

project	distance	performance metric	Spearman rho	Spearman p-value
	unweighted UniFrac			
exmp1	distance (week 1 to 5.0)	RER-change	0.223648123	0.262118472
	unweighted UniFrac			
exmp1	distance (week 1 to 5.0)	VO2max-change	0.384004884	0.047985996
	weighted UniFrac			
exmp1	distance (week 1 to 5.0)	RER-change	0.022609237	0.910874146
	weighted UniFrac			
exmp1	distance (week 1 to 5.0)	VO2max-change	0.357753358	0.066928415
	Bray-Curtis distance			
exmp1	(week 1 to 5.0)	RER-change	0.141154963	0.482501569
	Bray-Curtis distance			
exmp1	(week 1 to 5.0)	VO2max-change	0.36996337	0.057506101
	Jaccard distance (week 1			
exmp1	to 5.0)	RER-change	0.048579305	0.809847438
	Jaccard distance (week 1			
exmp1	to 5.0)	VO2max-change	0.371794872	0.056186897

sample size Spearman q-value

27 0.703553346

27 0.325244093

27 0.963842003

27 0.332882987

27 0.861411527

27 0.332882987

27 0.963842003

27 0.332882987

project	distance	performance metric	Spearman rho	Spearman p-value
exmp1	unweighted UniFrac distance (week 1 to 6.0)	RER-change	-0.1964409	0.336145609
exmp1	unweighted UniFrac distance (week 1 to 6.0)	VO2max-change	0.056410256	0.784308648
exmp1	weighted UniFrac distance (week 1 to 6.0)	RER-change	-0.17830263	0.383498543
exmp1	weighted UniFrac distance (week 1 to 6.0)	VO2max-change	-0.17538462	0.391456855
exmp1	Bray-Curtis distance (week 1 to 6.0)	RER-change	-0.07357978	0.720928979
exmp1	Bray-Curtis distance (week 1 to 6.0)	VO2max-change	-0.18837607	0.356747017
exmp1	Jaccard distance (week 1 to 6.0)	RER-change	-0.12183442	0.553248967
exmp1	Jaccard distance (week 1 to 6.0)	VO2max-change	0.016752137	0.935263896

