

Assessed for eligibility (n = 46)

Excluded (n = 34)

- Scheduling conflicts (n = 4)
- Did not meet VO<sub>2</sub>max criteria (n = 3)
- Did not meet training criteria (n = 2)
- Medical contraindications (n = 5)
- Unable to contact (n = 1)
- Study termination due to pandemic (n = 19)

Randomized (n = 12)

Treatment  
Period 1

Habitual Diet (n=12)

Study termination due to pandemic (n = 1)

Treatment  
Period 2

Ketogenic Diet (n = 5)

High Carbohydrate Diet (n = 6)

Crossover

Treatment  
Period 3

High Carbohydrate Diet (n = 4)

Study termination due to pandemic (n = 1)

Ketogenic Diet (n = 2)

Study termination due to pandemic (n = 4)

Included in analysis (n = 6)

- n = 5 for time trial performance due to tire failure during one trial