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\textsuperscript{st} / 2\textsuperscript{nd} | 305 (188-422) | 2086 (1718-2453) | 192 (0-440) |
| | 3\textsuperscript{rd} / 4\textsuperscript{th} | 263 (146-380) | 2026 (1654-2398) | 203 (0-452) |
| | 5\textsuperscript{th} / 6\textsuperscript{th} | 261 (143-379) | 1984 (1606-2361) | 171 (0-420) |
| | 7\textsuperscript{th} / 8\textsuperscript{th} | 295 (166-424) | 1977 (1601-2352) | 192 (0-440) |
| | 9\textsuperscript{th} / 10\textsuperscript{th} | 280 (163-398) | 1919 (1542-2297) | 176 (0-425) |
| | 11\textsuperscript{th} / 12\textsuperscript{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: 1\textsuperscript{st}/2\textsuperscript{nd}) | 3\textsuperscript{rd} / 4\textsuperscript{th} | 0.14 (0.09-0.19) | <0.001 | Trivial |
| | 5\textsuperscript{th} / 6\textsuperscript{th} | 0.15 (0.09-0.20) | <0.001 | Trivial |
| | 7\textsuperscript{th} / 8\textsuperscript{th} | 0.08 (0.03-0.14) | 0.002 | Trivial |
| | 9\textsuperscript{th} / 10\textsuperscript{th} | 0.08 (0.03-0.14) | 0.003 | Trivial |
| | 11\textsuperscript{th} / 12\textsuperscript{th} | 0.05 (0.01-0.11) | 0.076 | Trivial |
| 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 | Trivial |
| | Premiership | -0.04 (-0.11 to 0.02) | 0.182 | Trivial |
| Previous Result (Ref: Loss) | Win | -0.02 (-0.05 to 0.01) | 0.18 | Trivial |
| Surface Type (Ref: Artificial Turf) | National Grass | -0.01 (-0.05 to 0.03) | 0.61 | Trivial |
| Match Venue (Ref: Away) | Home | 0.06 (0.03-0.09) | <0.001 | Trivial |
### 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: 1st/2nd) | | | |
| 3rd / 4th | 0.03 (-0.02 to 0.08) | 0.23 | Trivial |
| 5th / 6th | 0.05 (-0.00 to 0.11) | 0.05 | Trivial |
| 7th / 8th | 0.06 (0.00 to 0.11) | 0.03 | Trivial |
| 9th / 10th | 0.09 (0.03 to 0.14) | 0.002 | Trivial |
| 11th / 12th | 0.03 (-0.03 to 0.14) | 0.34 | Trivial |
| Competition Type (Ref: Europe) | | | |
| Friendly | -0.12 (-0.16 to -0.08) | <0.001 | Trivial |
| 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 | Trivial |
| Surface Type (Ref: Artificial Turf) | | | |
| National Grass | 0.13 (0.10 to 0.16) | <0.001 | Trivial |
| Match Venue (Ref: Away) | | | |
| Home | 0.06 (0.04 to 0.09) | <0.001 | Trivial |

### 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: 1st/2nd) | | | |
| 3rd / 4th | -0.04 (-0.09 to 0.01) | 0.08 | Trivial |
| 5th / 6th | 0.08 (0.02 to 0.13) | 0.003 | Trivial |
| 7th / 8th | 0.00 (-0.05 to 0.05) | 0.97 | Trivial |
| 9th / 10th | 0.06 (0.01 to 0.11) | 0.03 | Trivial |
| 11th / 12th | 0.01 (-0.04 to 0.06) | 0.97 | Trivial |
| Competition Type (Ref: Europe) | | | |
| Friendly | -0.01 (-0.06 to 0.04) | 0.715 | Trivial |
| National Cup | -0.13 (-0.18 to -0.07) | <0.001 | Trivial |
| Premiership | -0.08 (-0.14 to -0.03) | 0.004 | Trivial |
| Previous Result (Ref: Loss) | | | |
| Win | -0.03 (-0.06 to 0.01) | 0.102 | Trivial |
| Surface Type (Ref: Artificial Turf) | | | |
| National Grass | 0.00 (-0.03 to 0.04) | 0.83 | Trivial |
| Match Venue (Ref: Away) | | | |
| Home | 0.02 (-0.01 to 0.05) | 0.12 | Trivial |

### 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 | 436 (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) |