



Figure 1. - Schematic of the experimental design.

Participants visited the laboratory on eight occasions (two familiarizations, three visits for LOW, three visits for NORM). At least 6 weeks separated each condition in a randomized cross-over design. Black arrows indicate experimental visits, grey arrows indicate the addition of a low-intensity cycling bout, dashed lines separate days, shaded area indicates the fasting period (3 h pre-cycling to 1 h post-downhill run) for LOW.