Figure 25. Venous plasma SID during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min). A time x protein ($P = .038$) interaction existed with the LP group becoming higher over SET-2.
Figure 26. Plasma cortisol at rest (R), sprints (S1, S2 & S6) and recovery (R1, 5 min, R2, 10 min, R3, 20 min and R4, 30 min.). It was higher in the HF group ($P = .006$) and in the LP group during the sprints ($P = .048$). Time points marked with an asterisk are different from resting values ($P < .05$).
Figure 27. Venous plasma pH during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min). It was decreased by exercise ($P = .0001$). It was higher in the LPHF group ($P = .022$). Time points marked with an asterisk are different from their respective resting value ($P < .05$).
Figure 28. Venous plasma $\text{HCO}_3^-$ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was decreased by exercise ($P = .0001$). It tended to be higher in the LP group during the sprints ($P = .13$) and in the HF group during recovery ($P = .10$). Time points marked with an asterisk are different from resting values ($P < .05$).
Figure 29. Venous plasma $\text{HCO}_3^-$ at rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min, R3 20 min and R4 30 min.). A fat x protein interaction existed ($P = .043$) with higher $\text{HCO}_3^-$ persisting in the LPHF group. The LPLF group had values lower than resting values starting with S6 through recovery ($P < .05$).
Figure 30. Arterial plasma pCO\textsubscript{2} during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). It was decreased by exercise ($P = .0001$) but was higher in the HF group ($P = .04$). Time points marked with an asterisk are different from resting values ($P < .05$).
Figure 31. Arterial plasma pO$_2$ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). It was increased during exercise ($P = .0001$). It was higher in the LF group ($P = .066$) but was not affected by protein ($P = .30$). Time points marked with an asterisk are different from resting values ($P < .05$).
Figure 32. Arterial lactate during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). Lactate increased during exercise ($P = .0001$) and in the LF group ($P = .097$) but was not affected by protein ($P = .16$). All time points were different from their respective resting value ($P < .05$).
Figure 33. Arterial plasma Na⁺ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). It was increased during exercise ($P = .0002$). It tended to be higher in the HF group during recovery ($P = .11$) and in the LP group during the sprints ($P = .077$). Time points marked with an asterisk are different from resting values ($P < .05$).
Figure 34. Venous plasma $K^+$ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was increased during exercise ($P = .07$). It tended to be higher in the LP group ($P = .13$) but was not affected by fat ($P = .74$). Time points marked with an asterisk are different from resting values for both groups ($P < .05$).
Figure 35. Arterial plasma Cl- during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was increased by exercise ($P = .0003$). It was higher in the HF group during the sprints ($P = .042$) but was not affected by protein ($P = .65$).
Figure 36. Arterial plasma SID during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. There was no effect of fat ($P = .69$) or protein ($P = .78$). Time points marked with an asterisk are different from rest ($P < .05$).
Figure 37. Arterial plasma pH during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was increased during exercise ($P = .0086$) but there was no effect of fat ($P = .76$) or protein ($P = .81$).
Figure 38. Arterial plasma HCO₃⁻ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was decreased during exercise (P = .0001). It tended to be higher in the HF group (P = .10) but was not affected by protein (P = .99). Time points marked with an asterisk are different from resting values (P < .05).