

Narrative Review

Integrative field-based health and performance research: a narrative review on experimental methods and logistics to conduct competition and training camp studies in athletes

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Supplementary Material Table 1. *A priori* publication planning template.

Proposed title	
Theme	
Target journal	
Main Data Sets (e.g. bloods vs. biomech vs. EI vs. DLW)	
Variables - Bolded = key outcome variables // non-bolded - sub outcome variables	
Sample size / data issues / limitations	
Lead author	
Co-authors	
Acknowledgements	
Progress	
Outstanding	

Examples of statistical analyses or examples of figures / tables that could be ideal for this paper.

Supplementary Table 2. A checklist for building a portable physiological testing kit for research purposes

Equipment	
☐ Heart rate straps ☐ Heart rate watch ☐ RPE scale ☐ Handheld infrared thermometers ☐ Specialized equipment/wearables	☐ Clipboards ☐ Pens ☐ Body mass scales ☐ Data capture sheets ☐ Laptops and/or tablets
Biohazardous materials/blood sampling	
☐ Biohazard bags ☐ Sharps containers (where needed) ☐ Bench roll/Bench pads ☐ Tissues ☐ Alcohol swabs ☐ Hand Sanitizer ☐ Gloves (in appropriate sizes) ☐ Lancets	☐ Portable blood analyzers ☐ Test strips for analyzers ☐ Calibration strips for analyzers ☐ Micropore tape ☐ Band aids ☐ Disinfectant ☐ Face masks/PPE
General items	
☐ Spare pens and markers ☐ Spare batteries ☐ Tools (e.g. Allan keys, spanner) ☐ Duct tape ☐ Nutrition (e.g., water bottles, carbohydrate gels, snacks) ☐ Consent forms	☐ Charging cables ☐ Scissors ☐ Stopwatches ☐ Refractometers ☐ Towels ☐ Team communication devices (radios, cell phones)