



AMS

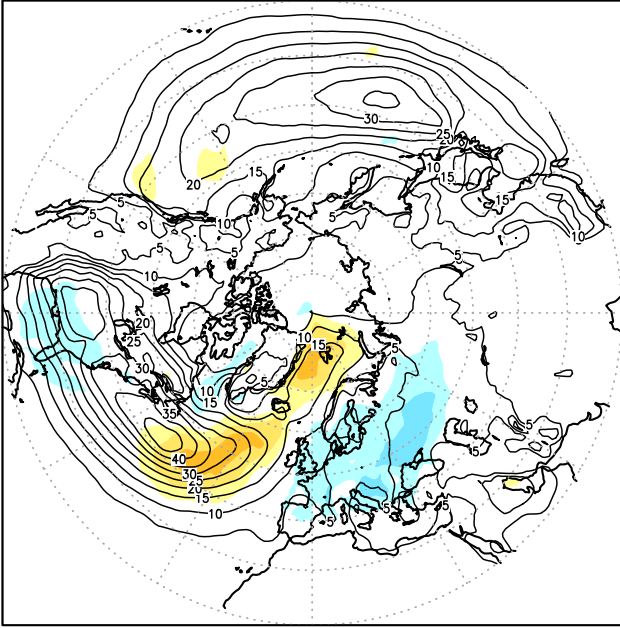
American Meteorological Society

Supplemental Material

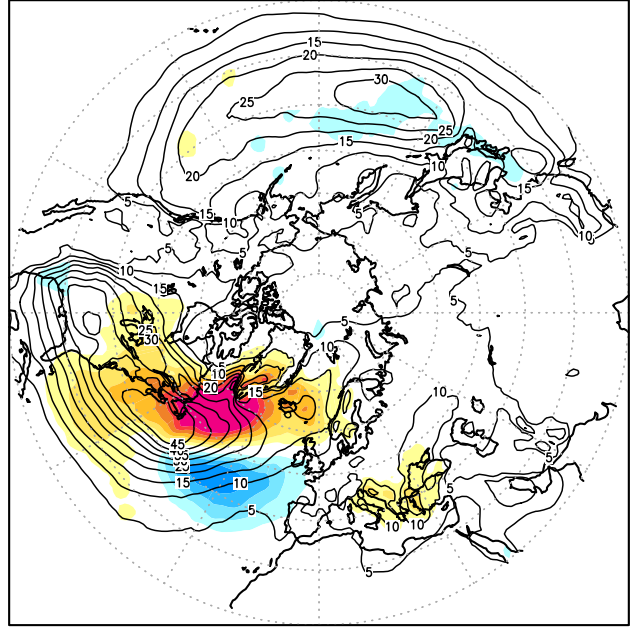
[© Copyright 2020 American Meteorological Society](#)

Permission to use figures, tables, and brief excerpts from this work in scientific and educational works is hereby granted provided that the source is acknowledged. Any use of material in this work that is determined to be “fair use” under Section 107 of the U.S. Copyright Act or that satisfies the conditions specified in Section 108 of the U.S. Copyright Act (17 USC §108) does not require the AMS’s permission. Republication, systematic reproduction, posting in electronic form, such as on a website or in a searchable database, or other uses of this material, except as exempted by the above statement, requires written permission or a license from the AMS. All AMS journals and monograph publications are registered with the Copyright Clearance Center (<http://www.copyright.com>). Questions about permission to use materials for which AMS holds the copyright can also be directed to permissions@ametsoc.org. Additional details are provided in the AMS Copyright Policy statement, available on the AMS website (<http://www.ametsoc.org/CopyrightInformation>).

