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Electronic Supplementary Information (ESI) **Biomolecular Conformational Changes and Ligand Binding: From Kinetics to Thermodynamics**

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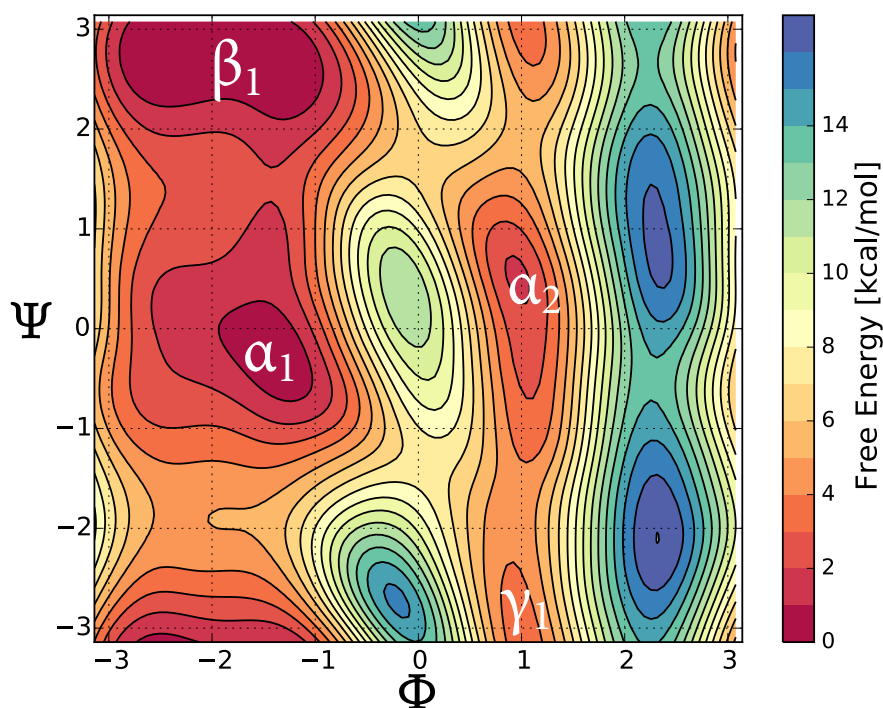


Fig. S1 Potential of mean force of the Ala2 model system. The PMF was obtained from metadynamics simulations using Φ and Ψ as CVs. Four metastable states (α_1 , β_1 , γ_1 and α_2) are labelled.

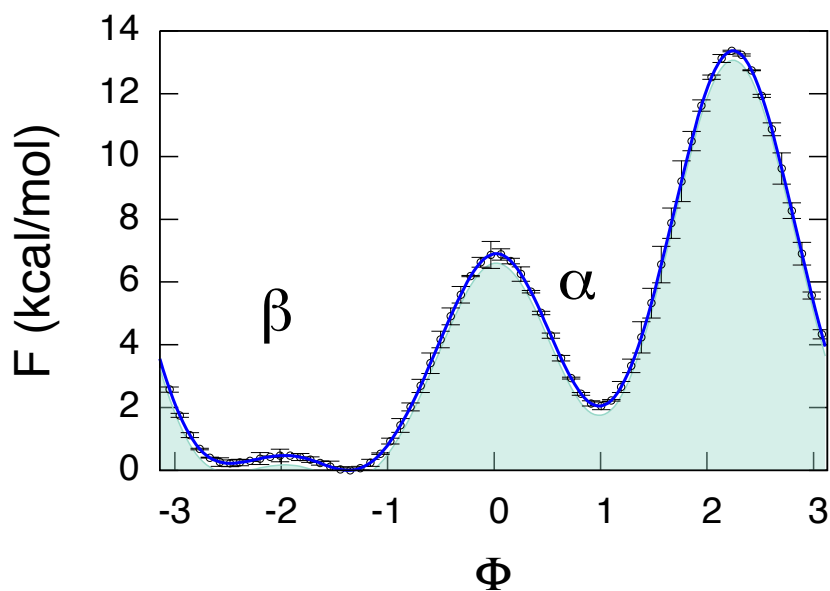


Fig. S2 Potential of mean force as a function Φ of Ala2 in implicit solvent at 300K. For simplicity, the system is coarse grained into two stable states, α and β , as labelled. The free energy difference $\Delta G_{\alpha-\beta}$ is 2.6 ± 0.1 kcal/mol as obtained by the summation of the populations on the two sides of the barrier.