Spearman q-  
sample size value

26 0.96227905

26 0.97826577

26 0.96227905

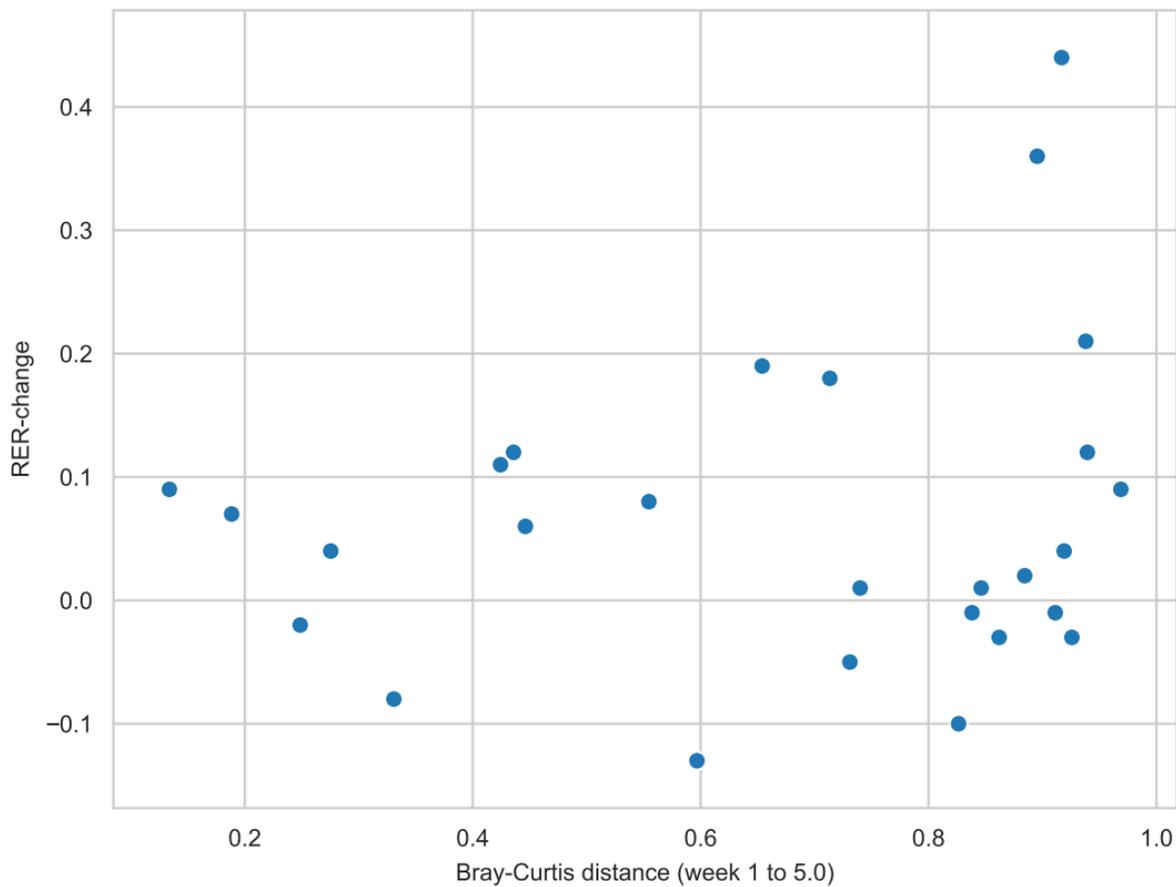
26 0.96227905

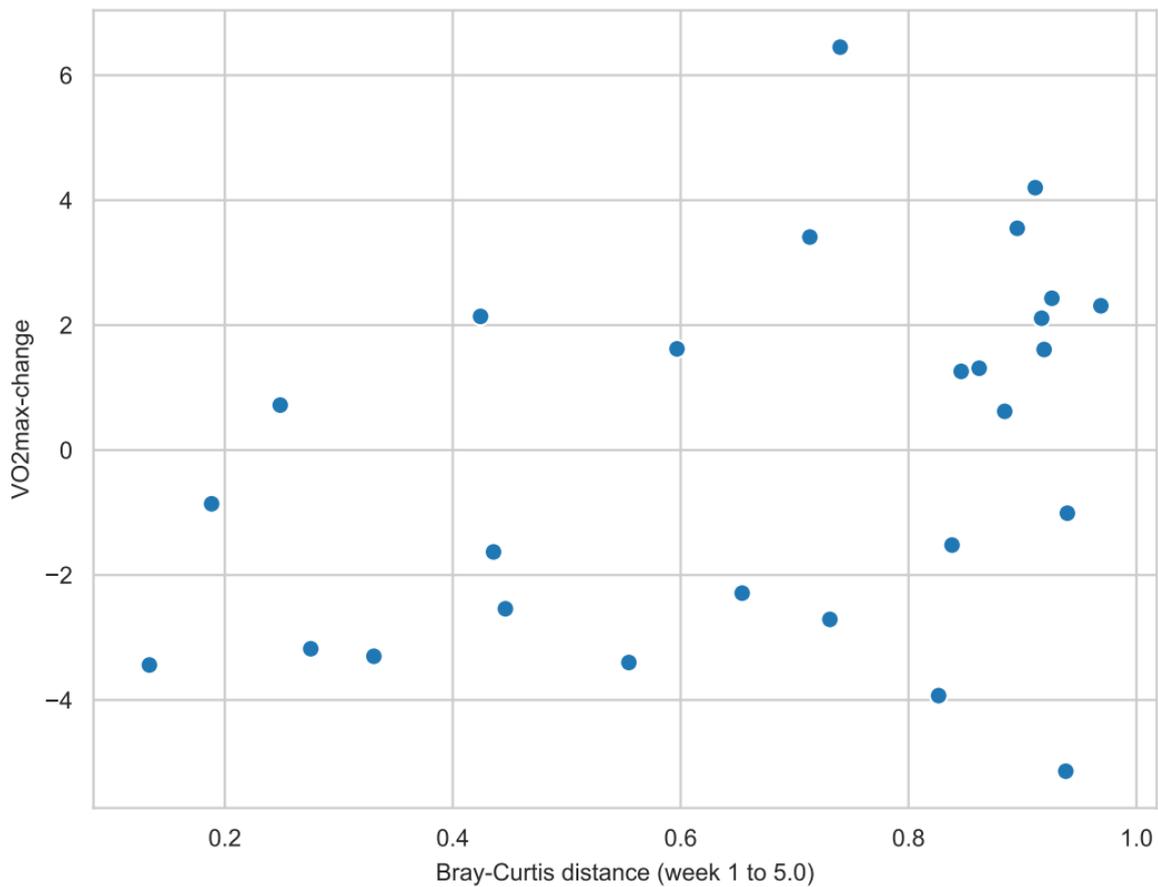
26 0.97826577

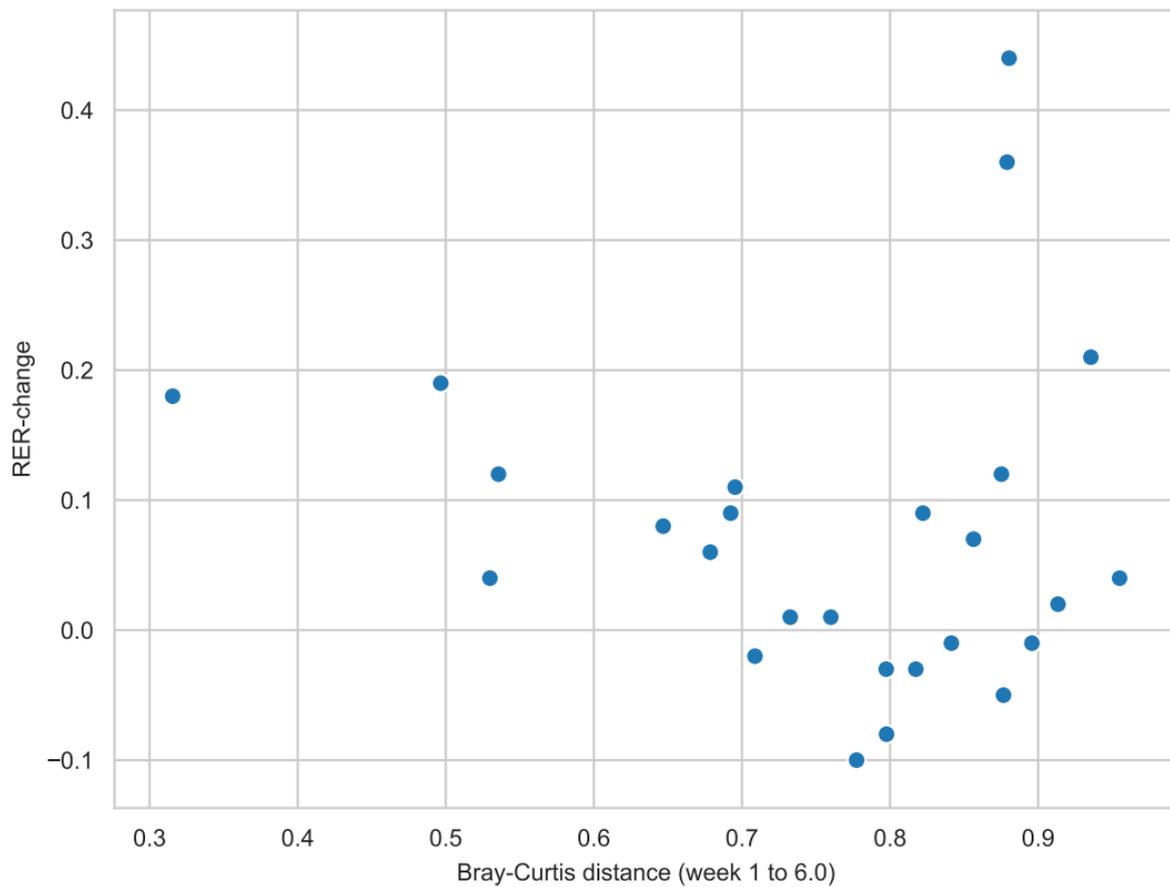
26 0.96227905

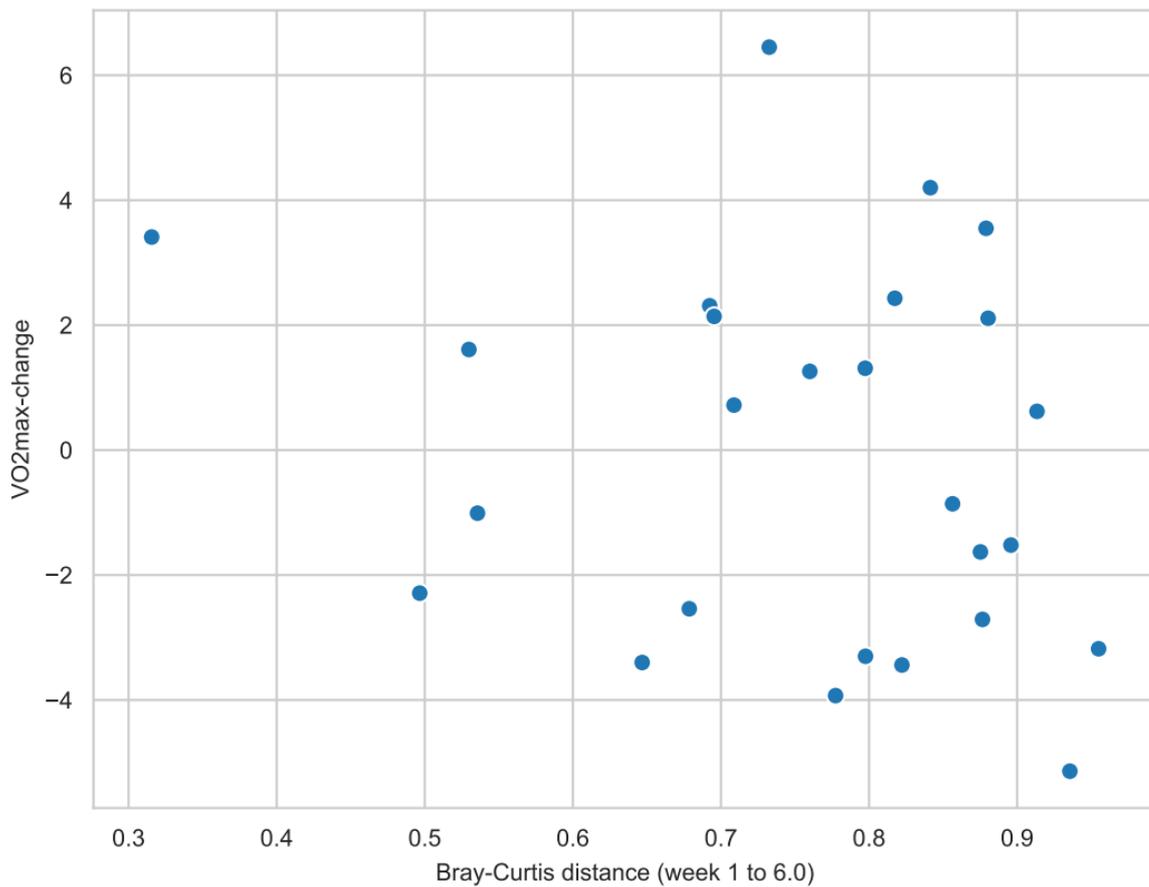
26 0.96227905

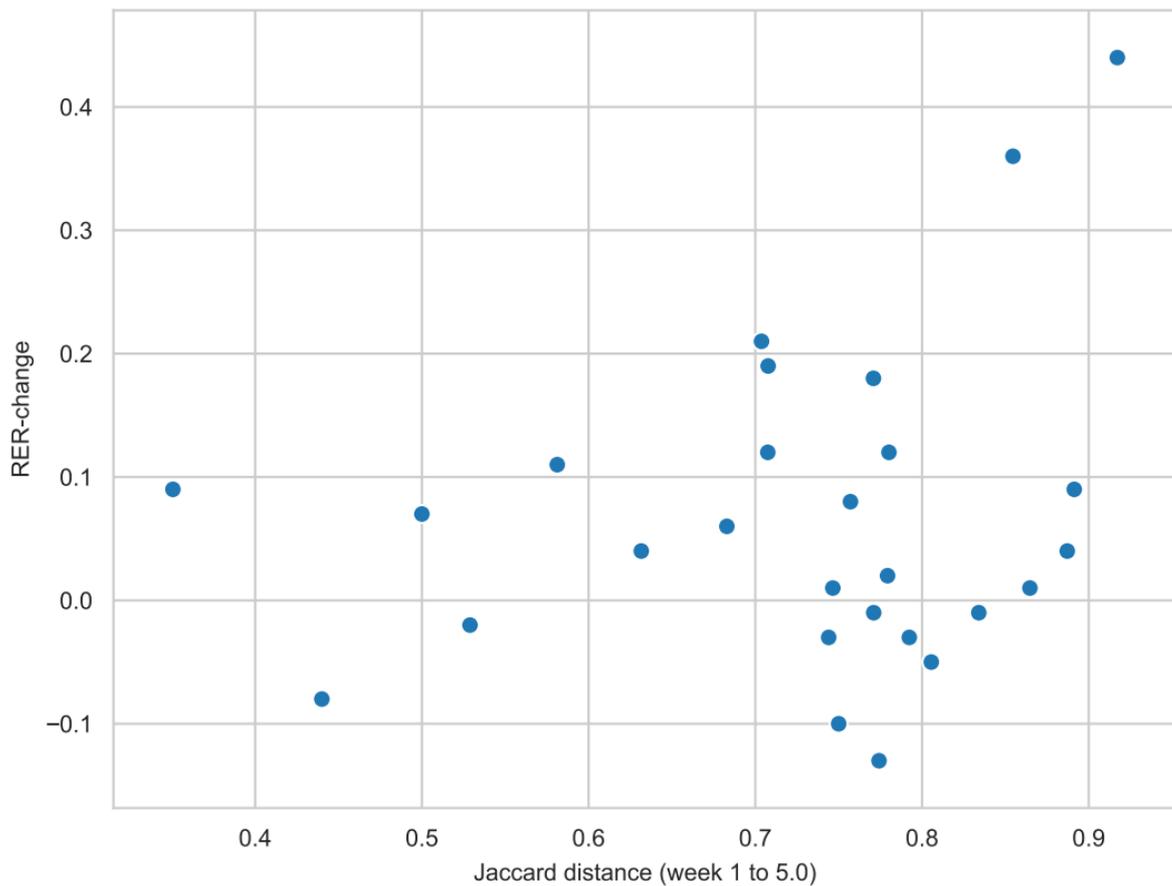
26 0.97826577

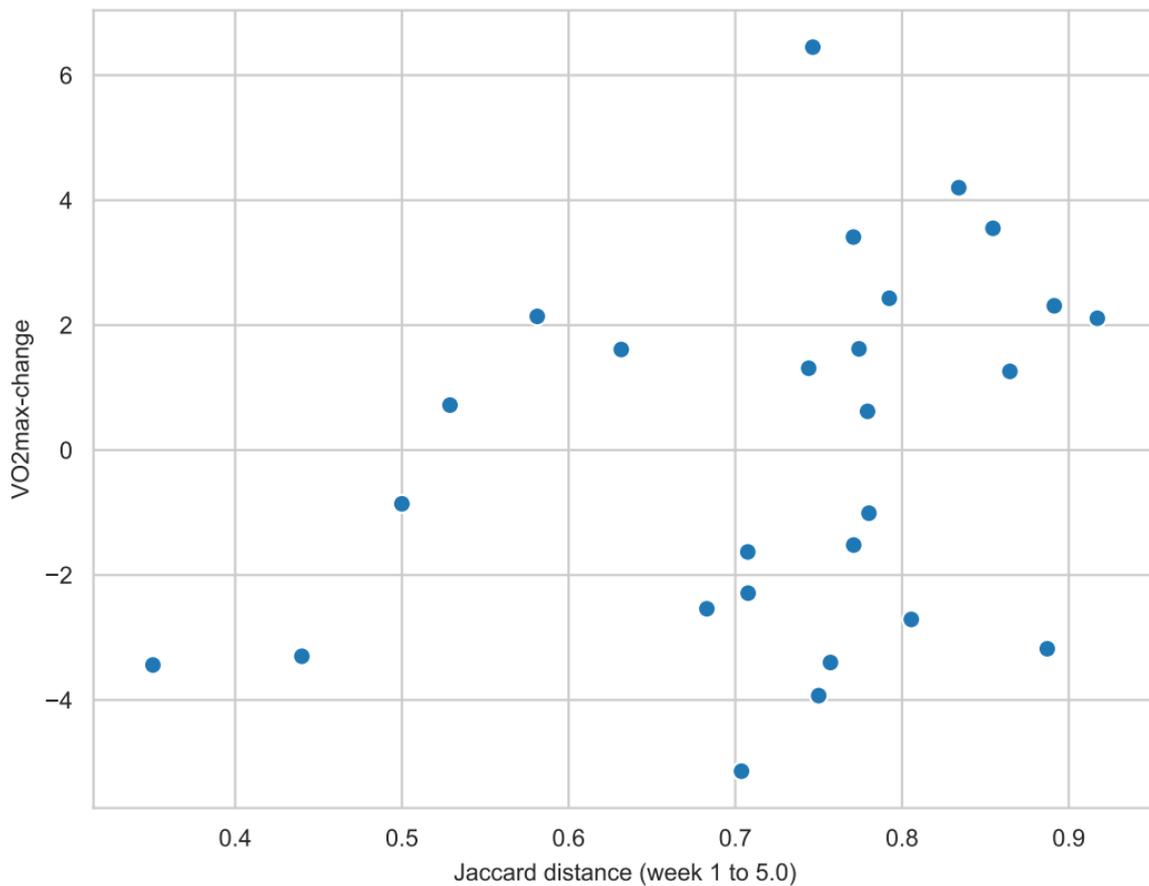


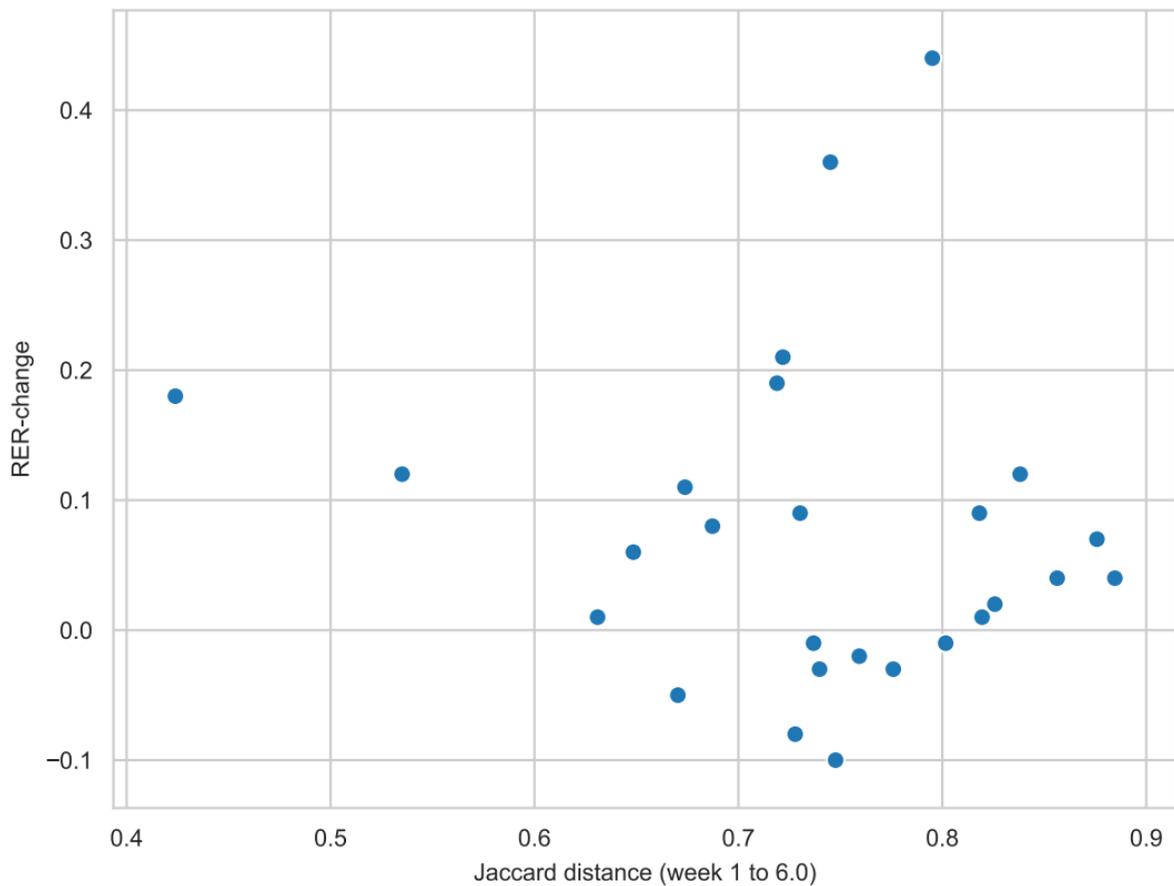


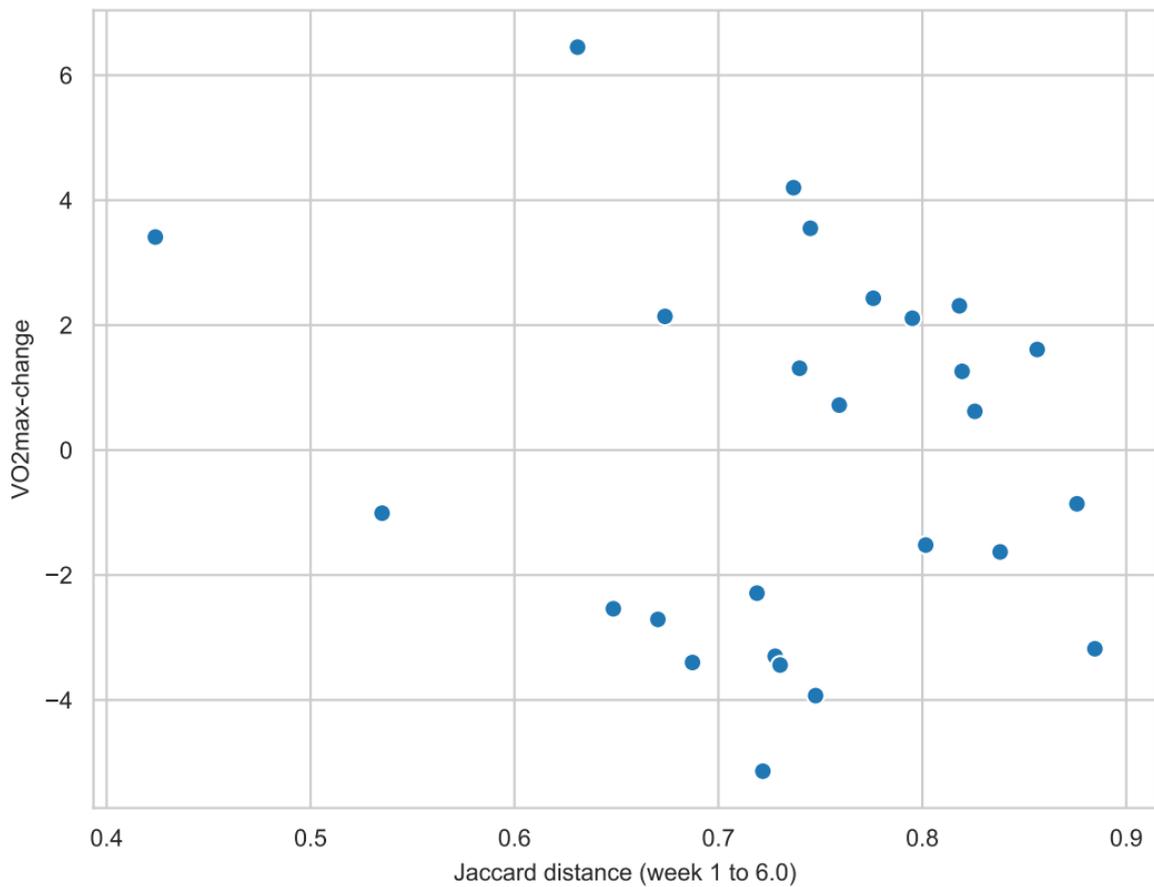