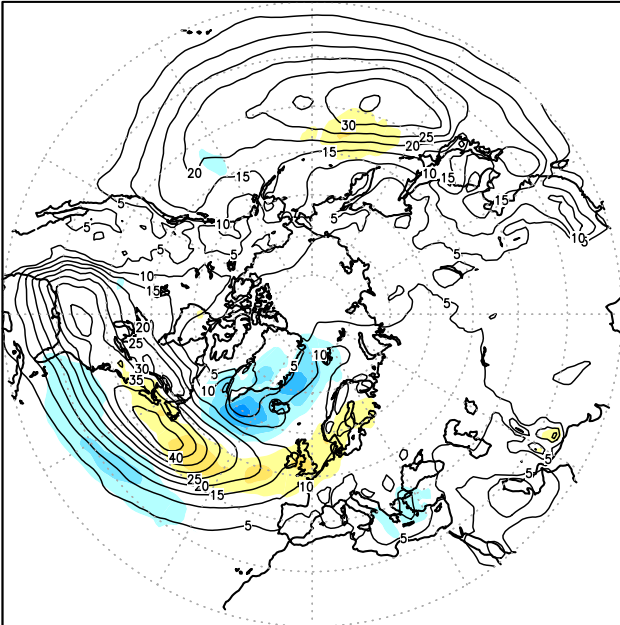
a) WR=SCAND filtered V_{sm_s/c_p} (K m/s)



b) WR=RIDGE filtered V_{sm_s/c_p} (K m/s)



c) WR=NAO+ filtered V_{sm_s/c_p} NDJFM (K m/s)



d) WR=NAO- filtered V_{sm_s/c_p} NDJFM (K m/s)

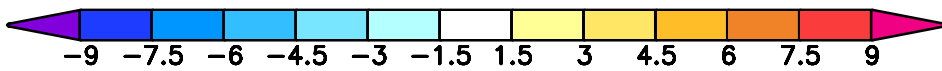
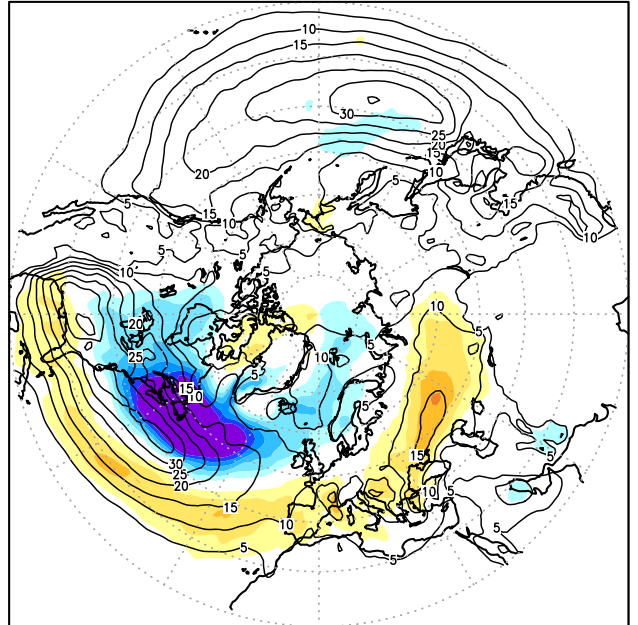


Figure S1: As in figure 3 but for the heat flux filtered with a 9 day running mean.

