

SUPPLEMENTARY TABLE 5. Summary of biomarker recovery in studies

Study	Biomarkers measured	Biomarkers recovered	Biomarkers not recovered	Biomarkers not affected during training	Recovery measured for
Hamarsland et al.	13	11	2 ^a	0	1 week
Santos et al.	6	5	1	0	63 hours
Szivak et al.	6	1	5 ^b	0	24 hours
Henning et al.	10	9	1 ^c	0	2-6 weeks
Nindl et al.	12	6	3 ^d	3	5 weeks
Gunga et al.	8	5	3	0	72 hours
Opstad 1994	19	6	4	9 ^e	4-5 days
Opstad 1982	3	3	0	0	6 days
Kyröläinen et al.	11	8	2 ^f	1	2 weeks
Vikmoen et al.	4	4	0	0	1 week ^g
Mourtakos et al.	4	4	0	0	30 days

Note: “Biomarkers measured” includes only markers of which data was reported also during recovery. Note: if a marker was increased over pre values at recovery after being decreased compared to pre during training, it was considered recovered. Or, if a marker was decreased during training, but increased compared to pre at recovery point, it was also considered recovered).

^a= TSH increased only after 1 week, no effect at post, therefore can't be concluded if recovered or not.

Categorized here to not be recovered. ^b= NPY was not affected at post, but was decreased at recovery point, therefore not counted as recovered. ^c= T3 was not affected at post, but elevated at recovery point, therefore not counted as recovered. ^d= Lactate was not affected at post, but elevated at recovery point, therefore not counted as recovered. ^e= or no rhythm shown. ^f= T4 and urea were not affected at post (at 7-8 days), but higher at recovery, therefore not considered recovered. ^g= Recovery was measured for two weeks, but all biomarkers recovered within one week.