Table S1 Comparison between τ and the mean time $\mu = \frac{\sum_{i=1}^n t_i}{n}$

	τ	μ
$A \rightarrow B$	27.5 ± 5.1 ns	26.7 ± 3.5 ns
$B \rightarrow A$	1.4 ± 0.5 ns	1.7 ± 0.4 ns
$A \rightarrow C$	722.4 ± 136.6 ns	643.3 ± 89.5 ns
$C \rightarrow A$	6.9 ± 0.9 ns	6.1 ± 0.8 ns
$A \rightarrow D$	10.7 ± 2.0 μs	4.1 ± 0.5 μs ^a
$D \rightarrow A$	7.7 ± 1.0 ns	6.0 ± 0.6 ns
$B \rightarrow C$	23.3 ± 4.7 ns	21.3 ± 3.3 ns
$C \rightarrow B$	3.0 ± 0.6 ns	2.9 ± 0.4 ns
$B \rightarrow D$	709.7 ± 130.0 ns	661.6 ± 74.2 ns
$D \rightarrow B$	6.1 ± 1.6 ns	4.6 ± 0.5 ns
$C \rightarrow D$	8.1 ± 1.4 ns	7.9 ± 1.0 ns
$D \rightarrow C$	0.5 ± 0.1 ns	0.6 ± 0.1 ns

^a The mean time for the $A \rightarrow D$ transitions are underestimated when simply calculating the average because not all simulations resulted in successful transitions. As described in the main text, we instead used the maximum-likelihood estimator that takes this into account.

