Communications in Kinesiology

Research

DOI:

10.51224/XXXXXXXXX

Subject Areas:

Another Science

Keywords:

key1, key2, key3

Author for correspondence:

S. Name

s.name@fake.edu

Editor:

Sam Somebody

Some Title

Some Name[1], Same Name[1], Another Nombre[2]

[1]Fake University

[2]Fake Place

Endurance athletes frequently employ nutritional strategies to enhance performance. While professional organizations recommend high carbohydrate diets to maximize performance, many athletes, and researchers have recently shown renewed interest in the ketogenic diet in hopes to promote "fat adaptation", which would allow athletes to make use of the essentially unlimited energy resources from stored body fat. This would circumvent one fatigue mechanism, the depletion of muscle glycogen stores, that has been considered central to performance outcomes in endurance events. The present study investigated the effects of participants' habitual diet, high carbohydrate diet, and ketogenic diet on endurance performance in a 30-km simulated cycling time trial, physiological responses during the time trial, and muscle session fuel percentile before and after the time trial using ultrasonic imaging. Due to the COVID-19 pandemic, data collection ceased after only six recreational cyclists and triathletes (f = 4, m = 2; age: 37.2 +/- 12.2; VO2max: 46.8 +/- 6.8 ml/kg/min; weekly cycling distance: 225.3 +/- 64.2 km). Due to the small sample size, we do not report inferential statistics for our primary outcome measure, cycling performance. Participants produced the lowest mean power output during the time trial following the ketogenic diet (172 +/- 93 W) and the highest mean power output following the high carbohydrate diet (200 +/- 92 W). Oxygen consumption, heart rate, and perceived exertion during the time trial were similar in all conditions. Fat oxidation rates were highest in the ketogenic diet condition (0.62 +/- 0.11 g/min) and lowest in the high carbohydrate condition (0.14 +/- 0.11 g/min). Session fuel percentile was lower following the ketogenic diet compared with the habitual diet (Mean Difference = -10.0 +/- 12.7%) and lower following the time trial compared with fasted resting values across all conditions. We discuss methodological considerations into the use of exercise equipment, nutritional interventions, and statistical analysis strategies for study designs like the present. Further research is needed to assess the impact of high carbohydrate and ketogenic diets on time trial performance in this population. ClinicalTrials.gov Identifier: NCT04097171; OSF preregistration: https://osf.io/ujx6e/

STORK
SOCIETY FOR TRANSPARENCY OPENNESS AND REPLICATION IN KINESIOLOGY

1. Introduction

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa Somebody & Person (2015). Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu. In enim justo, rhoncus ut, imperdiet a, venenatis vitae, justo. Nullam dictum felis eu pede mollis pretium. Integer tincidunt. Cras dapibus. Vivamus elementum semper nisi. Aenean vulputate eleifend tellus. Aenean leo ligula, porttitor eu, consequat vitae, eleifend ac, enim. Aliquam lorem ante, dapibus in, viverra quis, feugiat a, tellus.

Phasellus viverra nulla ut metus varius laoreet. Quisque rutrum. Aenean imperdiet. Etiam ultricies nisi vel augue. Curabitur ullamcorper ultricies nisi. Nam eget dui. Etiam rhoncus. Maecenas tempus, tellus eget condimentum rhoncus, sem quam semper libero, sit amet adipiscing sem neque sed ipsum. Nam quam nunc, blandit vel, luctus pulvinar, hendrerit id, lorem. Maecenas nec odio et ante tincidunt tempus. Donec vitae sapien ut libero venenatis faucibus. Nullam quis ante. Etiam sit amet orci eget eros faucibus tincidunt. Duis leo. Sed fringilla mauris sit amet nibh. Donec sodales sagittis magna. Sed consequat, leo eget bibendum sodales, augue velit cursus nunc, quis gravida magna mi a libero. Fusce vulputate eleifend sapien.

Vestibulum purus quam, scelerisque ut, mollis sed, nonummy id, metus. Nullam accumsan lorem in dui. Cras ultricies mi eu turpis hendrerit fringilla. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; In ac dui quis mi consectetuer lacinia. Nam pretium turpis et arcu. Duis arcu tortor, suscipit eget, imperdiet nec, imperdiet iaculis, ipsum. Sed aliquam ultrices mauris. Integer ante arcu, accumsan a, consectetuer eget, posuere ut, mauris. Praesent adipiscing. Phasellus ullamcorper ipsum rutrum nunc. Nunc nonummy metus. Vestibulum volutpat pretium libero. Cras id dui. Aenean ut eros et nisl sagittis vestibulum. Nullam nulla eros, ultricies sit amet, nonummy id, imperdiet feugiat, pede. Sed lectus. Donec mollis hendrerit risus. Phasellus nec sem in justo pellentesque facilisis. Etiam imperdiet imperdiet orci. Nunc nec neque. Phasellus leo dolor, tempus non, auctor et, hendrerit quis, nisi. Curabitur ligula sapien, tincidunt non, euismod vitae, posuere imperdiet, leo. Maecenas malesuada. Praesent congue erat at massa. Sed cursus turpis vitae tortor. Donec posuere vulputate arcu. Phasellus accumsan cursus velit. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Sed aliquam, nisi quis porttitor congue, elit erat euismod orci, ac

