
Citation:

Costello, NB and Deighton, K and Preston, T and Matu, J and Rowe, J and Jones, B (2018) Are professional young rugby league players eating enough? Energy intake, expenditure and balance during a pre-season. European Journal of Sport Science. ISSN 1536-7290 DOI: <https://doi.org/10.1080/17461391.2018.1527950>

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/5346/>

Document Version:

Article (Supplemental Material)

This is an Accepted Manuscript of an article published by Taylor & Francis in European Journal of Sport Science on 07 October 2018, available online: <http://www.tandfonline.com/10.1080/17461391.2018.1527950>

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.

Article title: Are professional young rugby league players eating enough? Energy intake, expenditure and balance during a pre-season.

Journal: European Journal of Sport Science

Authors names: Nesson Costello, Kevin Deighton, Thomas Preston, Jamie Matu, Joshua Rowe, Ben Jones

Corresponding author: Nesson Costello, Institute for Sport Physical Activity & Leisure, Leeds Beckett University, Leeds, LS6 3QS, United Kingdom (email: N.Costello@leedsbeckett.ac.uk).

Supplementary Table 1. Internal and external training loads accumulated across the fourteen-day pre-season assessment period.

Internal & External Training Loads	
sRPE (AU)	4834 ± 675
Total Distance (m)	32227 ± 1115
Meters per Minute (m/min)	64 ± 1
PlayerLoad™ (AU)	3554 ± 225

Supplementary Table 2. External home-based loads accumulated across the fourteen-day pre-season assessment period.

Home-Based Loads	
Average Physical Activity Level (PAL)	1.4 ± 0.1
Average Metabolic Equivalent (METSAVG)	1.5 ± 0.2
Number of Steps	115278 ± 22136