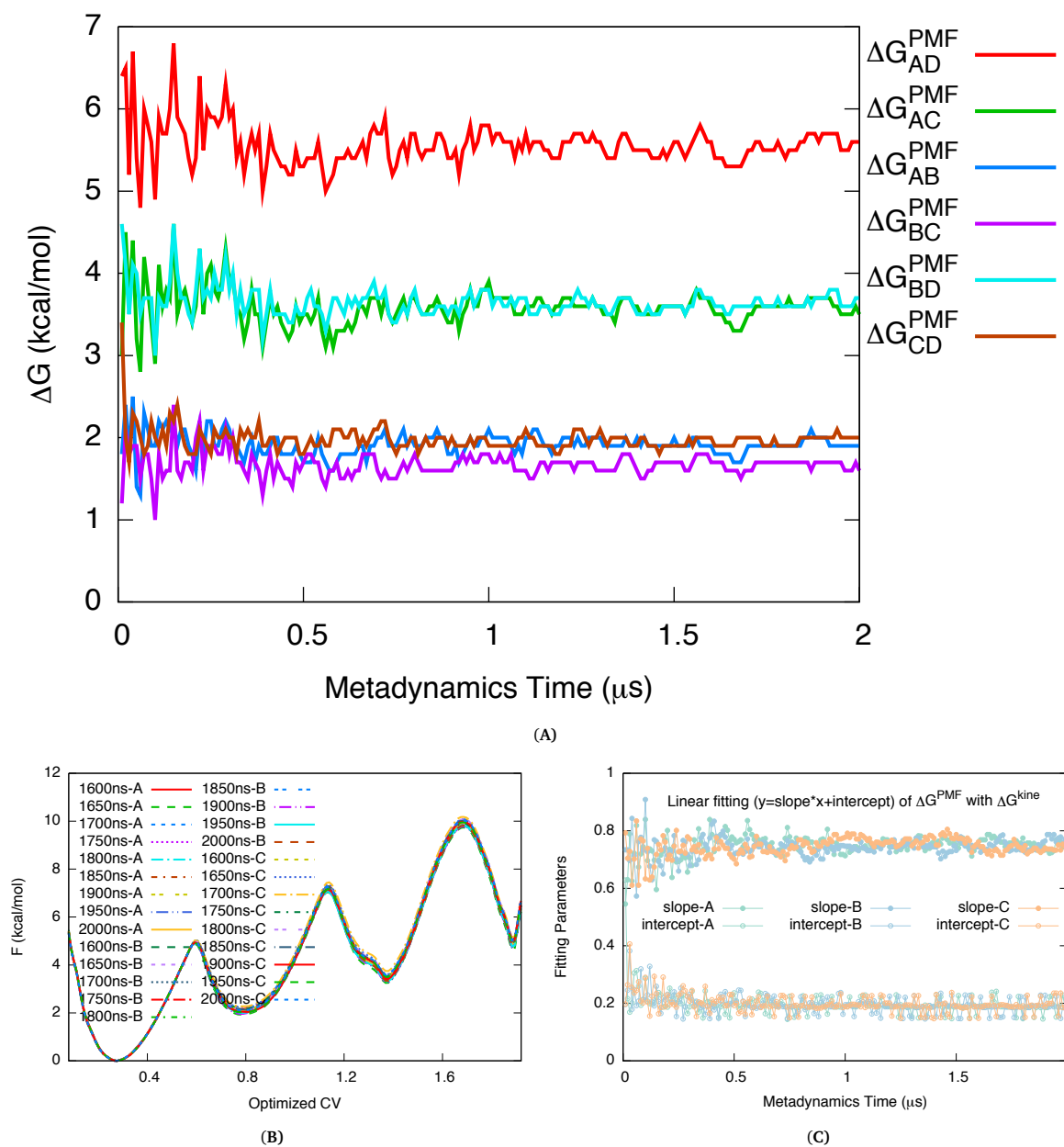


Fig. S3 Convergence of the estimated ΔG^{PMF} of the five-residue peptide during the well-tempered metadynamics simulation. (A) The time evolution of ΔG_{RP}^{PMF} in metadynamics simulation in the first of three independent metadynamics simulations (named A, B and C). (B) The PMF curves of the last 400 ns of the three metadynamics simulations. (C) The slopes and intercepts of the linear fit of ΔG^{kine} and ΔG^{PMF} as a function of simulation time.

