|  |  |  |  |
| --- | --- | --- | --- |
| Variable | Collagen | Placebo | *P* |
| Distance covered |  |  |  |
| Total (km) | 143 ± 11 | 149 ± 15 | 0.449 |
| Running (km) | 28 ± 4 | 30 ± 5 | 0.383 |
| Sprinting (km) | 5 ± 2 | 5 ± 2 | 0.622 |

**Supplementary Table 2**. Training load during pitch-based sessions for 10 weeks in collagen and placebo groups.