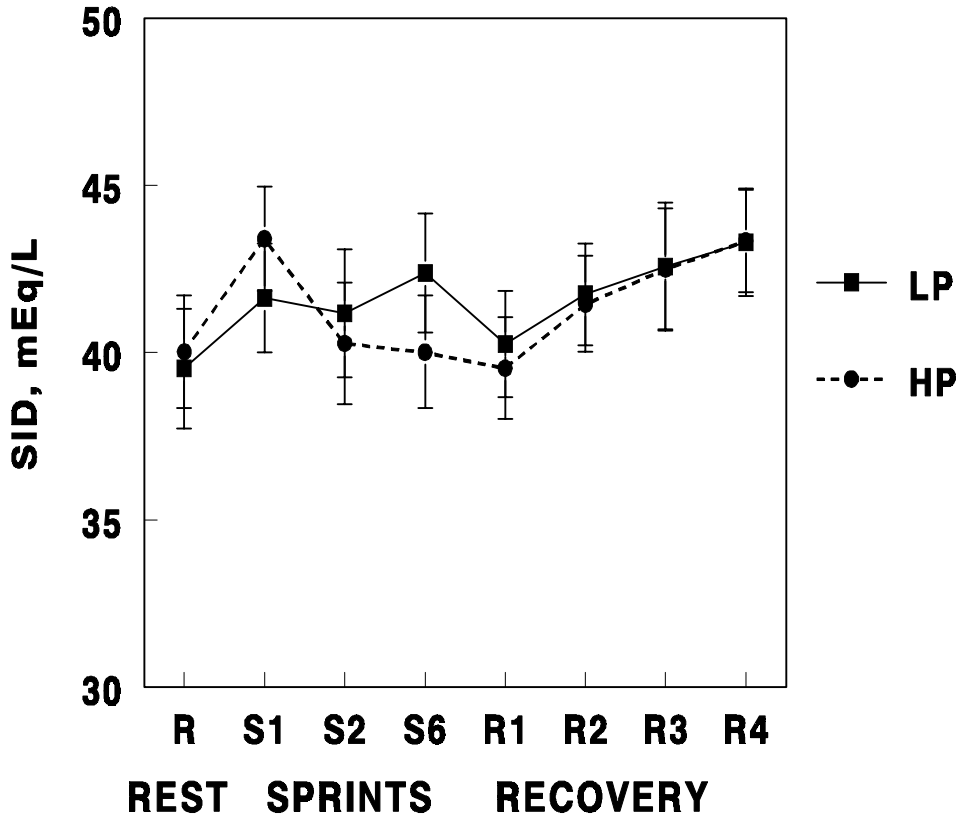

Figure 25. Venous plasma SID during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min). A time x protein (P = .038) interaction existed with the LP group becoming higher over SET-2.

