

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  $\pm$  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.

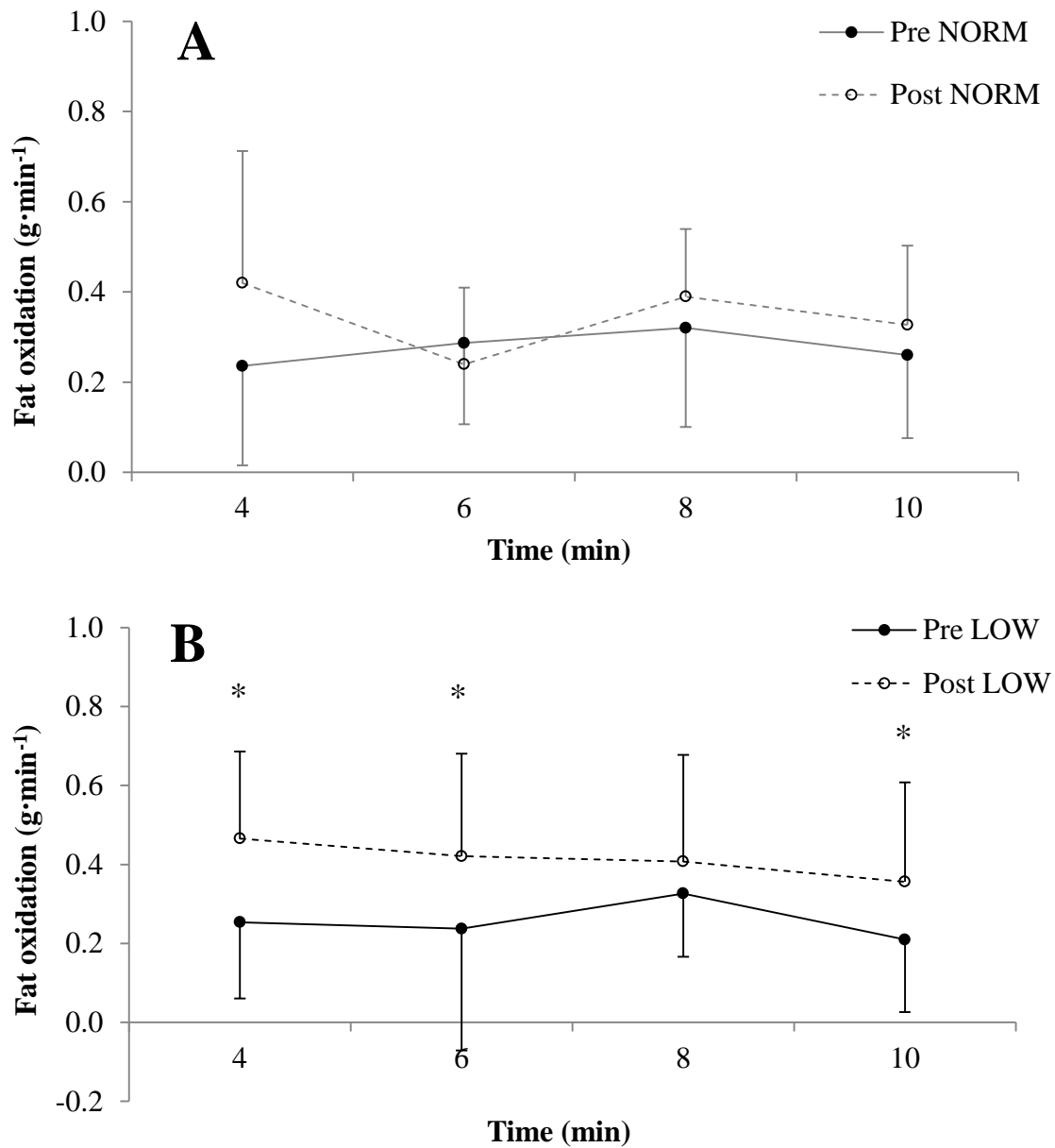


Figure 3. - Fat oxidation during constant-load cycling performed before and after downhill running in normal (NORM) (A) and lowered glycogen (LOW) (B) conditions. Values are presented as mean  $\pm$  SD;  $n = 11$ , one participant was unable to attain steady-state. \* Significant pre-post downhill difference,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

