

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
‡‡‡
#†

Leg 2 RT +
PLA (n=8)

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

Leg 2
RT+PLA
‡

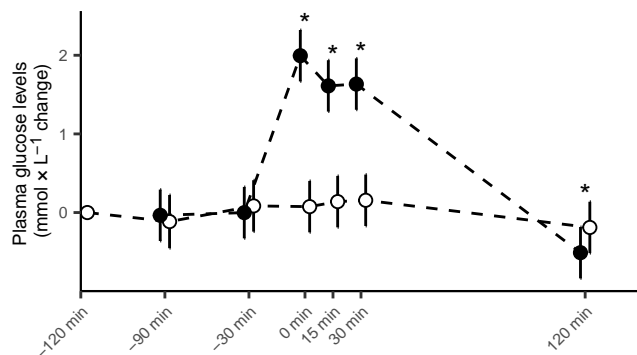
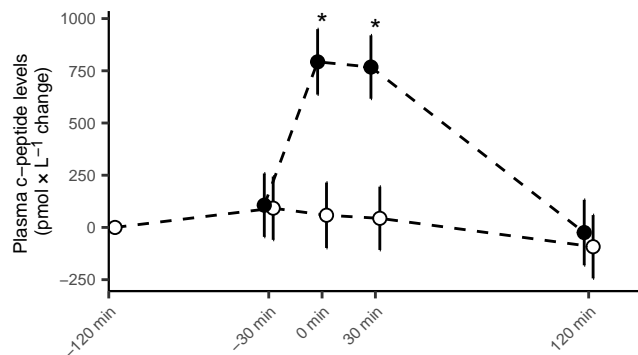
Leg 2
RT+PLA
‡

#†
‡‡‡
‡

Inclusion (n=16)

Randomization

Days

b**c****d**