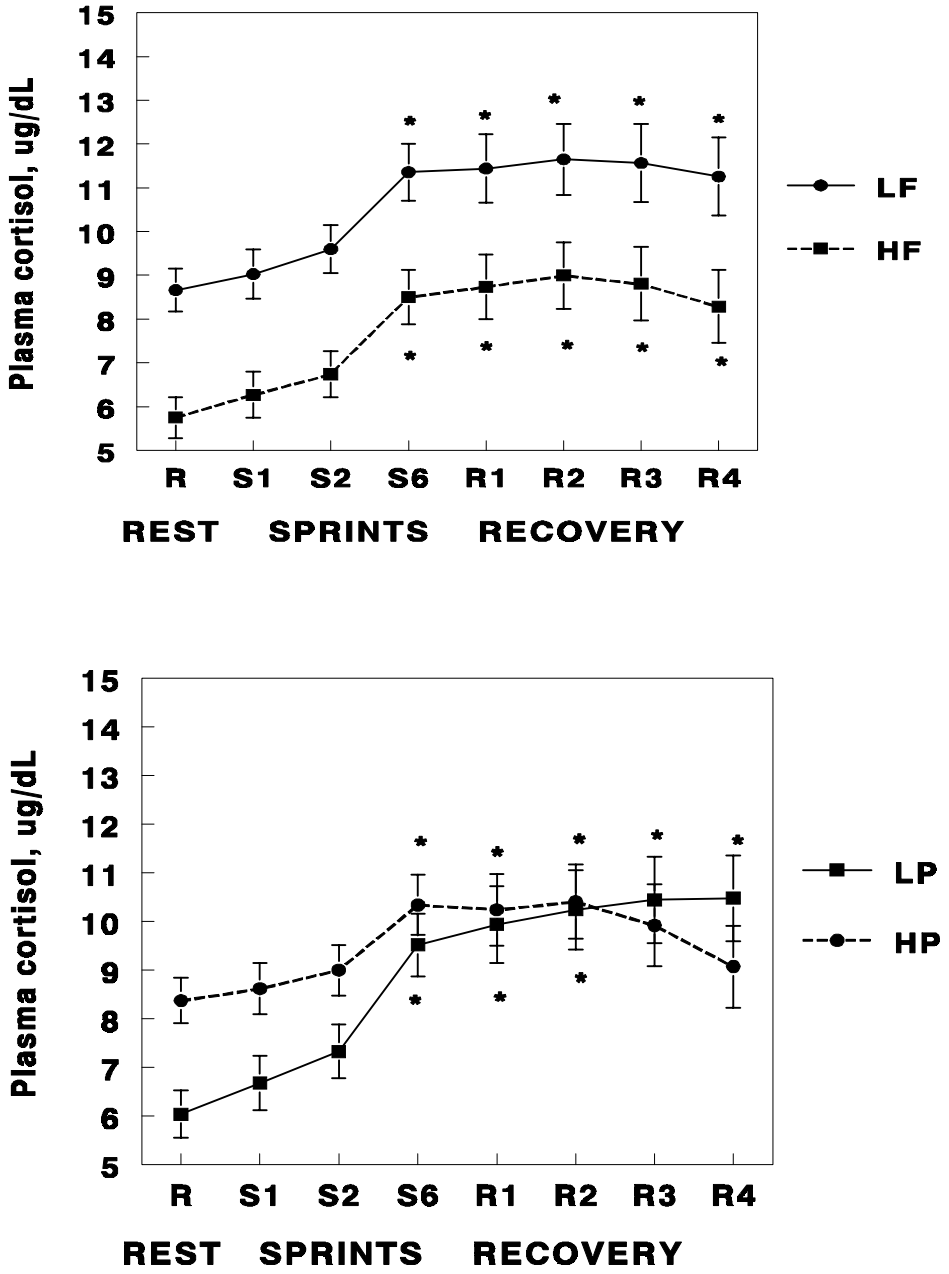

Figure 26. Plasma cortisol at rest (R), sprints (S1, S2 & S6) and recovery (R1, 5 min, R2, 10 min, R3, 20 min and R4, 30 min.). It was higher in the HF group (P = .006) and in the LP group during the sprints (P = .048). Time points marked with an asterisk are different fro resting values (P < .05).

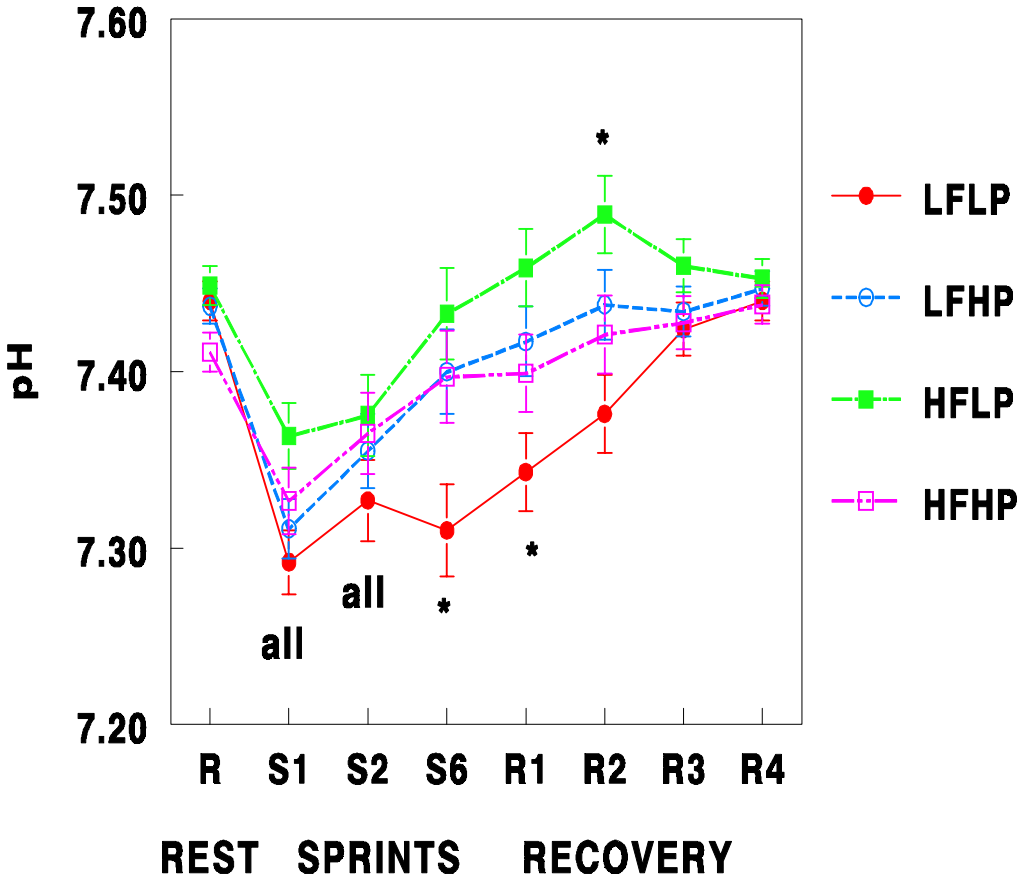

Figure 27. Venous plasma pH during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min). It was decreased by exercise (P = .0001). It was higher in the LPHF group (P = .022). Time points marked with an asterisk are different from their respective resting value (P < .05).

