

	1KM			2KM			3KM			4KM			5KM		
	Placebo	800 µg	1600 µg	Placebo	800 µg	1600 µg	Placebo	800 µg	1600 µg	Placebo	800 µg	1600 µg	Placebo	800 µg	1600 µg
HR	169.85 ±10.44	173.42 ±6.07	176.28 ±6.67	175.71 ±11.75	179.86 ±5.04	182.00 ±7.46	180.57 ±7.84	183.14 ±6.01	184.29 ±7.47	183.00 ±8.48	186.43 ±4.31	185.43 ±7.34	188.57 ±6.85	192.57 ±5.15	190.43 ±6.99
VO2	3.70 ±0.72	3.82 ±0.31	3.81 ±0.50	3.61 ±0.63	3.64 ±0.47	3.85 ±0.42	3.51 ±0.61	3.56 ±0.42	3.72 ±0.41	3.57 ±0.61	3.52 ±0.47	3.73 ±0.36	3.66 ±0.58	3.61 ±0.44	3.79 ±0.34
VCO2	3.45 ±0.99	3.35 ±0.85	3.77 ±0.68	3.24 ±0.84	3.31 ±0.64	3.70 ±0.55	3.15 ±0.78	3.24 ±0.56	3.54 ±0.50	3.16 ±0.74	3.19 ±0.47	3.53 ±0.46	3.34 ±0.70	3.81 ±0.56	3.69 ±0.39
RPE	13.42 ±1.27	13.57 ±1.27	13.42 ±1.61	13.86 ±1.06	14.86 ±1.06	14.86 ±1.46	14.71 ±1.25	16.00 ±1.29	16.00 ±1.29	16.00 ±1.15	17.14 ±1.34	17.00 ±1.29	20.00 ±0	20.00 ±0	20.00 ±0
RER	0.97 ±0.03	0.97 ±0.03	0.98 ±0.08	0.93 ±0.04	0.95 ±0.03	0.96 ±0.06	0.95 ±0.06	0.95 ±0.03	0.96 ±0.06	0.94 ±0.05	0.95 ±0.05	0.94 ±0.08	0.95 ±0.06	0.97 ±0.05	0.95 ±0.08
VE	99.00 ±22.38	90.17 ±16.97	9.67 ±10.13	114.50 ±25.02	111.83 ±18.28	121.83 ±15.15	115.83 ±25.63	117.50 ±18.67	123.67 ±16.78	116.33 ±25.27	121.33 ±17.99	125.67 ±13.57	124.67 ±25.35	132.33 ±16.72	135.00 ±16.58
TIME (secs)	336.57 ±31.33	327.71 ±36.02	328.43 ±41.08	336.57 ±31.33	327.71 ±36.02	328.43 ±41.08	1031.0 ±110.96	1012.6 ±112.83	1007.6 ±121.23	1388.3 ±157.61	1361.9 ±152.16	1356.1 ±156.96	1714.7 ±186.21	1683.3 ±179.1	1683.6 ±190.6

Appendix 1