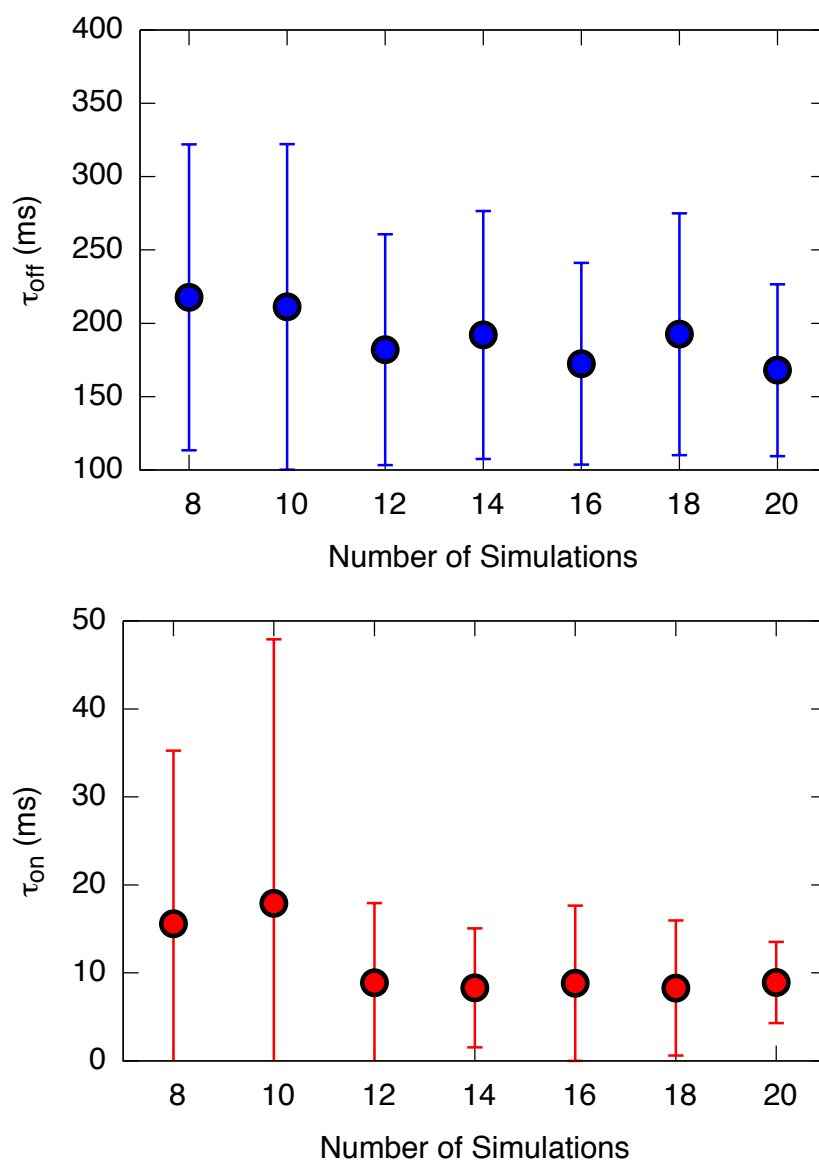


Fig. S4 Association and dissociation times for benzene and L99A T4L as a function of number of independent simulations. Error bars represent the standard deviation of τ obtained from a bootstrap analysis with 50 subsamples.

PLUMED settings of MetaD Simulation of Ace-Ala3-Nme

MOLINFO MOLTYPE=protein STRUCTURE=Ref.pdb
FLUSH STRIDE=500

ALPHABETA ...
ATOMS1=@phi-2 REFERENCE=1.25
LABEL=c1
... ALPHABETA

ALPHABETA ...
ATOMS1=@psi-2 REFERENCE=1.25
LABEL=c2
... ALPHABETA

ALPHABETA ...
ATOMS1=@phi-3 REFERENCE=1.25
LABEL=c3
... ALPHABETA

ALPHABETA ...
ATOMS1=@psi-3 REFERENCE=1.25
LABEL=c4
... ALPHABETA

ALPHABETA ...
ATOMS1=@phi-4 REFERENCE=1.25
LABEL=c5
... ALPHABETA

ALPHABETA ...
ATOMS1=@psi-4 REFERENCE=1.25
LABEL=c6
... ALPHABETA

COMBINE LABEL=sum_abs ARG=c1,c2,c3,c4,c5,c6 POWERS=1,1,1,1,1,1
COEFFICIENTS=0.6228,0.1201,0.5643,0.1102,0.5153,0.0403 PERIODIC=NO

METAD ...
ARG=sum_abs
HEIGHT=2.0
BIASFACTOR=25
TEMP=300.0
SIGMA=0.03
PACE=500
LABEL=WTMetaD
... METAD

PRINT STRIDE=500 ARG=* FILE=COLVAR

PLUMED settings of InMetaD Simulation of Ace-Ala3-Nme

MOLINFO MOLTYPE=protein STRUCTURE=Ref.pdb

FLUSH STRIDE=500

ALPHABETA ATOMS1=@phi-2 REFERENCE=1.25 LABEL=c1
ALPHABETA ATOMS1=@phi-3 REFERENCE=1.25 LABEL=c3
ALPHABETA ATOMS1=@phi-4 REFERENCE=1.25 LABEL=c5
ALPHABETA ATOMS1=@psi-2 REFERENCE=1.25 LABEL=c2
ALPHABETA ATOMS1=@psi-3 REFERENCE=1.25 LABEL=c4
ALPHABETA ATOMS1=@psi-4 REFERENCE=1.25 LABEL=c6

COMBINE LABEL=sum_abs ARG=c1,c2,c3,c4,c5,c6 POWERS=1,1,1,1,1,1
COEFFICIENTS=0.6228,0.1201,0.5643,0.1102,0.5153,0.0403 PERIODIC=NO

METAD ...