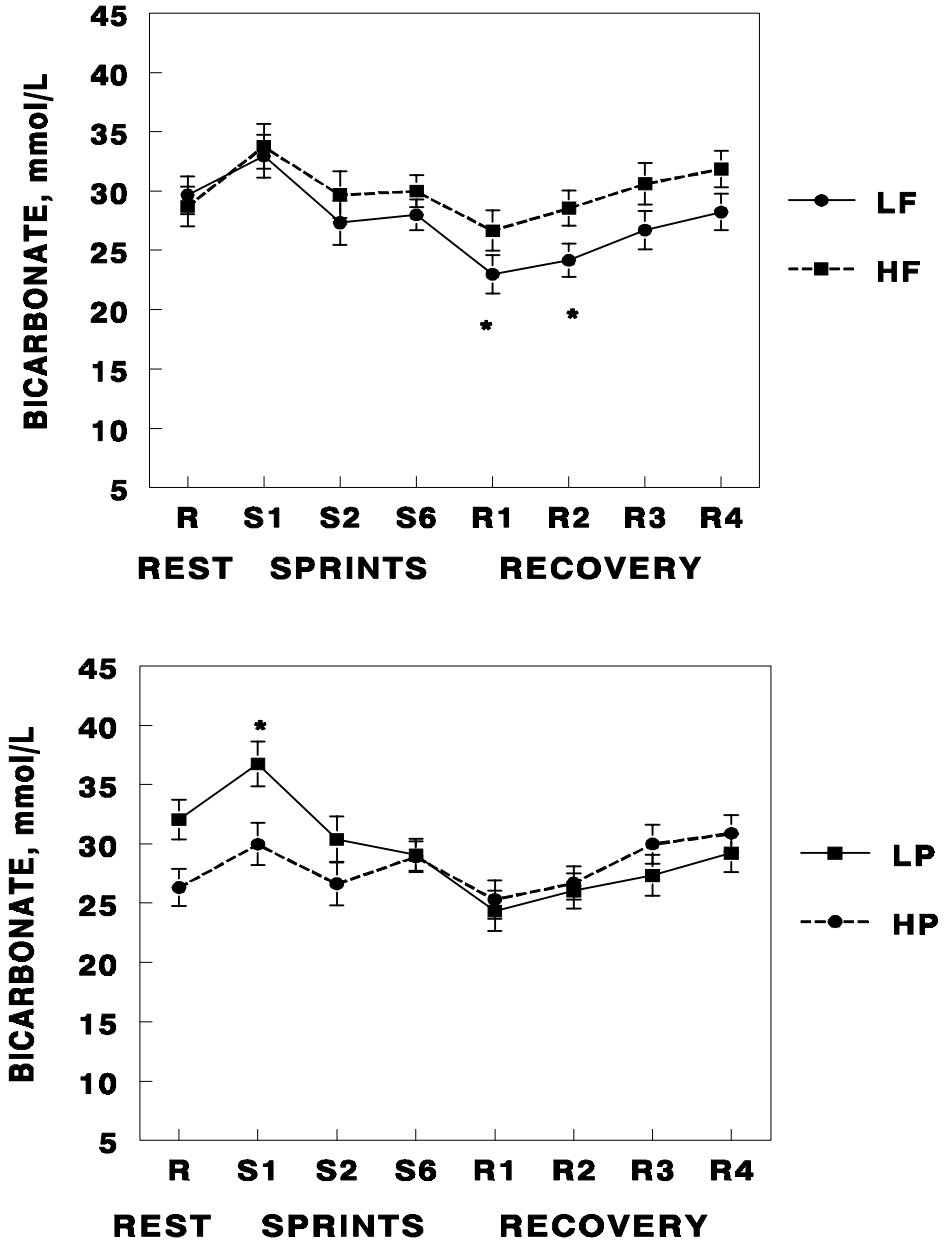

Figure 28. Venous plasma HCO_3^- during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was decreased by exercise (P = .0001). It tended to be higher in the LP group during the sprints (P = .13) and in the HF group during recovery (P = .10). Time points marked with an asterisk are different from resting values (P < .05).