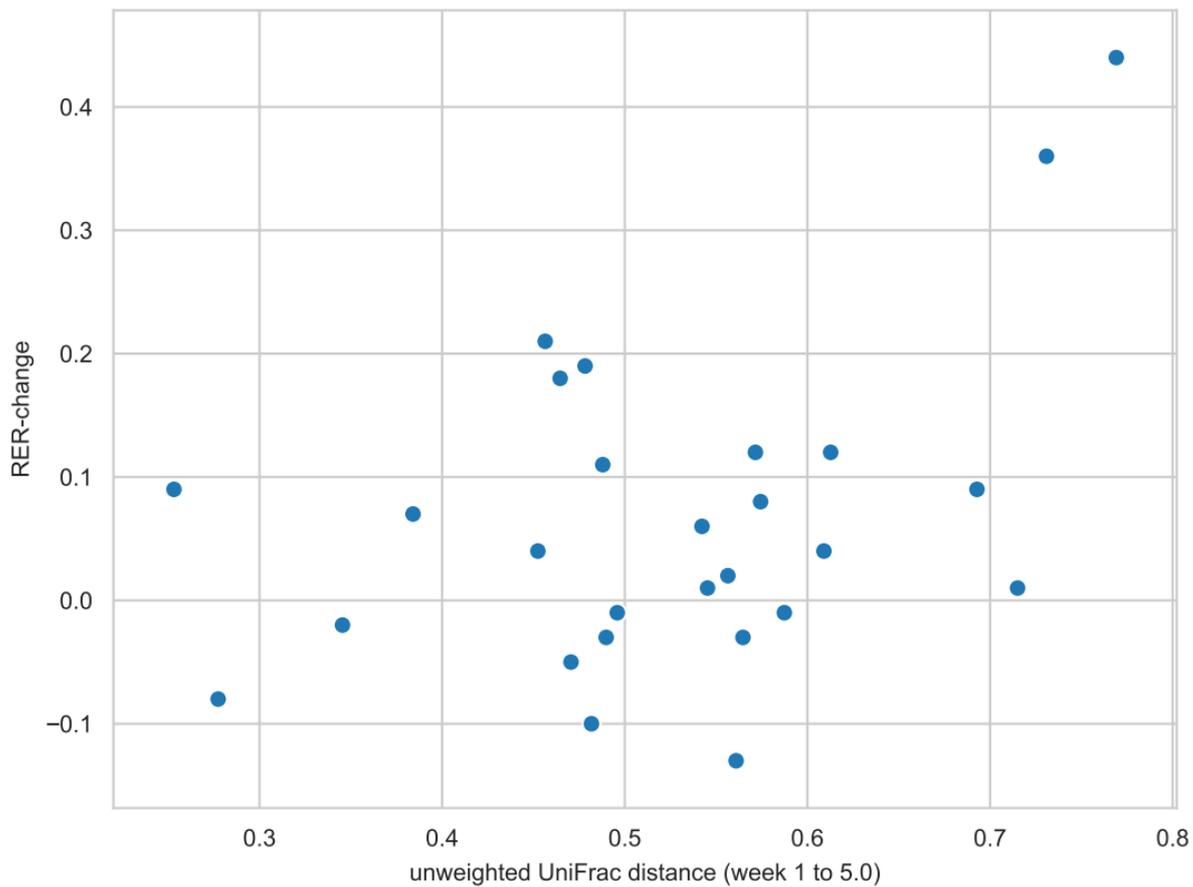


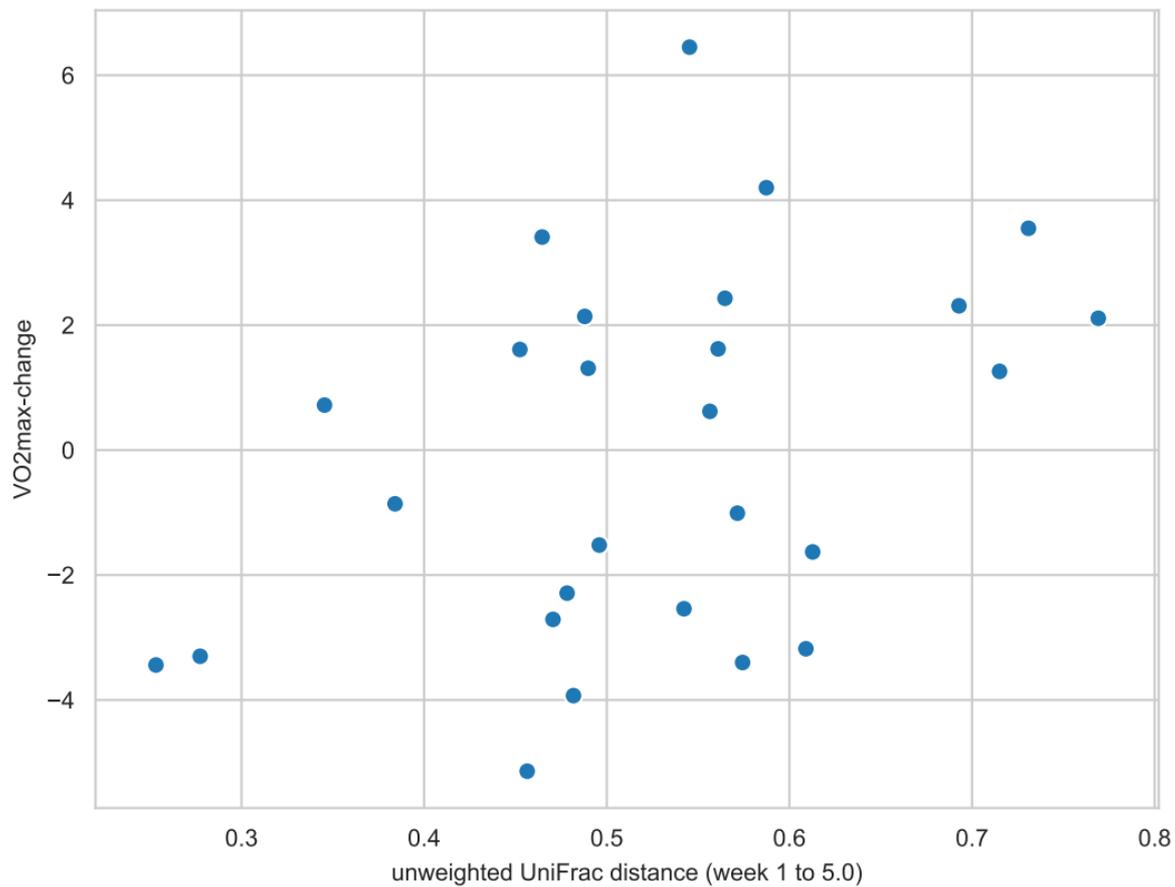


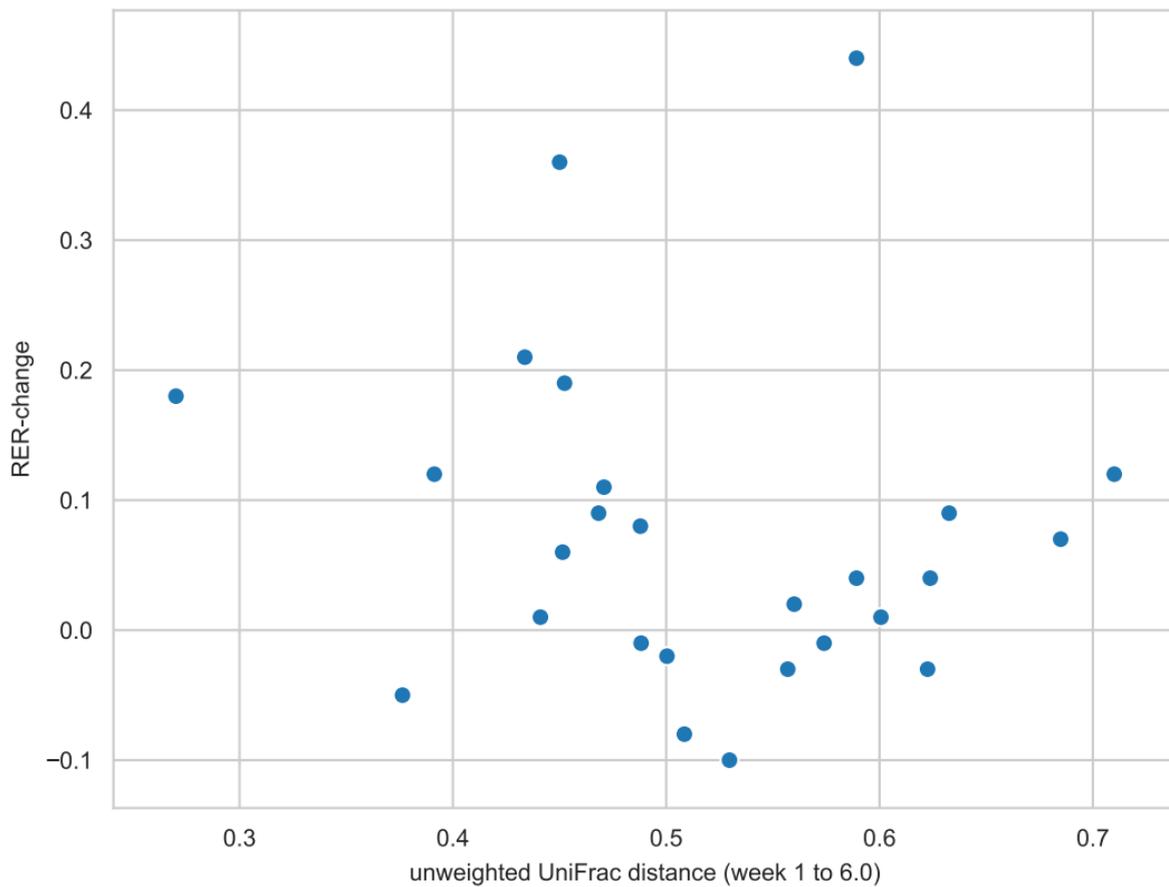


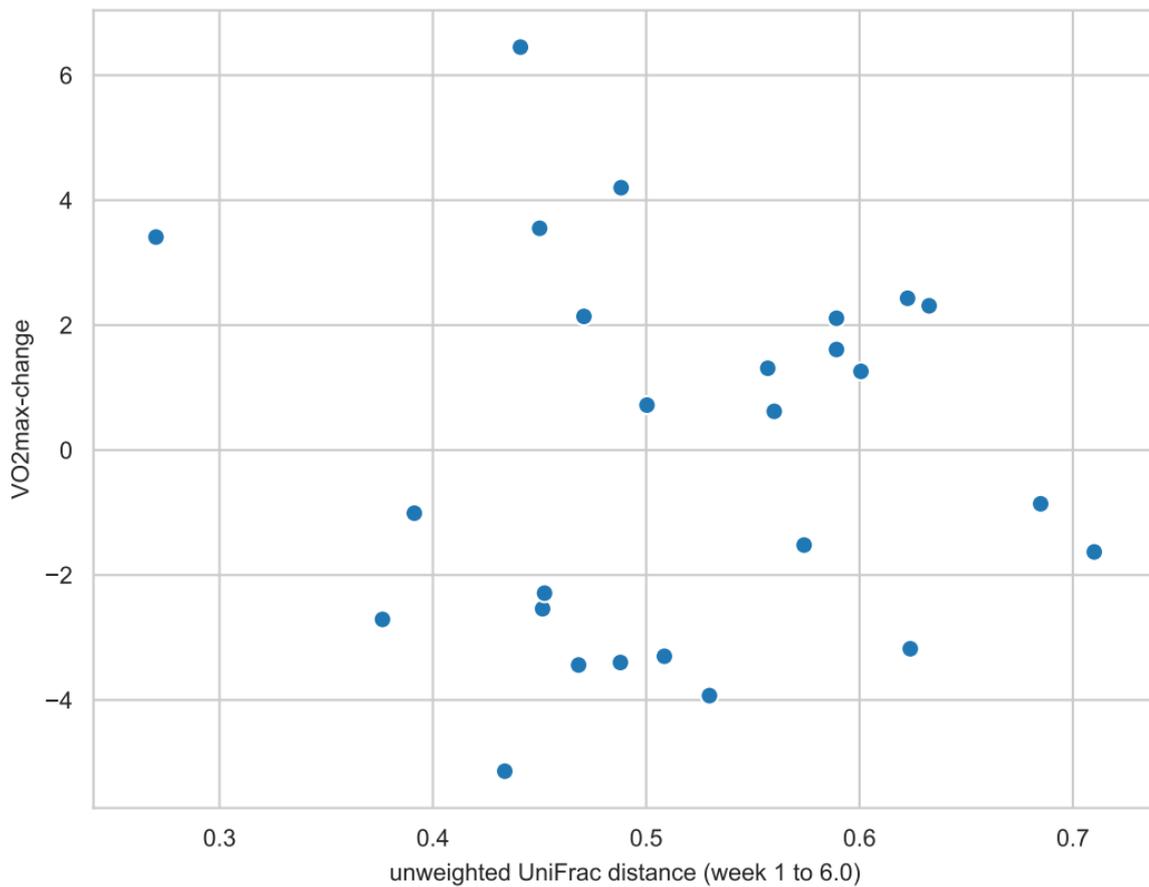


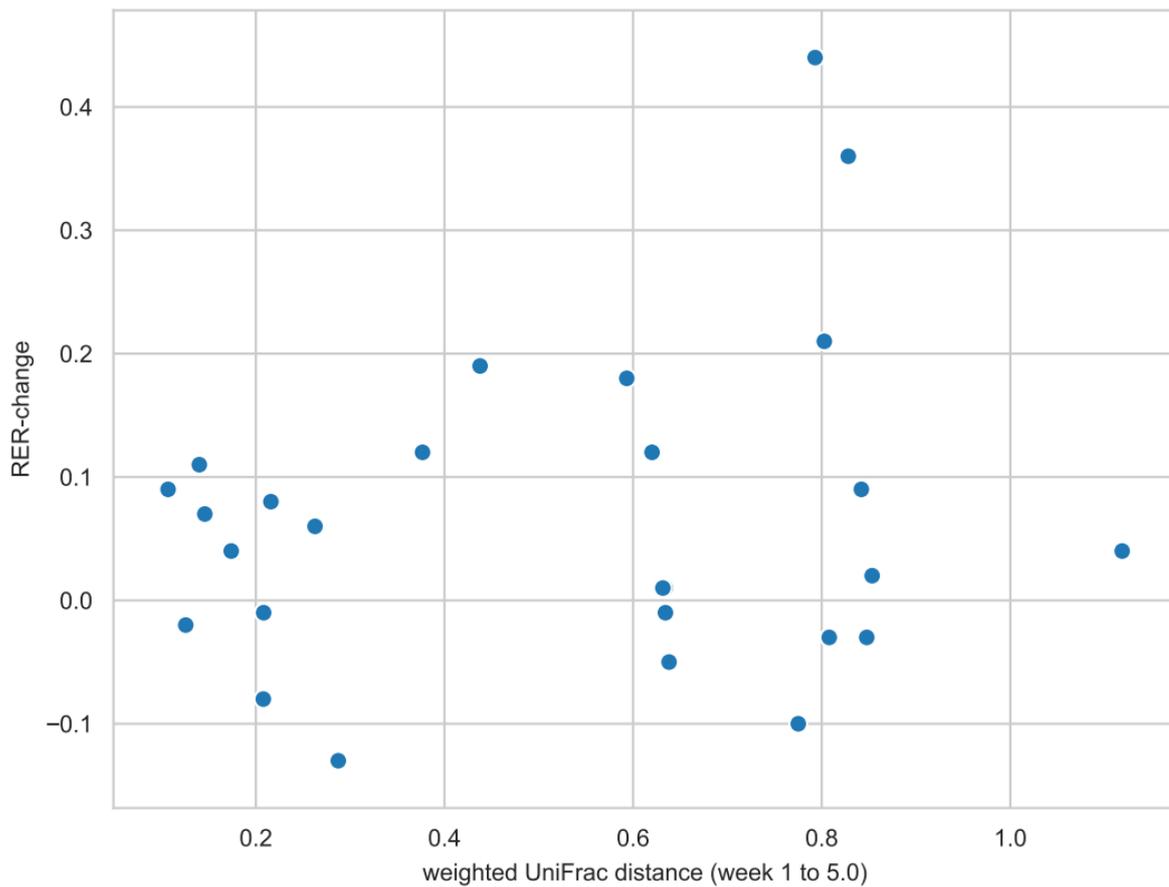


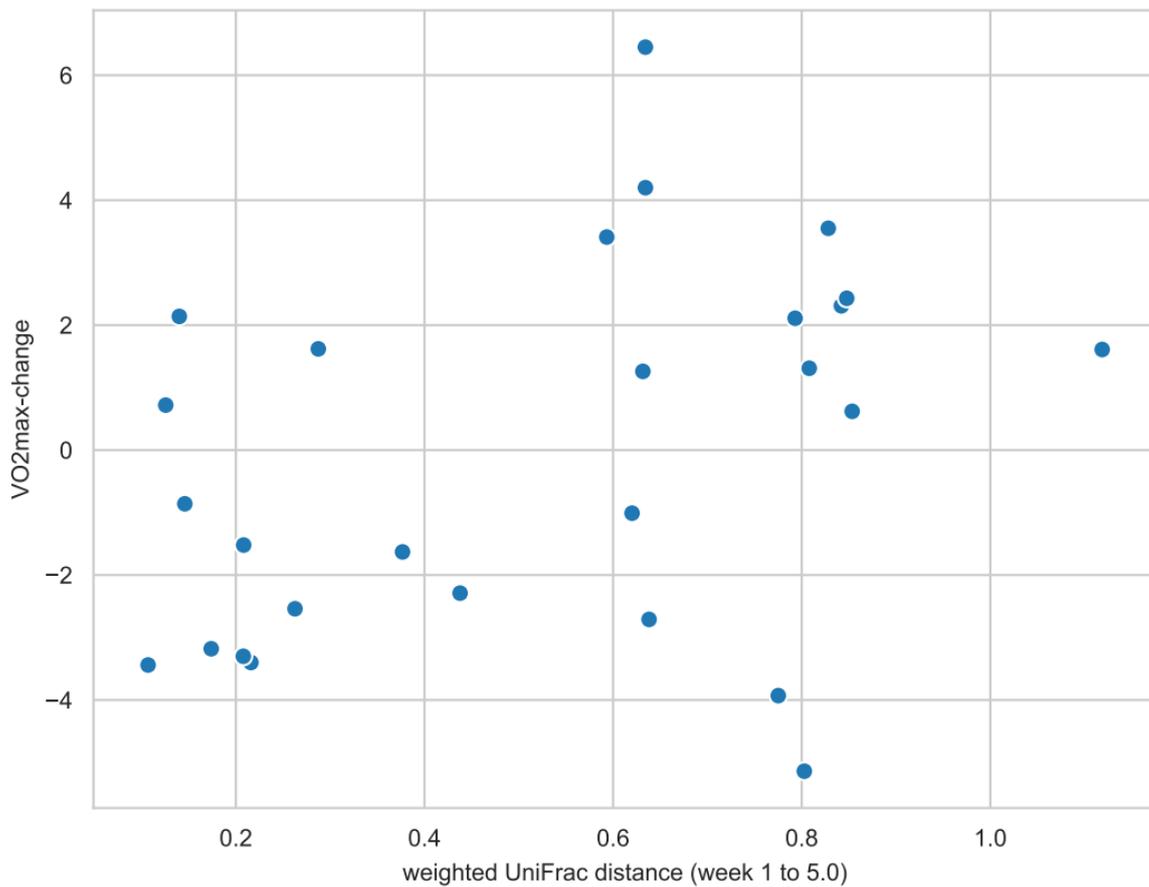


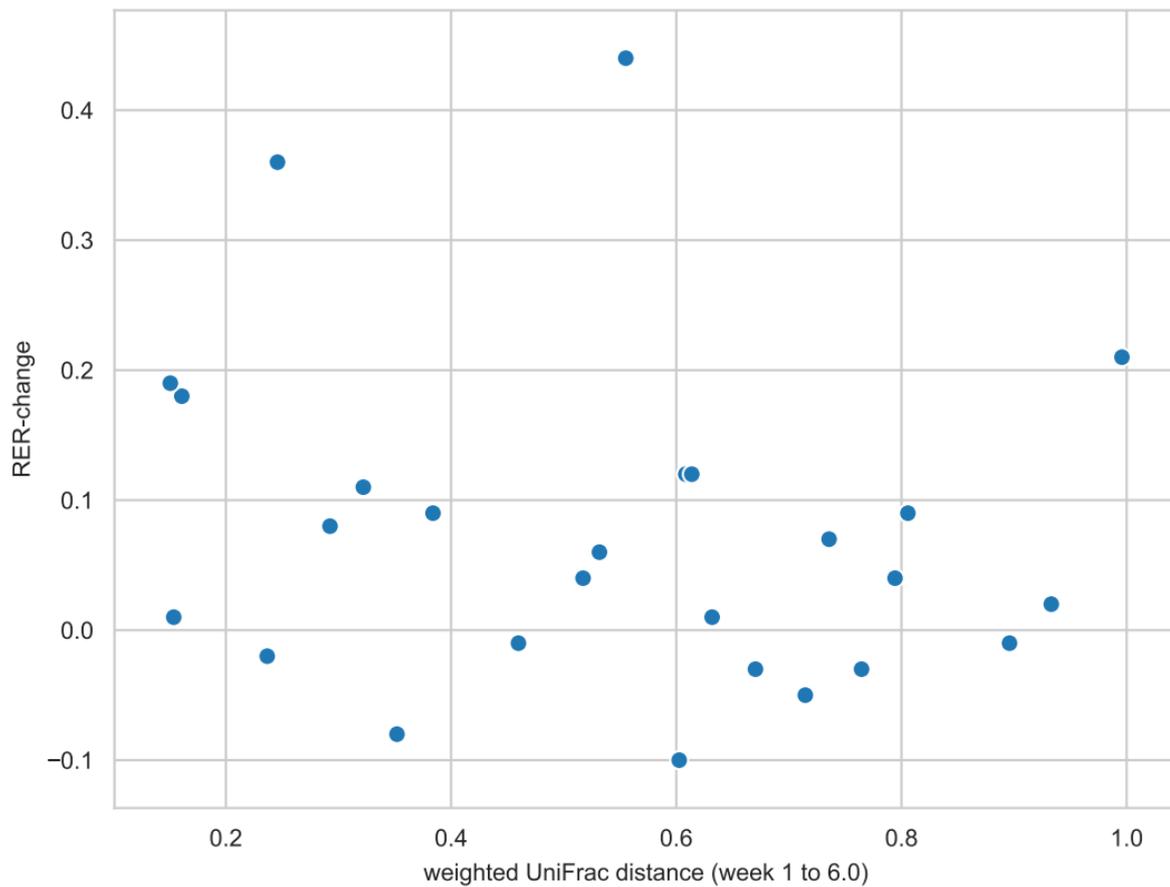


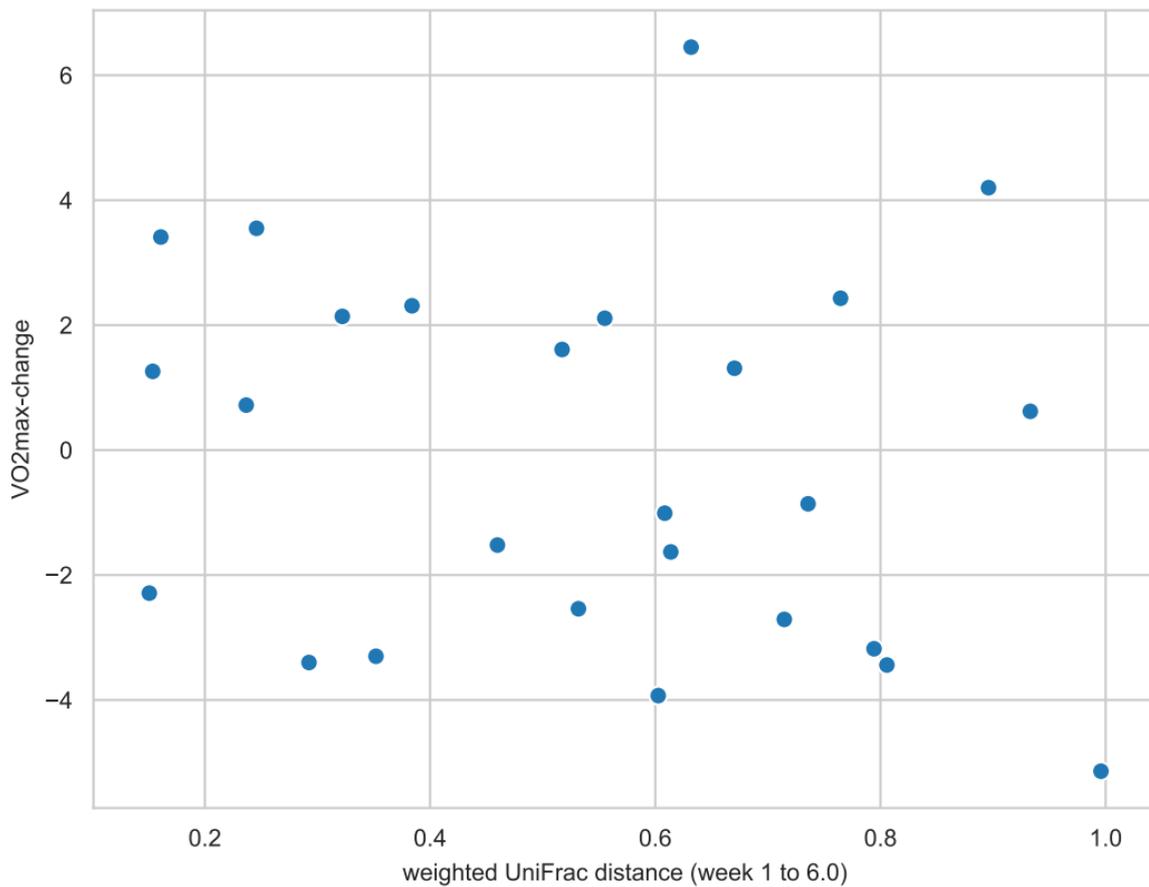












project	distance	performance metric	Spearman rho
exmp2	unweighted UniFrac distance (week 1 to 5.0)	bench-press-change	0.197446571