2. Methods

(a) Greek

Many times greek letters/symbols need to be provided outside of math mode. So you may say β

(b) Superscript

You can give Superscript^1 or Subscript$_2$

(c) Quotes and Block Quotes

> This can easily be done
>
> - ME

(d) Links

```
A [linked phrase][id].
```

At the bottom of the document:

```
[id]: http://example.com/ "Title"
```

(e) Images

```
![alt text][id]
```

(f) Math

Fortunately the math formulas do not differ too much for HTML and PDF documents. For inline math a single `$` is necessary while `$$` creates formula on its own line.

$$BSIc(mg^2/mm^4) = ToD^2(mg/cm^3/1000) \cdot ToA.tb^2(mm^2)$$

3. Results

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu.

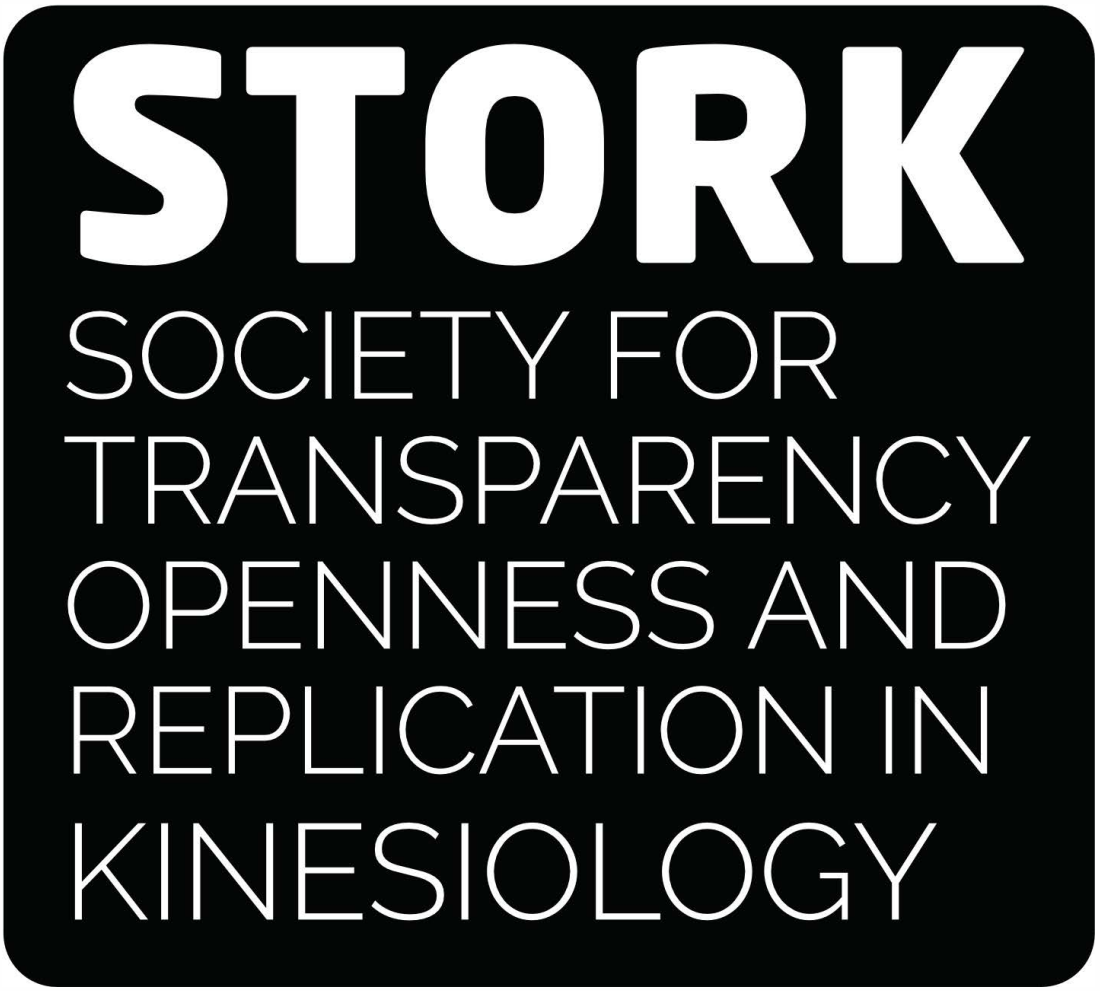

Figure 1: Somtimes greek in captions as well β but make sure to use double backslash

In enim justo, rhoncus ut, imperdiet a, venenatis vitae, justo. Nullam dictum felis eu pede mollis pretium. Integer tincidunt. Cras dapibus. Vivamus elementum semper nisi. Aenean vulputate eleifend tellus. Aenean leo ligula, porttitor eu, consequat vitae, eleifend ac, enim. Aliquam lorem ante, dapibus in, viverra quis, feugiat a, tellus. Phasellus viverra nulla ut metus varius laoreet. Quisque rutrum. Aenean imperdiet. Etiam ultricies nisi vel augue. Curabitur ullamcorper ultricies nisi. Nam eget dui. Etiam rhoncus. Maecenas tempus, tellus eget condimentum rhoncus, sem quam semper libero, sit amet adipiscing sem neque sed ipsum. Nam quam nunc, blandit vel, luctus pulvinar,

Table 1:Example.

