

Legends to supplementary figures

Supplementary figure S1. Representative western blots for A) Akt^{Ser473} and Akt^{Total}; B) Akt^{Thr308} and Akt^{Total}; C) 4E-BP1^{Thr37/46} and 4E-BP1^{Total}; D) ULK1^{Ser757} and ULK1^{Total}; E) AMPK^{Thr172} and AMPK^{Total}; F) ACC^{Ser79} and ACC^{Total}; G) ULK1^{Ser317} and ULK1^{Total}; H) LC3b I and LC3b II; I) p62/SQSTM1 and GAPDH.

Supplementary figure S2. Changes in A) ULK1^{Total}, B) FoxO1/3a^{Thr24/32} and C) FoxO3a^{Total} in response to concentric endurance exercise as a function of intensity, nutritional state and time. Data were collected at baseline, before, immediately after and 1 h after cycling exercise at low (55 % VO₂ peak, LI) or high intensity (70 % VO₂ peak, HI) or in control conditions (CTRL). D) Representative western blots for FoxO1/3a^{Thr24/32} and FoxO3a^{Total}. Values are presented as the means $\pm$ SEM. $\$P < 0.05$, $\$\$P < 0.01$ *vs* control group (exercise effect); $\P P < 0.05$ *vs* low intensity (intensity effect); $*P < 0.05$, $**P < 0.01$ *vs* fed (nutrition effect); $\#P < 0.05$, $\#\#P < 0.01$, $\#\#\#P < 0.001$ *vs* pre-exercise (time effect).