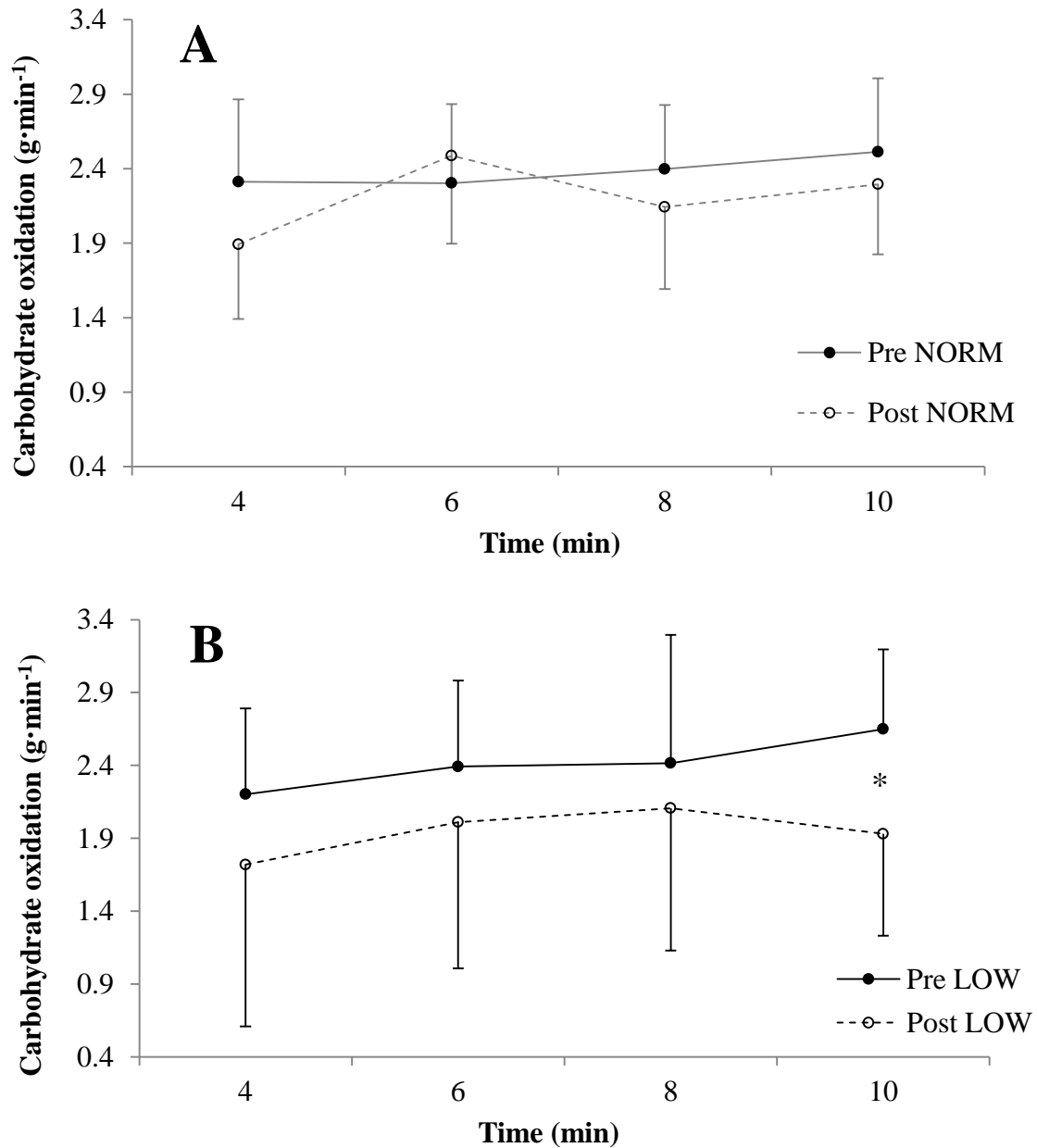


Figure 4. - Carbohydrate oxidation during constant-load cycling performed before and after downhill running in normal (NORM) (A) and lowered glycogen (LOW) (B) conditions. Values are presented as mean  $\pm$  SD;  $n = 11$ , one participant was unable to attain steady-state. \* Significant pre-post downhill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