	MPG	Cylinder
Mazda RX4	21	6
Mazda RX4 Wag	21	6

Note.
x = note 1; y = note 2.

4. Discussion

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu. In enim justo, rhoncus ut, imperdiet a, venenatis vitae, justo. Nullam dictum felis eu pede mollis pretium. Integer tincidunt. Cras dapibus. Vivamus elementum semper nisi. Aenean vulputate eleifend tellus.

Aenean leo ligula, porttitor eu, consequat vitae, eleifend ac, enim. Aliquam lorem ante, dapibus in, viverra quis, feugiat a, tellus. Phasellus viverra nulla ut metus varius laoreet. Quisque rutrum. Aenean imperdiet. Etiam ultricies nisi vel augue. Curabitur ullamcorper ultricies nisi. Nam eget dui. Etiam rhoncus. Maecenas tempus, tellus eget condimentum rhoncus, sem quam semper libero, sit amet adipiscing sem neque sed ipsum. Nam quam nunc, blandit vel, luctus pulvinar, hendrerit id, lorem. Maecenas nec odio et ante tincidunt tempus.

Donec vitae sapien ut libero venenatis faucibus. Nullam quis ante. Etiam sit amet orci eget eros faucibus tincidunt. Duis leo. Sed fringilla mauris sit amet nibh. Donec sodales sagittis magna. Sed consequat, leo eget bibendum sodales, augue velit cursus nunc, quis gravida magna mi a libero. Fusce vulputate eleifend sapien. Vestibulum purus quam, scelerisque ut, mollis sed, nonummy id, metus. Nullam accumsan lorem in dui. Cras ultricies mi eu turpis hendrerit fringilla. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; In ac dui quis mi consectetuer lacinia.

Nam pretium turpis et arcu. Duis arcu tortor, suscipit eget, imperdiet nec, imperdiet iaculis, ipsum. Sed aliquam ultrices mauris. Integer ante arcu, accumsan a, consectetuer eget, posuere ut, mauris. Praesent adipiscing. Phasellus ullamcorper ipsum rutrum nunc. Nunc nonummy metus. Vestibulum volutpat pretium libero. Cras id dui. Aenean ut eros et nisl sagittis vestibulum. Nullam nulla eros, ultricies sit amet, nonummy id, imperdiet feugiat, pede. Sed lectus. Donec mollis hendrerit risus. Phasellus nec sem in justo pellentesque facilisis. Etiam imperdiet imperdiet orci. Nunc nec neque. Phasellus leo dolor, tempus non, auctor et, hendrerit quis, nisi. Curabitur ligula sapien, tincidunt non, euismod vitae, posuere imperdiet, leo. Maecenas malesuada. Praesent congue erat at massa. Sed cursus turpis vitae tortor. Donec posuere vulputate arcu. Phasellus accumsan cursus velit. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Sed aliquam, nisi quis porttitor congue, elit erat euismod orci, ac

(a) Conclusion

orem ipsum dolor sit amet, consectetuer adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim. Donec pede justo, fringilla vel, aliquet nec, vulputate eget, arcu. In enim justo, rhoncus ut, imperdiet a, venenatis vitae, justo. Nullam dictum felis eu pede mollis pretium. Integer tincidunt. Cras dapibus. Vivamus elementum semper nisi. Aenean vulputate eleifend tellus. Aenean leo ligula, porttitor eu, consequat vitae, eleifend ac, enim. Aliquam lorem ante, dapibus in, viverra quis, feugiat a.

5. Additional Information

(a) Data Accessibility

Data is available via a ....

(b) Author Contributions

- Contributed to conception and design:
- Contributed to acquisition of data:
- Contributed to analysis and interpretation of data:
- Drafted and/or revised the article:
- Approved the submitted version for publication:

(c) Conflict of Interest

Authors have no conflicts of interest to declare.

(d) Funding

Support provided by ....

(e) Acknowledgments

We thank everybody.

(f) Preprint

The pre-publication version of this manuscript can be found on SportRxiv (DOI: XXXXXXXXXX).

6. References

Somebody, A. M., & Person, K. (2015). An Article. *Journal Title*, *1:2*, 10–12. https://doi.org/10.XXXX/XXXXXXX