Training Season: A Systematic Review.

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Journal name: Sports Medicine

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Online Resource 2 – Results of methodological quality assessment undertaken on included studies.

Reference	1*	2	3	6	7	11	12	16	18	20	Total (/10)
Armstrong et al. 2012 [1]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Barr & Costill 1992 [2]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Bemben et al. 2004 [3]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Berg et al. 2008 [4]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Bescós et al, 2012 [5]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Boulay et al. 1994 [6]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Brewer et al. 2013 [7]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Brinkworth et al. 2002 [8]	Y	N	Y	Y	Y	U	N	Y	Y	Y	7
Carbuhn et al. 2010 [9]	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	9
Costa et al. 2014 [10]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Couzy et al. 1990 [11]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Decombaz et al. 1992 [12]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Dellavalle & Haas 2014 [13]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Desgorces et al. 2004 [14]	Y	Y	N	Y	Y	U	N	Y	Y	Y	7
Desgorces et al. 2008 [15]	Y	Y	N	Y	Y	U	N	Y	Y	Y	7
Drenowatz et al. 2012 [16]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Drenowatz et al. 2013 [17]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Emhoff et al. 2013 [18]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8

Enqvist et al. 2010 [19]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Fudge et al. 2006 [20]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Fudge et al. 2008 [21]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Garcia-Roves et al. 1998 [22]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Garcia-Roves et al. 2000 [23]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Gorsuch & Long 2013 [24]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Griffith et al. 1990 [25]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Hassapidou & Manstrantoni 2001 [26]	Y	Y	Y	Y	Y	U	N	Y	U	Y	7
Havemann & Goedecke 2008 [27]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Heinonen et al. 1993 [28]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Herring et al. 1992 [29]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	9
Hill & Davies 2002 [30]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	9
Hulton et al. 2010 [31]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	9
Jensen et al. 1992 [32]	Y	Y	N	Y	Y	U	N	Y	Y	Y	8
Jones & Leitch 1993 [33]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Jurimae et al. 1999 [34]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Jurimae et al. 2006 [35]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Jurimae & Jurimae 2004 [36]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Jurimae et al. 2007 [37]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Jurimae et al. 2011 [38]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Kabasakalis et al. 2007 [39]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Koshimizu et al. 2012 [40]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
LaForgia et al. 1999 [41]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Lazzer et al. 2012 [42]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Loftin et al. 1992 [43]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Maestu et al. 2010 [44]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Maïmoun et al. 2003 [45]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Magkos et al. 2007 [46]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Margaritis et al. 2003 [47]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8

Martin et al. 2002 [48]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Medelli et al. 2009 [49]	Y	N	Y	Y	Y	U	N	Y	Y	Y	7
Moses & Manore 1991 [50]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Motonaga et al. 2006 [51]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Muoio et al. 1994 [52]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Noland et al. 2001 [53]	Y	Y	Y	N	Y	U	N	Y	Y	Y	7
Ousley-Pahnke et al. 2001 [54]	N	Y	Y	Y	Y	U	N	Y	Y	Y	7
Palazzetti et al. 2004 [55]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Palm et al. 2005 [56]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Papadopoulou et al. 2012 [57]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Penteado et al. 2010 [58]	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	9
Peters & Goetzsche 1997 [59]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Phillips et al. 1993 [60]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Rehrer et al. 2010 [61]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Roberts & Smith 1992 [62]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Santos et al. 2014 [63]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Sato et al. 2011 [64]	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	9
Schena et al. 1995 [65]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Schenk et al. 2010 [66]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Schulz et al. 1992 [67]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Sherman et al. 1993 [68]	Y	N	Y	Y	Y	U	N	Y	Y	Y	7
Siders et al. 1991 [69]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Siders et al. 1993 [70]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Simsch et al. 2002 [71]	Y	N	Y	Y	Y	U	N	Y	Y	Y	7
Sjodin et al. 1994 [72]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Sundby & Gorelick 2014 [73]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Taylor et al. 1997 [74]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Tomten & Hostmark 2006 [75]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Trappe et al. 1997 [76]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8

Vaiksaar et al. 2011 [77]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Winters et al. 1996 [78]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Witard et al. 2011 [79]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Yeater et al. 1996 [80]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Zajac et al. 2014 [81]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8
Zalcman et al. 2007 [82]	Y	Y	Y	Y	Y	U	N	Y	Y	Y	8

*Numbers in this row refer to the question number in the Downs and Black scale [83]. The questions appear below. Y = yes, N = no, U = unable to determine.

1 = Is the hypothesis/aim/objective of the study clearly described?

2 = Are the main outcomes to be measured clearly described in the Introduction or Methods section?

3 = Are the characteristics of the patients included in the study clearly described?

6 = Are the main findings of the study clearly described?

7 = Does the study provide estimates of the random variability in the data for the main outcomes?

11 = Were the subjects asked to participate in the study representative of the entire population from which they were recruited?

12 = Were those subjects who were prepared to participate representative of the entire population from which they were recruited?

16 = If any of the results of the study were based on "data dredging", was this made clear?

18 = Were the statistical tests used to assess the main outcomes appropriate?

20 = Were the main outcome measures used accurate (valid and reliable)?

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