exmp2	unweighted UniFrac distance (week 1 to 5.0)	row-change	-0.140413728
exmp2	unweighted UniFrac distance (week 1 to 5.0)	3RM-squat-change	0.118600728
exmp2	weighted UniFrac distance (week 1 to 5.0)	bench-press-change	0.092141733
exmp2	weighted UniFrac distance (week 1 to 5.0)	row-change	0.258944796
exmp2	weighted UniFrac distance (week 1 to 5.0)	3RM-squat-change	0.264156168
exmp2	Bray-Curtis distance (week 1 to 5.0)	bench-press-change	0.242577216
exmp2	Bray-Curtis distance (week 1 to 5.0)	row-change	0.047412428
exmp2	Bray-Curtis distance (week 1 to 5.0)	3RM-squat-change	0.271344091
exmp2	Jaccard distance (week 1 to 5.0)	bench-press-change	0.188044354
exmp2	Jaccard distance (week 1 to 5.0)	row-change	-0.072942196
exmp2	Jaccard distance (week 1 to 5.0)	3RM-squat-change	0.136570536

Spearman p-value	sample size	Spearman q-value
0.480587596	15	0.99470216
0.617690452	15	0.99687758
0.673769414	15	0.99687758
0.743970749	15	0.99687758
0.351379275	15	0.9915111
