Figure 2. - Respiratory exchange ratio (RER) during constant-load cycling performed before and after downhill running in normal (NORM) (A) and lowered glycogen (LOW) (B) conditions. Values are presented as mean ± SD; n = 11, one participant was unable to attain steady-state. * Significant pre-post downhill difference. Data refer to 4 to 10 min due to duration to attain steady-state.
Figure 3. - Fat oxidation during constant-load cycling performed before and after downhill running in normal (NORM) (A) and lowered glycogen (LOW) (B) conditions. Values are presented as mean ± SD; $n = 11$, one participant was unable to attain steady-state. * Significant pre-post downhill difference, $P < 0.05$. Data refer to 4 to 10 min due to duration to attain steady-state.
Figure 4. - Carbohydrate oxidation during constant-load cycling performed before and after downhill running in normal (NORM) (A) and lowered glycogen (LOW) (B) conditions. Values are presented as mean ± SD; n = 11, one participant was unable to attain steady-state. * Significant pre-post downhill difference, P < 0.05. Data refer to 4 to 10 min due to duration to attain steady-state.