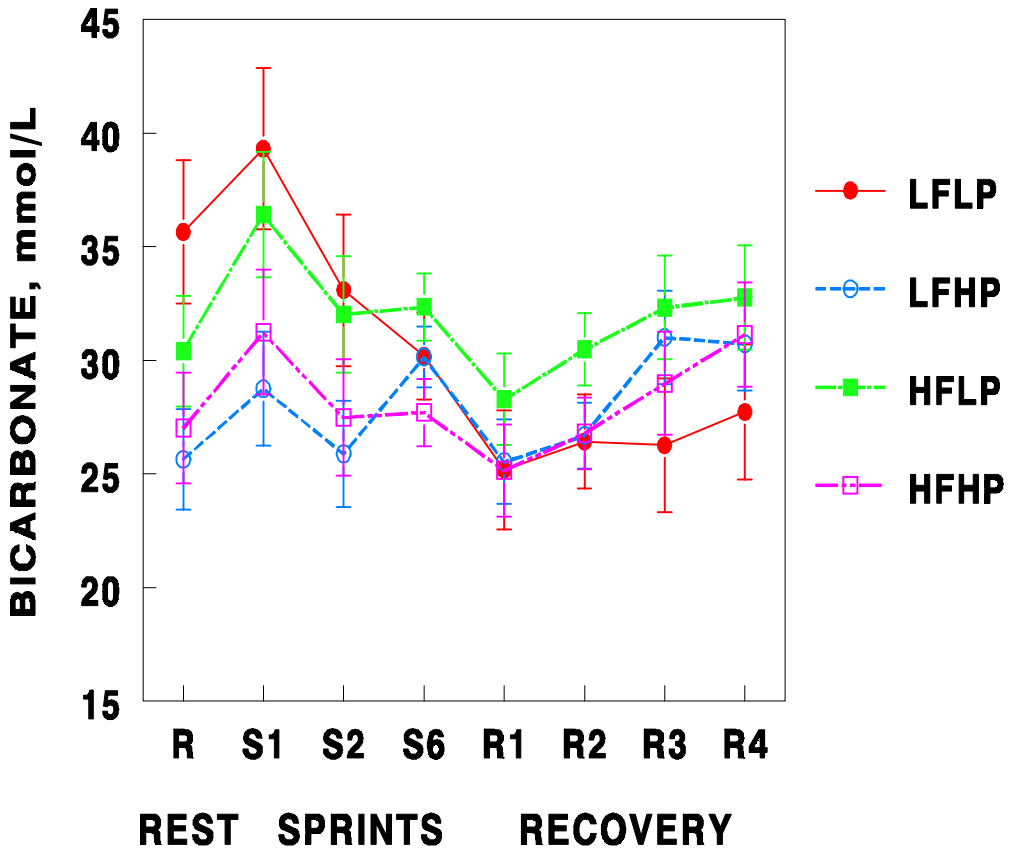

Figure 29. Venous plasma HCO_3^- at rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min, R3 20 min and R4 30 min.). A fat x protein interaction existed (P = .043) with higher HCO_3^- persisting in the LPHF group. The LPLF group had values lower than resting values starting with S6 through recovery (P < .05).

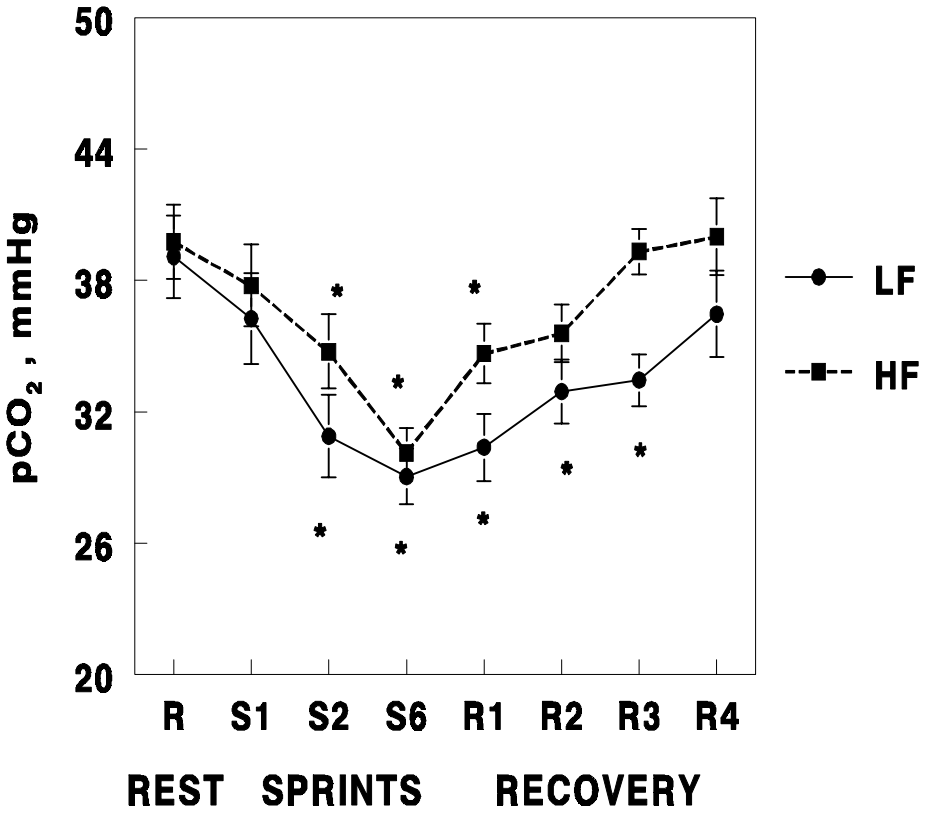

Figure 30. Arterial plasma pCO_2 during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). It was decreased by exercise ($P = .0001$) but was higher in the HF group ($P = .04$). Time points marked with an asterisk are different from resting values ($P < .05$).