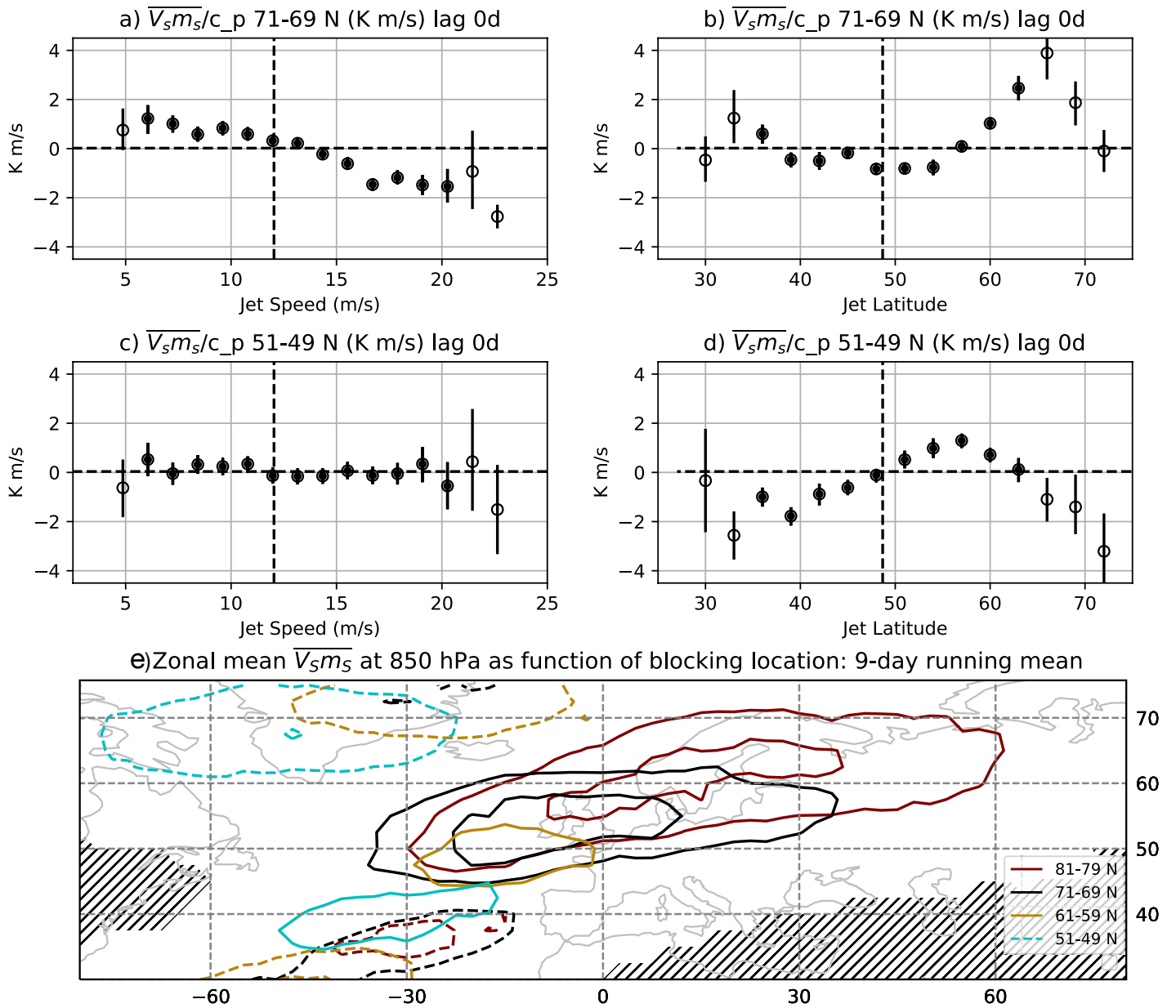


Figure S2: a) and b): as in figure 5c-d but for the heat flux filtered with a 9 day running mean. c) and d): as in figure 5g-h but for the heat flux filtered with a 9 day running mean. e) As in figure 7a but for the heat flux filtered with a 9 day running mean.

