

Familiarization (7 days)

Unilateral RT + Dietary intervention (12 days)

Muscle biopsies...
Strength test ‡
Blood †

Leg 1 RT+
GLU (n=8)
...

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡

Leg 1
RT+GLU
‡‡‡ ‡
...†

Leg 2 RT+
PLA (n=8)
...

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
...†
‡‡‡ ‡

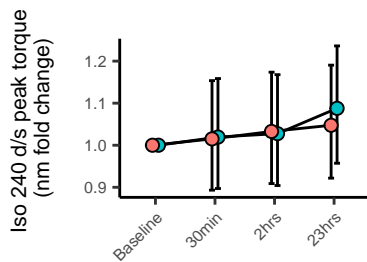
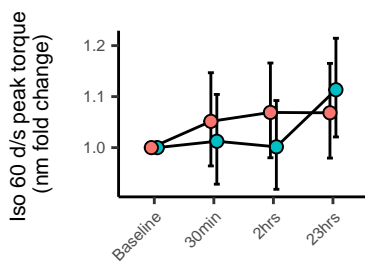
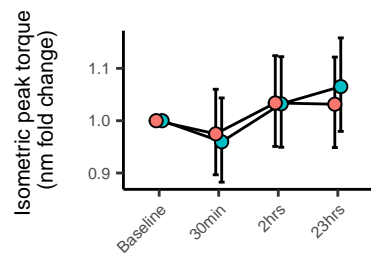
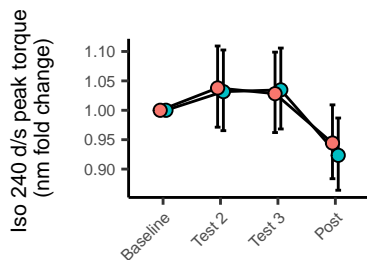
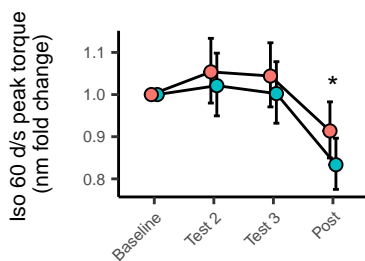
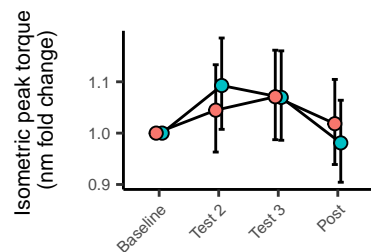
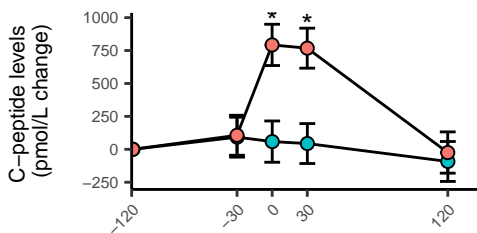
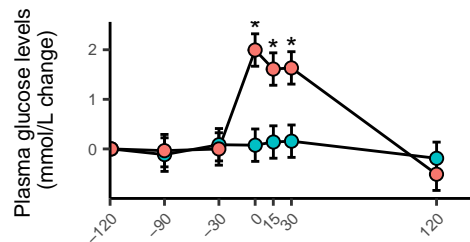
Inclusion (n=16)

Randomization

Days

Supplement

● Glucose
● Placebo



Time