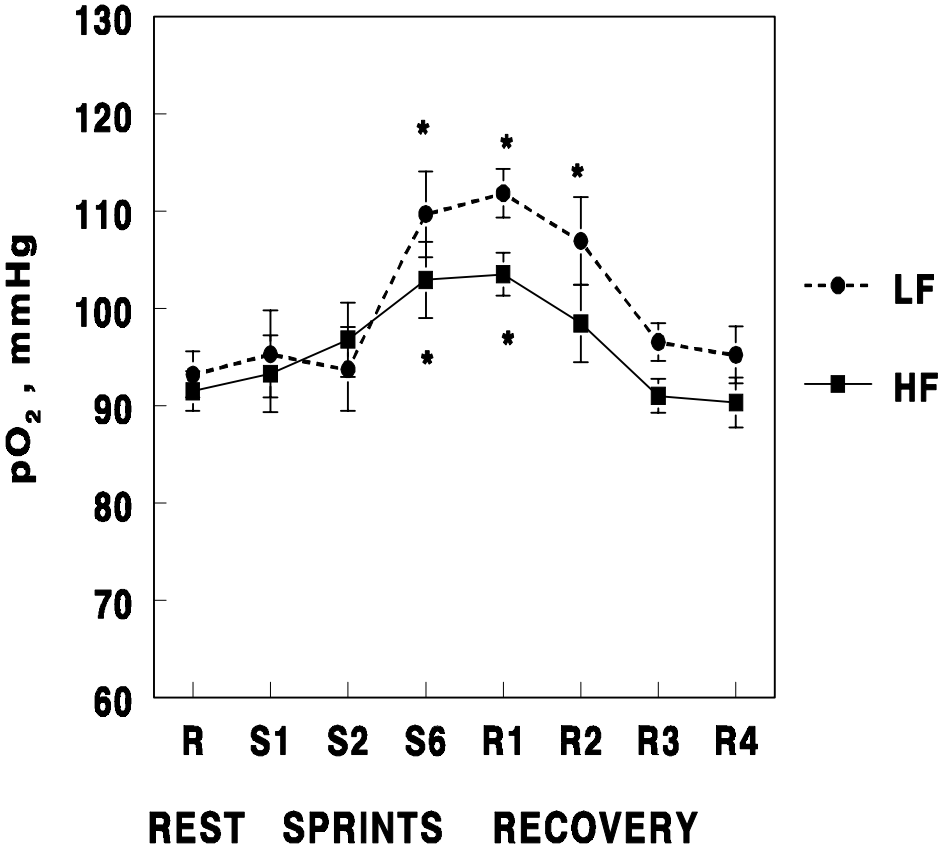

Figure 31. Arterial plasma pO_2 during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). It was increased during exercise ($P = .0001$). It was higher in the LF group ($P = .066$) but was not affected by protein ($P = .30$). Time points marked with an asterisk are different from resting values ($P < .05$).

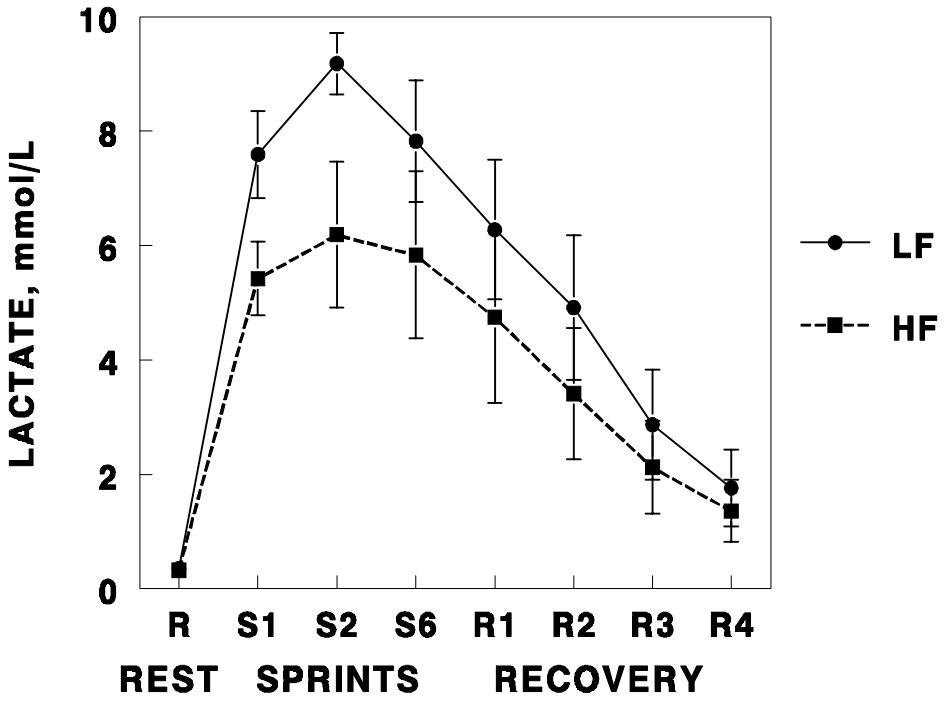

Figure 32. Arterial lactate during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). Lactate increased during exercise ($P = .0001$) and in the LF group ($P = .097$) but was not affected by protein ($P = .16$). All time points were differen from their respective resting value ($P < .05$).

