

Supplementary material 5

Table S5.1. Main effect of pre-training USG hydration classification on fluid consumption rate.

Fixed effects	Estimates (ml/h)	95% CI (ml/h)	<i>P</i> value	SMD
Intercept	334.2	280.6 – 387.7		
Hypohydrated ^a	82.1	15.5 – 148.7	< 0.05	0.49
Random effects				
Between subjects SD	210.9			
Within subjects SD	168.8			
ICC	0.61			

Abbreviations: 95% CI, 95% confidence interval; SMD, smallest mean difference

Notes: ^areference group = Euhydrated.

Table S5.2. Pairwise comparison between pre-training USG hydration classification for fluid consumption rate.

(I) USG status	(J) USG status	Mean Difference (I-J) (ml/h)	SE	<i>P</i> value ^a	95% CI for difference (ml/h)
Hypohydrated	Euhydrated	82.1*	33.76	< 0.05	15.5 – 148.7

Abbreviations: SE, standard error; 95% CI, 95% confidence interval

Notes: Based on estimated marginal means; *The mean difference is significant at the .05 level;

^aAdjustment for multiple comparisons: Bonferroni.