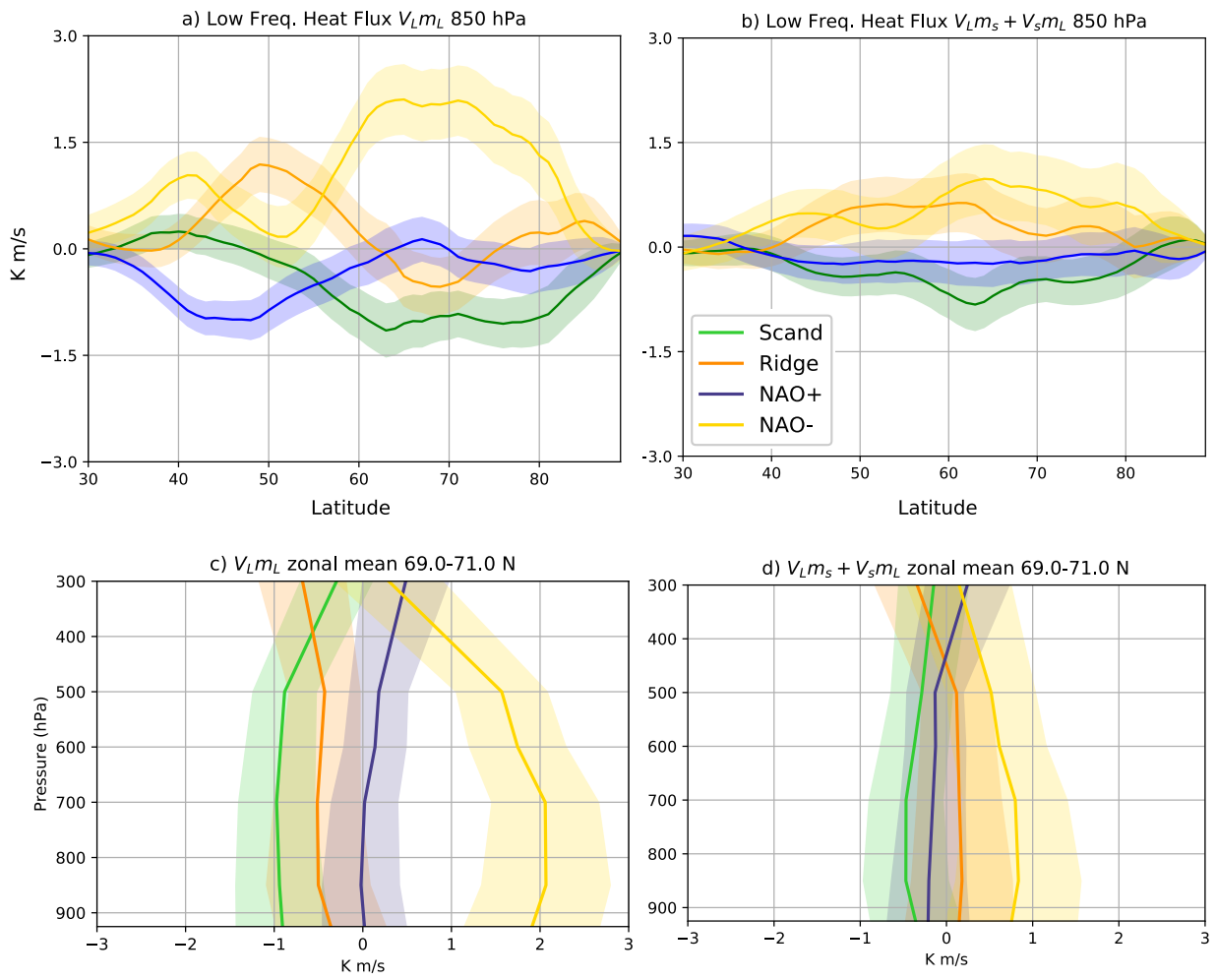
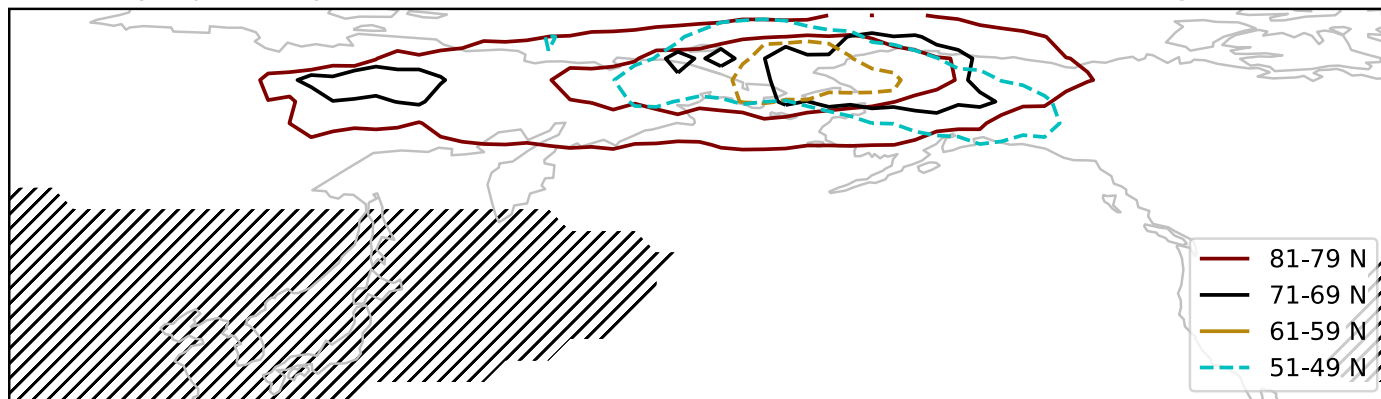


Figure S3: a-b) As in figure 4a but for the low frequency heat flux. c-d) As in figure 4b but for the low frequency heat flux.

