

a

Familiarization (7 days)

Unilateral RT + Dietary intervention (12 days)

Muscle biopsies #

Strength test ‡

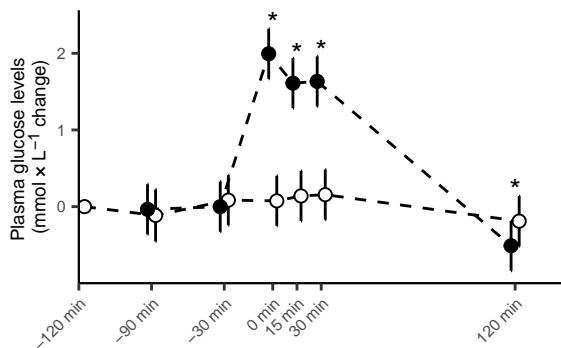
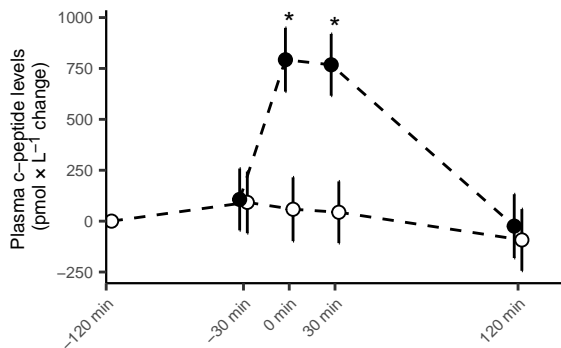
Blood †

Inclusion (n=16)

Randomization

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
‡‡‡
#†

Days

b**c****d**