

Supplementary data:

Table S1: Mean daily training load per player.

	Measure	Session Rating of Perceived Exertion (AU)	Total Distance (metres)	High Speed Running (metres)
Standard of Opposition	1 st / 2 nd	305 (188-422)	2086 (1718- 2453)	192 (0-440)
	3 rd / 4 th	263 (146- 380)	2026 (1654-2398)	203 (0-452)
	5 th / 6 th	261 (143-379)	1984 (1606-2361)	171 (0-420)
	7 th / 8 th	295 (166-424)	1977 (1601-2352)	192 (0-440)
	9 th / 10 th	280 (163-398)	1919 (1542-2297)	176 (0-425)
	11 th / 12 th	289 (171-407)	2031 (1650-2413)	190 (0-438)
Competition Type	Europe	245 (136-355)	1881 (1607-2154)	174 (0-404)
	Friendly	337 (227-447)	2118 (1835-2400)	176 (0-407)
	National Cup	269 (161-378)	2403 (2139-2668)	207 (0-437)
	Premiership	259 (151-366)	2342 (2668-2596)	195 (0-425)
Previous Result	Loss	281 (184-378)	2217 (1922- 2387)	191 (0-391)
	Win	274 (177-371)	2155 (1985- 2449)	185 (0-398)
Surface Type	Artificial Turf	276 (179-373)	2312 (2077-2547)	188 (0-295)
	National Grass	279 (182-376)	2060 (1829-2291)	187 (0-294)
Match Venue	Away	287 (190- 384)	2250 (2017-2482)	191 (0-398)
	Home	269 (172-365)	2122 (1891-2354)	185 (0-392)

Table S2: Effect Size (95% CIs), P-Value, and effect size interpretation of modelled difference between reference group and comparison groups for session Rating of Perceived Exertion.

	Comparison Group	Effect Size (95% CIs)	P-Value	Effect Size Interpretation
Standard of Opposition (Ref: 1st/2nd)	3 rd / 4 th	0.14 (0.09-0.19)	<0.001	<i>Trivial</i>
	5 th / 6 th	0.15 (0.09-0.20)	<0.001	<i>Trivial</i>
	7 th / 8 th	0.08 (0.03-0.14)	0.002	<i>Trivial</i>
	9 th / 10 th	0.08 (0.03-0.14)	0.003	<i>Trivial</i>
	11 th / 12 th	0.05 (0.01-0.11)	0.076	<i>Trivial</i>
Competition Type (Ref: Europe)	Friendly	-0.30 (-0.36 to -0.25)	<0.001	Small
	National Cup	-0.08 (-0.14 to -0.02)	0.014	<i>Trivial</i>
	Premiership	-0.04 (-0.11 to 0.02)	0.182	<i>Trivial</i>
Previous Result (Ref: Loss)	Win	-0.02 (-0.05 to 0.01)	0.18	<i>Trivial</i>
Surface Type (Ref: Artificial Turf)	National Grass	-0.01 (-0.05 to 0.03)	0.61	<i>Trivial</i>
Match Venue (Ref: Away)	Home	0.06 (0.03-0.09)	<0.001	<i>Trivial</i>

Table S3: Effect Size (95% CIs), P-Value, and effect size interpretation of modelled difference between reference group and comparison groups for Total Distance.

	Comparison Group	Effect Size (95% CIs)	P-Value	Effect Size Interpretation
Standard of Opposition (Ref: 1 st /2 nd)	3 rd / 4 th	0.03 (-0.02 to 0.08)	0.23	<i>Trivial</i>
	5 th / 6 th	0.05 (-0.00 to 0.11)	0.05	<i>Trivial</i>
	7 th / 8 th	0.06 (0.00 to 0.11)	0.03	<i>Trivial</i>
	9 th / 10 th	0.09 (0.03 to 0.14)	0.002	<i>Trivial</i>
	11 th / 12 th	0.03 (-0.03 to 0.14)	0.34	<i>Trivial</i>
Competition Type (Ref: Europe)	Friendly	-0.12 (-0.16 to -0.08)	< 0.001	<i>Trivial</i>
	National Cup	-0.27 (-0.32 to -0.21)	< 0.001	Small
	Premiership	-0.27 (-0.29 to -0.18)	< 0.001	Small
Previous Result (Ref: Loss)	Win	-0.03 (-0.06 to 0.00)	0.023	<i>Trivial</i>
Surface Type (Ref: Artificial Turf)	National Grass	0.13 (0.10 to 0.16)	< 0.001	<i>Trivial</i>
Match Venue (Ref: Away)	Home	0.06 (0.04 to 0.09)	< 0.001	<i>Trivial</i>

Table S4: Effect Size (95% CIs), P-Value, and effect size interpretation of modelled difference between reference group and comparison groups for High Speed Running.

	Comparison Group	Effect Size (95% CIs)	P-Value	Effect Size Interpretation
Standard of Opposition (Ref: 1 st /2 nd)	3 rd / 4 th	-0.04 (-0.09 to 0.01)	0.08	<i>Trivial</i>
	5 th / 6 th	0.08 (0.02 to 0.13)	0.003	<i>Trivial</i>
	7 th / 8 th	0.00 (-0.05 to 0.05)	0.97	<i>Trivial</i>
	9 th / 10 th	0.06 (0.01 to 0.11)	0.03	<i>Trivial</i>
	11 th / 12 th	0.01 (-0.04 to 0.06)	0.97	<i>Trivial</i>
Competition Type (Ref: Europe)	Friendly	-0.01 (-0.06 to 0.04)	0.715	<i>Trivial</i>
	National Cup	-0.13 (-0.18 to -0.07)	< 0.001	<i>Trivial</i>
	Premiership	-0.08 (-0.14 to -0.03)	0.004	<i>Trivial</i>
Previous Result (Ref: Loss)	Win	-0.03 (-0.06 to 0.01)	0.102	<i>Trivial</i>
Surface Type (Ref: Artificial Turf)	National Grass	0.00 (-0.03 to 0.04)	0.83	<i>Trivial</i>
Match Venue (Ref: Away)	Home	0.02 (-0.01 to 0.05)	0.12	<i>Trivial</i>

Table S5: Median (Interquartile range) player match day load values for each respective competition types.

	Measure	Session Rating of Perceived Exertion (AU)	Total Distance (metres)	High Speed Running (metres)
Competition Type	Europe	456 (192-640)	4407 (2180-6214)	221 (92-439)
	Friendly	480 (320-720)	3574 (2546-4862)	188 (76-453)
	National Cup	490 (336-704)	4519 (2304-6355)	200 (90-470)
	Premiership	560 (300-720)	4483 (2069-6478)	240 (96-541)