Figure 2 Flow chart of the study design.

Recruited by general practitioner  
$n = 33$

Underwent a maximal exercise tolerance test: VO2max  
$n = 33$

5 Excluded (4 Not completed and 1 Pathological response)

Included (completed VO2max)  
$n = 28$ Randomized

Normal Protein Intake  
1.0 g/kg bw/day  
$n = 14$

High Protein Intake  
1.2 g/kg bw/day  
$n = 14$