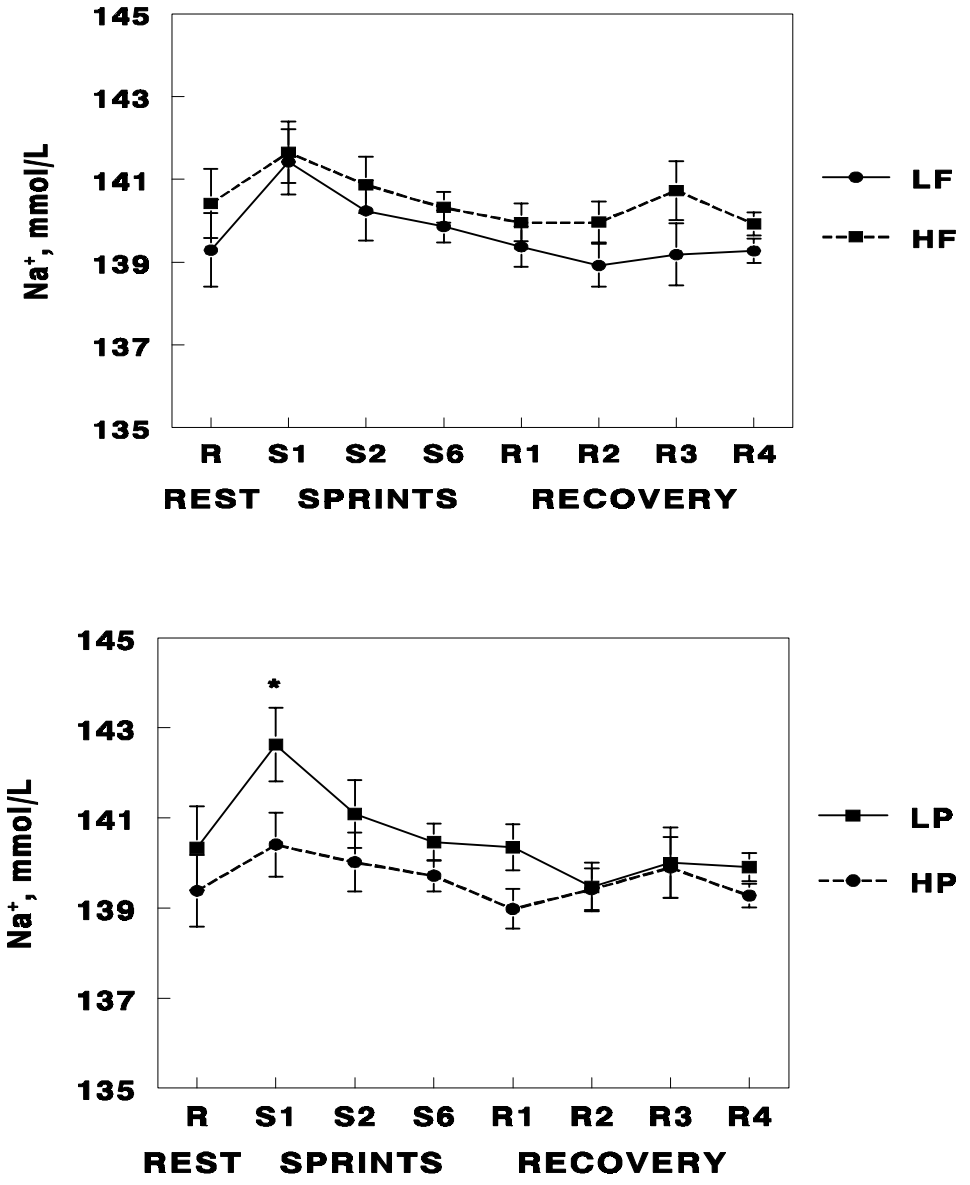

Figure 33. Arterial plasma Na^+ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min.). It was increased during exercise (P = .0002). It tended to be higher in the HF group during recovery (P = .11) and in the LP group during the sprints (P = .077). Time points marked with an asterisk are different from resting values (P < .05).

