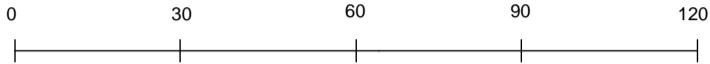


120 minutes submaximal cycling at 50% of W_{max}

5-min all-out test



HR Measured every two minutes throughout submaximal cycling

Continuously

RPE ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑

Beverage ing. (180ml) ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑

Glu, [La⁻], VO₂, RER ↑ ↑ ↑ ↑ ↑

BUN ↑ ↑

Power output Measured continuously throughout submaximal cycling

Continuously