Legends to supplementary figures

**Supplementary figure S1.** Representative western blots for A) AktSer473 and AktTotal; B) AktThr308 and AktTotal; C) 4E-BP1Thr37/46 and 4E-BP1Total; D) ULK1Ser757 and ULK1Total; E) AMPKThr172 and AMPKTotal; F) ACCSer79 and ACCTotal; G) ULK1Ser317 and ULK1Total; H) LC3b I and LC3b II; I) p62/SQSTM1 and GAPDH.

**Supplementary figure S2.** Changes in A) ULK1Total, B) FoxO1/3aThr24/32 and C) FoxO3aTotal 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 FoxO1/3aThr24/32 and FoxO3aTotal. Values are presented as the means ± SEM. $P < 0.05, $$P < 0.01$ vs control group (exercise effect); ¶$P < 0.05$ vs low intensity (intensity effect); *$P < 0.05$, **$P < 0.01$ vs fed (nutrition effect); #*$P < 0.05$, ###$P < 0.001$ vs pre-exercise (time effect).