

A)

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
 # ‡ ‡ ‡ ‡ ‡
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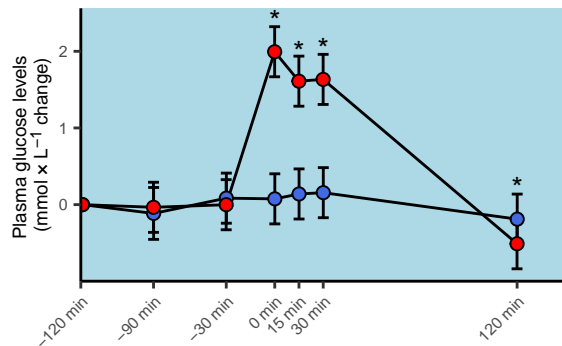
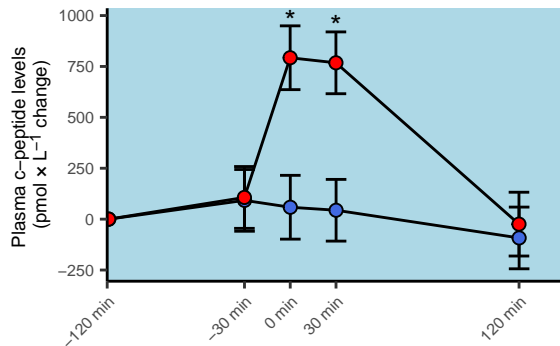
Inclusion (n=16)

Randomization

 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
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Days

-7 -6 -5 -4 -3 -2 -1 1 2 3 4 5 6 7 8 9 10 11 12 13

B)**C)****D)**