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BIASFACTOR=25
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SIGMA=0.04
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GRID_MIN=-0.02 GRID_MAX=2.0 GRID_BIN=200
LABEL=WTMetaD

ACCELERATION

... METAD

COMMITTOR ...

ARG=sum_abs
STRIDE=5000
BASIN_LL1=1.85
BASIN_UL1=2.0
... COMMITTOR

PRINT STRIDE=500 ARG=* FILE=COLVAR FMT=%12.5f

PLUMED settings of InMetaD simulations of L99A T4L-BNZ

WHOLEMOLECULES ENTITY0=1-2881

cavity: COM ATOMS=1668,1728,1804,1867,1925,1980,2052

lig: COM ATOMS=2870,2872,2874

D1: DISTANCE ATOMS=1347,lig
D2: DISTANCE ATOMS=1457,lig
D3: DISTANCE ATOMS=1515,lig
D4: DISTANCE ATOMS=1533,lig
D5: DISTANCE ATOMS=1582,lig
D6: DISTANCE ATOMS=1720,lig
D7: DISTANCE ATOMS=1776,lig
D8: DISTANCE ATOMS=1786,lig
D9: DISTANCE ATOMS=1907,lig
D10: DISTANCE ATOMS=2010,lig
D11: DISTANCE ATOMS=2076,lig
D12: DISTANCE ATOMS=2290,lig
D13: DISTANCE ATOMS=2668,lig
D14: DISTANCE ATOMS=1954,lig
D15: DISTANCE ATOMS=2349,lig
D16: DISTANCE ATOMS=1999,lig
D17: DISTANCE ATOMS=cavity,lig

rmsd: RMSD REFERENCE=LigRMSDRef.pdb TYPE=OPTIMAL

CONTACTMAP ...

ATOMS1=1347,lig REFERENCE1=1.0 WEIGHT1=1.0
ATOMS2=1457,lig REFERENCE2=1.0 WEIGHT2=1.0
ATOMS3=1515,lig REFERENCE3=1.0 WEIGHT3=1.0
ATOMS4=1533,lig REFERENCE4=1.0 WEIGHT4=1.0
ATOMS5=1582,lig REFERENCE5=1.0 WEIGHT5=1.0
ATOMS6=1720,lig REFERENCE6=1.0 WEIGHT6=1.0
ATOMS7=1776,lig REFERENCE7=1.0 WEIGHT7=1.0
ATOMS8=1786,lig REFERENCE8=1.0 WEIGHT8=1.0
ATOMS9=1907,lig REFERENCE9=1.0 WEIGHT9=1.0
ATOMS10=2010,lig REFERENCE10=1.0 WEIGHT10=1.0
ATOMS11=2076,lig REFERENCE11=1.0 WEIGHT11=1.0
ATOMS12=2290,lig REFERENCE12=1.0 WEIGHT12=1.0
ATOMS13=2668,lig REFERENCE13=1.0 WEIGHT13=1.0

#F114_CZ -- COM of BNZ

ATOMS14=1954,lig REFERENCE14=0.0 WEIGHT14=1.0
ATOMS15=2349,lig REFERENCE15=0.0 WEIGHT15=1.0
ATOMS16=1999,lig REFERENCE16=0.0 WEIGHT16=1.0

NTD-BNZ

ATOMS17=cavity,lig REFERENCE17=1.0 WEIGHT17=2.8

SWITCH1={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}

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SWITCH2={RATIONAL R_0=0.62 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH3={RATIONAL R_0=0.54 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH4={RATIONAL R_0=0.62 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH5={RATIONAL R_0=0.59 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH6={RATIONAL R_0=0.40 D_0=0.1 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH7={RATIONAL R_0=0.64 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH8={RATIONAL R_0=0.72 D_0=0.3 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH9={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH10={RATIONAL R_0=0.61 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH11={RATIONAL R_0=0.70 D_0=0.3 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH12={RATIONAL R_0=0.94 D_0=0.3 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH13={RATIONAL R_0=0.50 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH14={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=10 D_MAX=1.5 STRETCH}
SWITCH15={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=10 D_MAX=1.5 STRETCH}
SWITCH16={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=10 D_MAX=1.5 STRETCH}
SWITCH17={RATIONAL R_0=1.20 D_0=0.4 NN=6 MM=10 D_MAX=3.5 STRETCH}
#SWITCH17={RATIONAL R_0=0.40 D_0=0.2 NN=6 MM=20 D_MAX=1.5 STRETCH}
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CMDIST
... CONTACTMAP

