

Field Name on Data page (excel file)	Field Definition
Animal#	Unique identification number (TRS #; where TRS stands for Training Retraining Study) of each Fischer Brown Norway hybrid rat in study
Group	Group designates whether measurement is from a nontrained rat or a rat which was trained 3 months prior. Training consisted of exposure to muscle contractions 3 sessions per week for 4 weeks.
Nucleus circularity index	The index of circularity was determined by the equation 4π (area/perimeter ²) with a perfect circle as a value of 1 and increasing elongation as the value decreases.
Muscle mass	Wet weight (mg) of tibialis anterior muscle per body weight (g) of Fischer Brown Norway hybrid rat
Isometric torque	Torque capacity (mN*m) at static position
Peak dynamic torque	Peak torque (mN*m) during a dynamic stretch shortening contraction
Shorten work	Work (mN*m*deg) produced during the shortening phase of the stretch shortening contraction
Stretch work	Work (mN*m*deg) required to stretch the muscle during the stretch phase of the stretch shortening contraction
Symbol	Standard mRNA abbreviations
log2(fold change)	Fold change of 3 month post training vs nontrained
Initial	Timepoint at onset of training
Final	Timepoint at end of training
3 months post training	3 months after the cessation of training
Muscle fiber size bin	Interval or range of muscle fiber sizes for which a certain number of data points fall within that interval. Bins are necessary for plotting histograms.