Assessment of eligibility and invitation to participate during each phase (n≈32)

Preliminary tests
- Maximal and submaximal oxygen uptake
- Anthropometry + resting metabolic rate
- Venous blood sample
- Muscle biopsy

Stratification by sex

Random assignment to treatment group

Drink 1

Drink 2

6 weeks endurance training + post-exercise supplementation

Follow-up tests
- Maximal and submaximal oxygen uptake
- Anthropometry + resting metabolic rate
- Venous blood sample
- Muscle biopsy

Included in analysis
Target n≈26

15% drop-out anticipated. Incidence rate and reasons of withdrawal recorded.