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CONTACTMAP ...
ATOMS1=1347,lig REFERENCE1=0.0 WEIGHT1=1.0
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ATOMS4=1533,lig REFERENCE4=0.0 WEIGHT4=1.0
ATOMS5=1582,lig REFERENCE5=0.0 WEIGHT5=1.0
ATOMS6=1720,lig REFERENCE6=0.0 WEIGHT6=1.0
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ATOMS8=1786,lig REFERENCE8=0.0 WEIGHT8=1.0
ATOMS9=1907,lig REFERENCE9=0.0 WEIGHT9=1.0
ATOMS10=2010,lig REFERENCE10=0.0 WEIGHT10=1.0
ATOMS11=2076,lig REFERENCE11=0.0 WEIGHT11=1.0
ATOMS12=2290,lig REFERENCE12=0.5 WEIGHT12=1.0
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#F114_CZ -- COM of BNZ
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ATOMS15=2349,lig REFERENCE15=1.0 WEIGHT15=2.0
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```

# NTD-BNZ
ATOMS17=cavity,lig REFERENCE17=1.0 WEIGHT17=1.0

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SWITCH1={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH2={RATIONAL R_0=0.62 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH3={RATIONAL R_0=0.54 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}
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```

```

SWITCH8={RATIONAL R_0=0.72 D_0=0.3 NN=6 MM=20 D_MAX=2.0 STRETCH}
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SWITCH15={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=10 D_MAX=1.5 STRETCH}
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ATOMS5=1582,lig REFERENCE5=0.0 WEIGHT5=1.0
ATOMS6=1720,lig REFERENCE6=0.0 WEIGHT6=1.0
ATOMS7=1776,lig REFERENCE7=0.0 WEIGHT7=1.0
ATOMS8=1786,lig REFERENCE8=0.0 WEIGHT8=1.0
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ATOMS10=2010,lig REFERENCE10=0.0 WEIGHT10=1.0
ATOMS11=2076,lig REFERENCE11=0.0 WEIGHT11=1.0
ATOMS12=2290,lig REFERENCE12=0.0 WEIGHT12=1.0
ATOMS13=2668,lig REFERENCE13=0.0 WEIGHT13=1.0

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SWITCH12={RATIONAL R_0=0.94 D_0=0.3 NN=6 MM=20 D_MAX=2.0 STRETCH}
SWITCH13={RATIONAL R_0=0.50 D_0=0.2 NN=6 MM=20 D_MAX=2.0 STRETCH}

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SWITCH16={RATIONAL R_0=0.60 D_0=0.2 NN=6 MM=10 D_MAX=1.5 STRETCH}
SWITCH17={RATIONAL R_0=1.20 D_0=0.4 NN=6 MM=10 D_MAX=3.5 STRETCH}

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... CONTACTMAP

p1: FUNCPATHMSD ARG=c1,c2,c3 LAMBDA=0.2
p2: PATHMSD REFERENCE=path.pdb LAMBDA=56.0

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SIGMA=0.1,0.5,0.5
BIASFACTOR=10
TEMP=298
HEIGHT=0.2
FILE=HILLS
FMT=%12.4f
LABEL=meta

PACE=25000
ACCELERATION

... METAD

COMMITTOR ...
ARG=D17
STRIDE=50000
BASIN_LL1=2.6
BASIN_UL1=10.0
... COMMITTOR

PRINT ARG=* STRIDE=250 FILE=COLVAR FMT=%10.3f