

Appendix 1. REE (kcal/d) for each modality and time. (Mean $\pm$ SD).

Modality	Treatment	Base	IP	30min	60min
AEE	CHO	1746 $\pm$ 214	2026 $\pm$ 240	1649 $\pm$ 173	1573 $\pm$ 190
	PRO	1704 $\pm$ 247	2149 $\pm$ 230	1806 $\pm$ 193	1763 $\pm$ 175
	Mean	1725 $\pm$ 231	2088 $\pm$ 235	1728 $\pm$ 183	1668 $\pm$ 183
HIIT	CHO	1681 $\pm$ 312	2805 $\pm$ 469	1840 $\pm$ 279	1750 $\pm$ 281
	PRO	1546 $\pm$ 301	2828 $\pm$ 599	1750 $\pm$ 265	1728 $\pm$ 267
	Mean	1614 $\pm$ 307	2817 $\pm$ 534* [#]	1795 $\pm$ 272*	1739 $\pm$ 274*
HIRT	CHO	1638 $\pm$ 281	2073 $\pm$ 340	1699 $\pm$ 311	1623 $\pm$ 294
	PRO	1688 $\pm$ 305	2189 $\pm$ 292	1879 $\pm$ 198	1786 $\pm$ 188
	Mean	1663 $\pm$ 293	2131 $\pm$ 316	1789 $\pm$ 255	1705 $\pm$ 241

* Indicates significant difference between AEE and HIIT (p<0.0001-p=0.0022)

[#] Indicates significant difference between HIIT and HIRT (p<0.0001)

REE = resting energy expenditure (kcal/day), AEE = aerobic endurance exercise, HIIT = high-intensity interval run, HIRT = high-intensity resistance training, CHO = carbohydrate, PRO = protein, Base = baseline measurement, IP = immediately post-exercise measurement, 30min = 30 minutes post-exercise measurement, 60min = 60 minutes post-exercise measurement

Appendix 2. RER for each modality, treatment, and time. (Mean $\pm$ SD)

Modality	Treatment	Base	IP	30min	60min
AEE	CHO	0.82 $\pm$ 0.05	0.88 $\pm$ 0.06	0.83 $\pm$ 0.05	0.83 $\pm$ 0.05
	PRO	0.86 $\pm$ 0.08	0.87 $\pm$ 0.06	0.80 $\pm$ 0.04	0.80 $\pm$ 0.04
	Collapsed	0.84 $\pm$ 0.07	0.88 $\pm$ 0.06	0.82 $\pm$ 0.05	0.82 $\pm$ 0.05
HIIT	CHO	0.83 $\pm$ 0.06	0.96 $\pm$ 0.07	0.74 $\pm$ 0.05	0.80 $\pm$ 0.05
	PRO	0.84 $\pm$ 0.04	0.97 $\pm$ 0.10	0.73 $\pm$ 0.05	0.75 $\pm$ 0.03
	Collapsed	0.84 $\pm$ 0.05	0.97 $\pm$ 0.09* [#]	0.74 $\pm$ 0.05* [#]	0.78 $\pm$ 0.04*
HIRT	CHO	0.85 $\pm$ 0.06	0.88 $\pm$ 0.05	0.78 $\pm$ 0.05	0.81 $\pm$ 0.04
	PRO	0.84 $\pm$ 0.05	0.86 $\pm$ 0.06	0.76 $\pm$ 0.07	0.77 $\pm$ 0.05
	Collapsed	0.85 $\pm$ 0.06	0.87 $\pm$ 0.06	0.77 $\pm$ 0.06 [§]	0.79 $\pm$ 0.05 [§]

* Indicates significant difference between AEE and HIIT (p<0.0001-p=0.0020)

Indicates significant difference between HIIT and HIRT (p<0.0001-p=0.0169)

§ Indicates significant difference between AEE and HIRT (p=0.0004-0.0265) RER = respiratory exchange ratio, AEE = aerobic endurance exercise, HIIT = high-intensity interval run, HIRT = high-intensity resistance training, CHO = carbohydrate, PRO = protein, Base = baseline measurement, IP = immediately post-exercise measurement, 30min = 30 minutes post-exercise measurement, 60min = 60 minutes post-exercise measurement