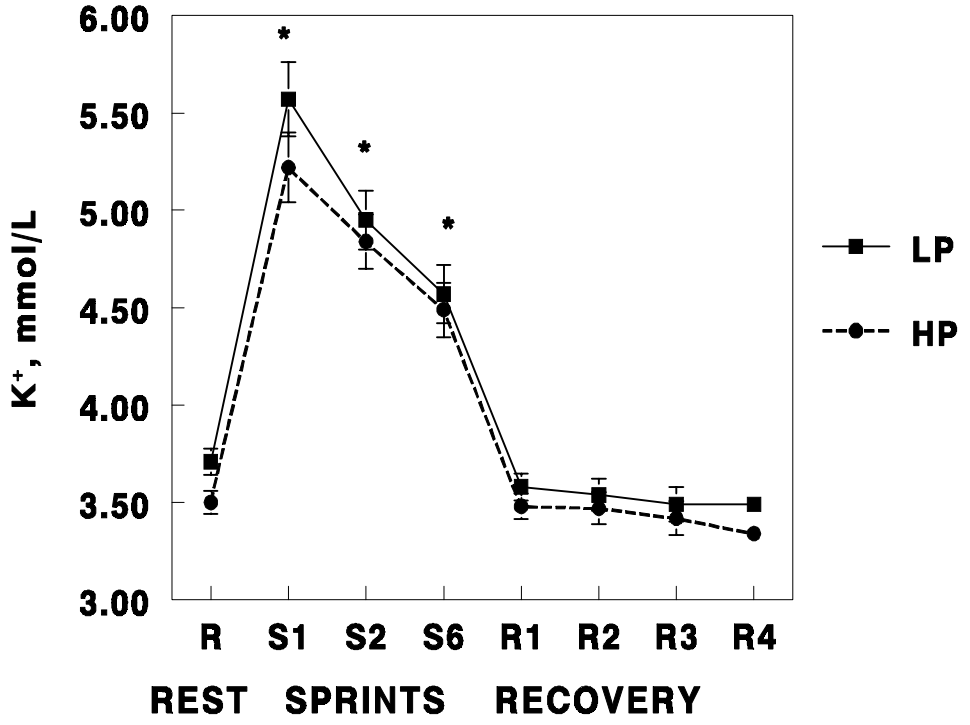

Figure 34. Venous plasma K^+ during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was increased during exercise (P = .07). It tended to be higher in the LP group (P = .13) but was not affected by fat (P = .74). Time points marked with an asterisk are different from resting values for both groups (P < .05).

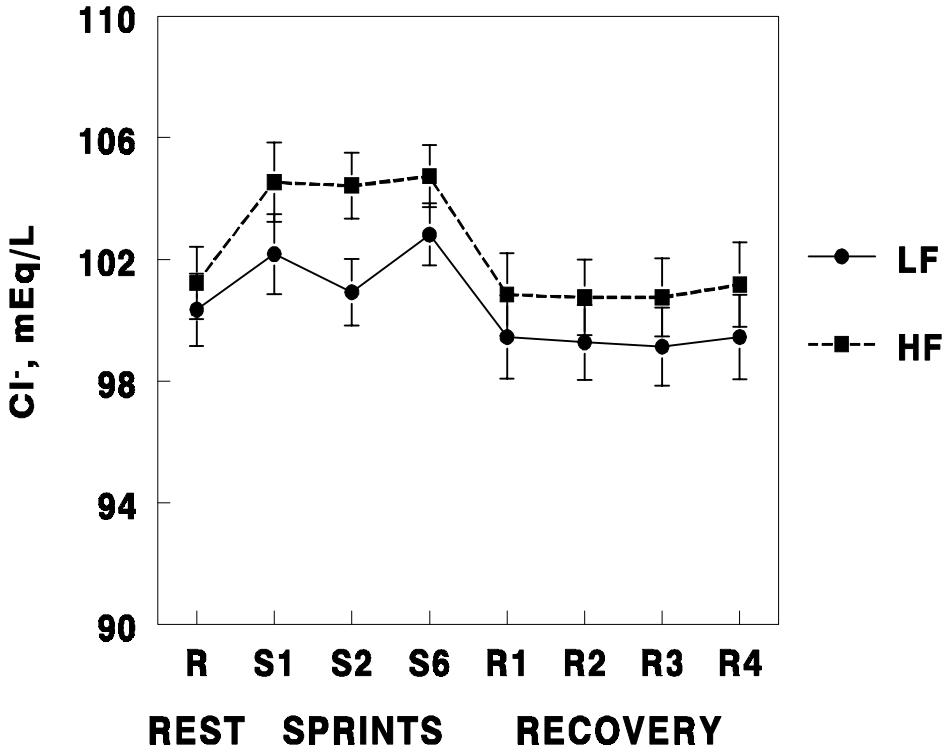

Figure 35. Arterial plasma Cl- during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was increased by exercise (P = .0003). It was higher in the HF group during the sprints (P = .042) but was not affected by protein (P = .65).

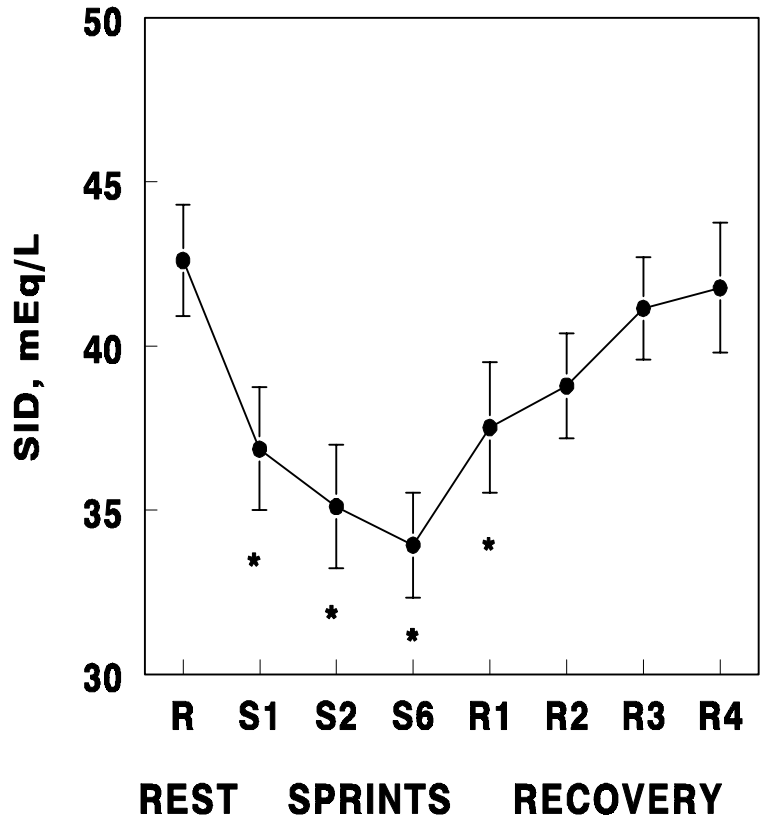

Figure 36. Arterial plasma SID during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. There was no effect of fat (P = .69) or protein (P = .78). Time points marked with an asterisk are different from rest (P < .05).

