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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>

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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>

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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: Nessian Costello, Kevin Deighton, Thomas Preston, Jamie Matu, Joshua Rowe, Ben Jones

Corresponding author: Nessian 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 (METS _{AVG})	1.5 ± 0.2
Number of Steps	115278 ± 22136