120 minutes submaximal cycling at 50% of W<sub>max</sub>

5-min all-out test

	0	30	0	60	)	90		120	0	5
										—
HR	Measured every two minutes throughout submaximal cycling								Continuously	
RPE	Ť	↑	Ť	t	t	t	t	t		ŧ
Beverage ing. (180ml)	↑	Ť	Ť	↑	t	t	↑	t		
Glu, [La <sup>-</sup> ], VO <sub>2</sub> , RER	Ť		t		Ť		Ť		ŧ	
BUN				ŧ				Ť		♠
Device evitevit										

Power output Measured continuously throughout submaximal cycling