

Suppl. Table 4. Spearman's correlations between the investigated variables in all participants.

	Lymph TL	Lymph mtDNA-CN	Lymph PGC-1 α	Lymph PGC-1 β	Mono TL	Mono mtDNA-CN	Mono PGC-1 α	Mono PGC-1 β	MNC TL	MNC mtDNA-CN	MNC PGC-1 α	MNC PGC-1 β	All exercise	VO _{2max}	Total body fat	Android fat	Gynoid fat	A/G ratio	Total lean mass	Leg lean mass
Lymph TL	1	0.164	0.061	0.106	0.753	-0.07	0.154	0.235	0.843	0.086	0.101	0.082	0.287	0.416	-0.381	-0.375	-0.319	-0.356	0.159	0.152
Lymph mtDNA-CN		1	-0.031	-0.076	0.101	0.298	-0.102	-0.141	0.167	0.685	-0.113	-0.075	-0.072	-0.243	0.195	0.145	0.246	0.06	-0.048	-0.095
Lymph PGC-1 α			1	0.481	0.043	-0.064	0.678	0.239	0.006	-0.139	0.541	0.098	0.183	0.368	-0.215	-0.228	-0.198	-0.172	0.132	0.154
Lymph PGC-1 β				1	0.097	-0.129	0.261	0.634	0.126	0.03	0.217	0.398	0.298	0.391	-0.29	-0.275	-0.287	-0.213	0.129	0.157
Mono TL					1	0.123	0.14	0.21	0.7	0.081	0.092	-0.026	0.154	0.325	-0.32	-0.34	-0.233	-0.351	0.129	0.129
Mono mtDNA-CN						1	-0.111	-0.178	-0.088	0.317	-0.087	-0.265	-0.058	-0.171	0.064	0.057	0.079	0.042	-0.087	-0.111
Mono PGC-1 α							1	0.321	0.172	-0.16	0.732	0.049	0.089	0.374	-0.274	-0.308	-0.231	-0.292	0.021	0.055
Mono PGC-1 β								1	0.276	-0.064	0.216	0.441	0.05	0.268	-0.163	-0.194	-0.131	-0.208	0.087	0.174
MNC TL									1	0.154	0.188	0.079	0.294	0.449	-0.393	-0.401	-0.306	-0.402	0.13	0.132
MNC mtDNA-CN										1	-0.07	0.004	0.041	-0.121	0.055	0.002	0.147	-0.077	0.055	-0.001
MNC PGC-1 α											1	0.214	0.26	0.473	-0.377	-0.409	-0.334	-0.38	0.123	0.123
MNC PGC-1 β												1	0.287	0.292	-0.268	-0.258	-0.288	-0.208	0.066	0.034
All exercise													1	0.636	-0.598	-0.544	-0.616	-0.434	0.49	0.427
VO _{2max}														1	-0.845	-0.803	-0.805	-0.666	0.291	0.261
Total body fat															1	0.966	0.921	0.817	-0.227	-0.114
Android fat																1	0.817	0.929	-0.184	-0.076
Gynoid fat																	1	0.564	-0.239	-0.129
A/G ratio																		1	-0.135	-0.054
Total lean mass																			1	0.952
Leg lean mass																				1

A/G ratio, android/gynoid fat ratio; All exercise, hours of weekly exercise of all types; Lymph, lymphocytes; MNC, mononuclear cells; Mono, monocytes; mtDNA-CN, mitochondrial copy number; TL, telomere length; VO_{2max}, maximal oxygen consumption.

Suppl. Table 5. Spearman's correlations between the investigated variables in team handball/football players only.

	Lymph TL	Lymph mtDNA-CN	Lymph PGC-1 α	Lymph PGC-1 β	Mono TL	Mono mtDNA-CN	Mono PGC-1 α	Mono PGC-1 β	MNC TL	MNC mtDNA-CN	MNC PGC-1 α	MNC PGC-1 β	Football /handball	VO _{2max}	Total body fat	Android fat	Gynoid fat	A/G ratio	Total lean mass	Leg lean mass
Lymph TL	1	0.287	-0.118	-0.007	0.787	-0.058	0.058	0.253	0.885	0.262	-0.03	0.036	0.493	0.379	-0.372	-0.352	-0.315	-0.341	0.169	0.184
Lymph mtDNA-CN		1	-0.028	0.017	0.39	0.482	-0.135	-0.076	0.278	0.704	-0.068	-0.171	-0.078	-0.083	0.128	0.082	0.186	0.012	-0.005	0.006
Lymph PGC-1 α			1	0.5	-0.098	-0.105	0.51	0.241	-0.113	-0.043	0.538	0.026	0.434	0.283	-0.039	-0.063	-0.043	-0.011	0.153	0.211
Lymph PGC-1 β				1	0.01	-0.094	0.202	0.632	0.015	0.2	0.217	0.322	0.386	0.366	-0.319	-0.306	-0.304	-0.237	0.006	0.034
Mono TL					1	0.22	0.045	0.201	0.749	0.29	-0.061	-0.075	0.418	0.234	-0.297	-0.313	-0.213	-0.331	0.217	0.195
Mono mtDNA-CN						1	-0.129	-0.138	-0.025	0.372	-0.206	-0.345	-0.26	-0.268	0.145	0.143	0.128	0.147	-0.153	-0.187
Mono PGC-1 α							1	0.365	0.197	-0.174	0.843	-0.032	0.477	0.428	-0.268	-0.315	-0.237	-0.301	0.086	0.158
Mono PGC-1 β								1	0.255	0.038	0.251	0.377	0.461	0.357	-0.368	-0.371	-0.323	-0.339	0.072	0.146
MNC TL									1	0.259	0.109	0.014	0.557	0.423	-0.397	-0.384	-0.326	-0.381	0.174	0.197
MNC mtDNA-CN										1	-0.087	0.002	-0.028	0.056	-0.085	-0.099	-0.012	-0.115	0.141	0.113
MNC PGC-1 α											1	0.16	0.446	0.409	-0.259	-0.341	-0.193	-0.362	0.096	0.128
MNC PGC-1 β												1	0.155	0.266	-0.273	-0.278	-0.243	-0.254	-0.025	-0.069
Football/handball													1	0.777	-0.601	-0.606	-0.541	-0.556	0.364	0.409
VO _{2max}														1	-0.786	-0.759	-0.756	-0.639	0.314	0.291
Total body fat															1	0.971	0.943	0.825	-0.315	-0.189
Android fat																1	0.859	0.928	-0.339	-0.22
Gynoid fat																	1	0.624	-0.223	-0.102
A/G ratio																		1	-0.343	-0.257
Total lean mass																			1	0.939
Leg lean mass																				1

A/G ratio, android/gynoid fat ratio; Football/handball, hours of weekly football or team handball training; Lymph, lymphocytes; MNC, mononuclear cells; Mono, monocytes; mtDNA-CN, mitochondrial copy number; TL, telomere length; VO_{2max}, maximal oxygen consumption.