

# [FASTER]

## [Fat Adapted Substrate Oxidation in Trained Elite Runners] Lipoprotein Profile

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VLDL & Chylomicron Particle Concentrations (nmol/L)				
	VLDL & Chylomicron Particles (total)	Large VLDL & Chylomicron Particles	Medium VLDL Particles	Small VLDL Particles
Baseline	59.4	0.6	35	23.7
Run +120	53.4	0.8	8.1	44.4
IP	33.8	1.7	8.1	24
Post Run + 120	31.1	3	15.4	12.7

LDL Particle Concentrations (nmol/L)				
	LDL Particles (total)	IDL Particles	Large LDL Particles	Small LDL Particles (total)
Baseline	985	47	438	500
Run +120	1033	46	438	549
IP	1099	82	388	629
Post Run + 120	946	99	240	607

HDL Particle Concentrations ( $\mu$ mol/L)				
	HDL Particles (total)	Large HDL Particles	Medium HDL Particles	Small HDL Particles
Baseline	31.3	5.1	14.2	12
Run +120	30.3	5.4	12.4	12.5
IP	29	6.8	10.6	11.6
Post Run + 120	29.5	6.3	11.9	11.3

Mean Particle Sizes (nm)			
	VLDL Size	LDL Size	HDL Size
Baseline	44.1	20.8	9.1
Run +120	40.7	20.9	9.2
IP	43.8	20.5	9.3
Post Run + 120	51.7	20.4	9.5

Other Tests		
	LDL, Direct (mg/dL)	Lipoprotein Insulin Resistance Score (LP-IR)
Baseline	92*	32

\*Traditionally, LDL is determined indirectly through a calculation; the above value was measured directly via NMR analysis.