**Supplementary material**

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*Fluid intake.* The values are presented as the mean ± SEM of 8-10 rats per group. Fluid intake from 30 to 120 days-old. Repeated measures ANOVA with Sidak’s post hoc test was performed to analyze the evolution of fluid intake. Two-way ANOVA and Tukey’s post hoc test were used for AUCs comparison in each figure. SC, sedentary rats subjected a normal diet; SF, sedentary rats subjected a fructose diet; TC, trained animals subjected to a normal diet; and TF, trained animals subjected to a fructose diet. F, fructose factor; T, training factor; and I, interaction between fructose and training factors.