0.341419303	15	0.9915111
0.383694033	15	0.9915111
0.866748467	15	0.99687758
0.327945833	15	0.9915111
0.502133114	15	0.99470216
0.796145426	15	0.99687758
0.627440321	15	0.99687758

project	distance	performance metric	Spearman rho
exmp2	unweighted UniFrac distance (week 1 to 6.0)	bench-press-change	0.166426567
exmp2	unweighted UniFrac distance (week 1 to 6.0)	row-change	0.119544142
exmp2	unweighted UniFrac distance (week 1 to 6.0)	3RM-squat-change	0.183632363
exmp2	weighted UniFrac distance (week 1 to 6.0)	bench-press-change	0.178146748
exmp2	weighted UniFrac distance (week 1 to 6.0)	row-change	0.036088797
exmp2	weighted UniFrac distance (week 1 to 6.0)	3RM-squat-change	0.429212994
exmp2	Bray-Curtis distance (week 1 to 6.0)	bench-press-change	0.407862291
exmp2	Bray-Curtis distance (week 1 to 6.0)	row-change	-0.045110997
exmp2	Bray-Curtis distance (week 1 to 6.0)	3RM-squat-change	0.418150803
exmp2	Jaccard distance (week 1 to 6.0)	bench-press-change	0.24377976
exmp2	Jaccard distance (week 1 to 6.0)	row-change	0.166910688
exmp2	Jaccard distance (week 1 to 6.0)	3RM-squat-change	0.298679145

Spearman p-value	sample size	Spearman q-value
0.569597804	14	0.99491378
0.683967172	14	0.99491378
0.52973547	14	0.99491378
0.542309464	14	0.99491378
0.902518227	14	0.99491378
0.125645364	14	0.80035823
0.147714619	14	0.80169728
0.878296292	14	0.99491378
0.136781404	14	0.80169728
0.400976013	14	0.98342118
0.56845946	14	0.99491378
0.299603591	14	0.95944026

