

Table I. - Markers of muscle damage, and cardiorespiratory responses to low-intensity cycling, 12 h following downhill running in normal (NORM) and lowered muscle glycogen (LOW) conditions.

	LOW			NORM		
	Pre	Post 0 h	Post 12 h	Pre	Post 0 h	Post 12 h
MVC force (N)	663.1 ± 118.4	467.6 ± 97.3**	561.5 ± 122.6**	653.7 ± 127.6	475.2 ± 103.7**	552.2 ± 137.4*
Muscle soreness (0 to 10 scale)	1.1 ± 0.4	3.8 ± 1.9*	3.7 ± 1.7*	1.1 ± 0.3	2.8 ± 1.4*	3.2 ± 1.2**
Tidal volume (L)	2.3 ± 0.3	-	2.2 ± 0.5	2.3 ± 0.3	-	2.3 ± 0.5
\dot{V}_E (L·min ⁻¹)	64.4 ± 8.9	-	69.6 ± 12.9	62.8 ± 9.7	-	65.7 ± 10.7
$\dot{V}O_2$ (L·min ⁻¹)	2.43 ± 0.3	-	2.54 ± 0.3	2.46 ± 0.3	-	2.53 ± 0.4
$\dot{V}CO_2$ (L·min ⁻¹)	2.35 ± 0.3	-	2.26 ± 0.4	2.31 ± 0.2	-	2.38 ± 0.3
$\dot{V}O_2$ (mL·kg ⁻¹ ·min ⁻¹)	32.9 ± 5.9	-	33.6 ± 5.1	33.6 ± 6.7	-	34.3 ± 9.2
HR (b·min ⁻¹)	151 ± 13	-	150 ± 19	150 ± 13	-	147 ± 14
$\dot{V}_E/\dot{V}O_2$ (L·min ⁻¹)	26.5 ± 4.3	-	27.4 ± 5.6	25.5 ± 4.7	-	26.0 ± 5.3
$\dot{V}_E/\dot{V}CO_2$ (L·min ⁻¹)	27.4 ± 2.3	-	30.8 ± 3.2*	27.2 ± 2.9	-	27.6 ± 5.4

Notes: Values are mean ± SD; significant difference from baseline, * P < 0.001, ** P <

0.0001. Data refer to cardiorespiratory responses in the 9th minute of low-intensity cycling. MVC, maximal voluntary contraction; \dot{V}_E , minute ventilation; $\dot{V}O_2$, oxygen uptake; $\dot{V}CO_2$, carbon dioxide production; HR, heart rate; $\dot{V}_E/\dot{V}O_2$, ventilatory

equivalent of oxygen uptake; $\dot{V}_E/\dot{V}CO_2$, ventilatory equivalent of carbon dioxide production.