a) Synoptic eddy heat flux at 850 hPa (zonal mean) as function of blocking location



b) Synoptic eddy heat flux at 850 hPa (zonal mean) per blocking day

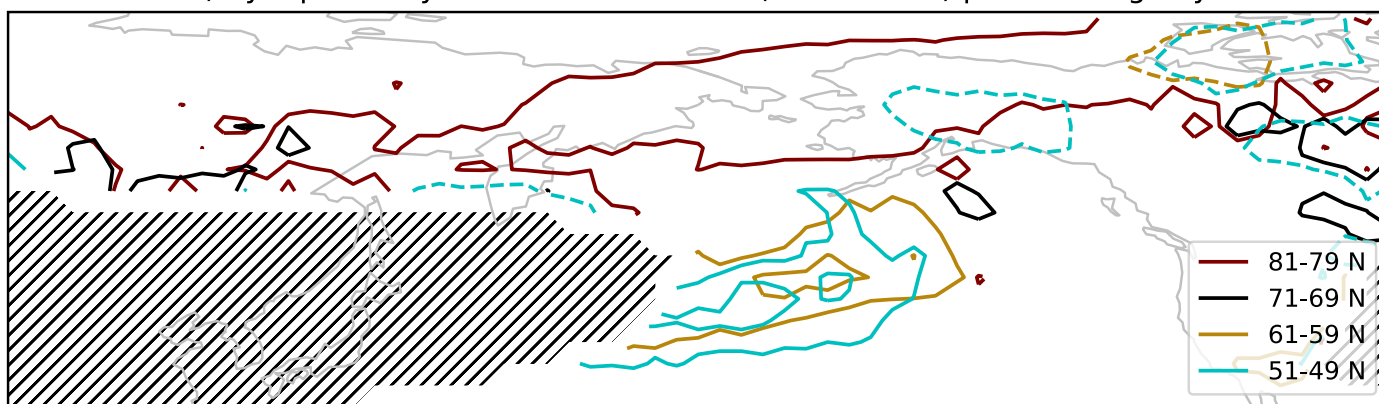


Figure S4: a-b) As in figure 7 but over the Pacific Sector.

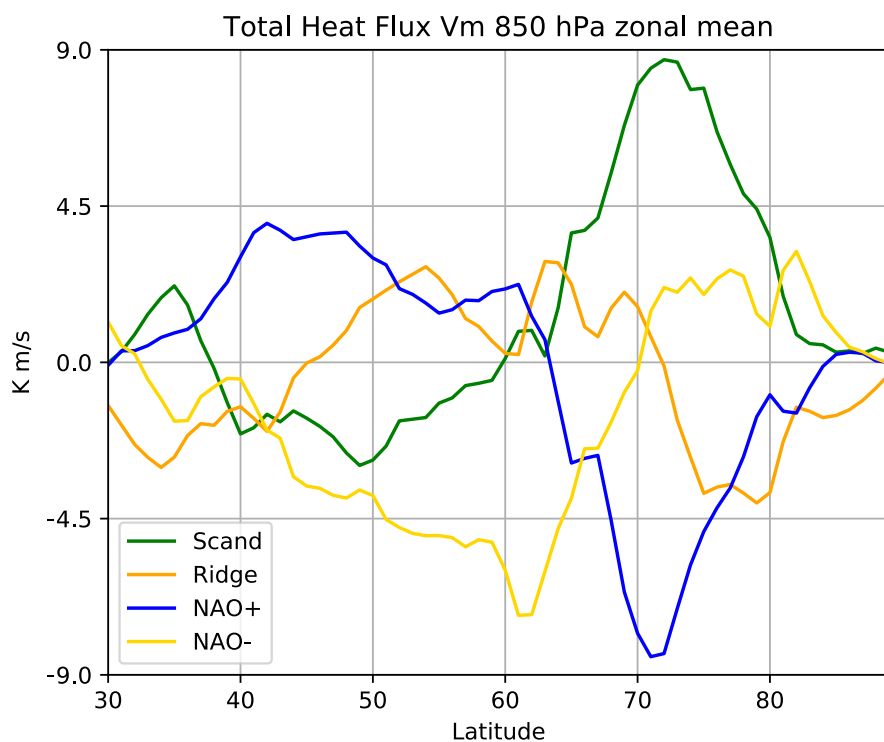


Figure S5: Zonal mean of the instantaneous heat flux anomaly (total) at 850 hPa for the 4 weather regimes.