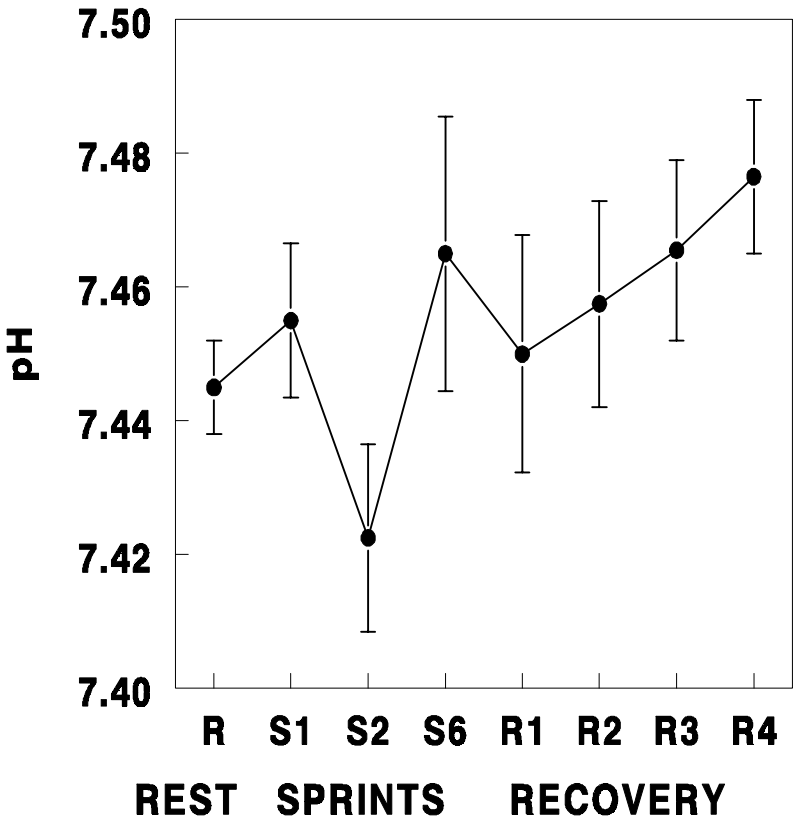

Figure 37. Arterial plasma pH during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was increased during exercise (P = .0086) but there was no effect of fat (P = .76) or protein (P = .81).

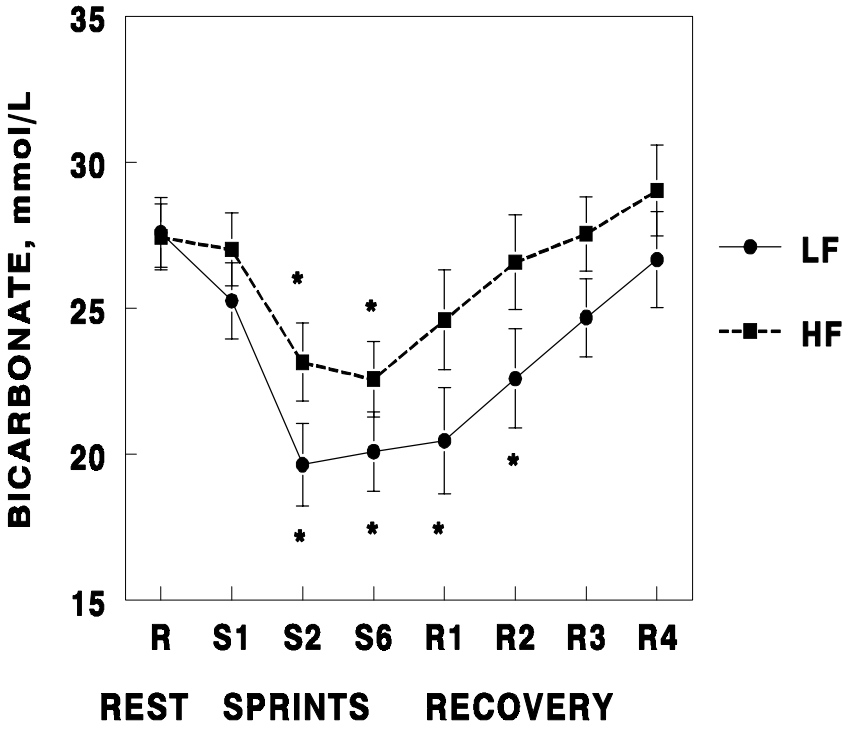

Figure 38. Arterial plasma HCO_3^- during rest (R), sprints (S1, S2 & S6) and recovery (R1 5 min, R2 10 min., R3 20 min. and R4 30 min. It was decreased during exercise (P = .0001). It tended to be higher in the HF group (P = .10) but was not affected by protein (P = .99). Time points marked with an asterisk are different from resting values (P < .05).