Reviewer’s report

Title: Influence of recovery strategies upon performance and perceptions following fatiguing exercise: a randomized controlled trial

Version: 0 Date: 03 Feb 2017

Reviewer: Peter Reaburn

Reviewer’s report:

Abstract:

- Rewrite first sentence: Despite debate regarding their effectiveness, many different post-exercise recoveries are used by athletes.

- compared five...

- subsequent short-term performance and...

- remove 'listed'

- comma after perceptual recovery in conclusion section. Same after 48 hr

Intro:

Lines(L) 29-31 - maybe push to start para 2

L30 - quicken? maybe hasten or enhance?

L40 - For example...

L42 - In addition...

L46 - ...intensity exercise following prior exercise

L48 - active recovery also allows...

L50 - push down to start next para

Bring lines 51-53 up to end the para

L59- were hypothesised
Methods

L70 - remove comma

L78-include approval number?

L80 - give some detail eg cycling at 100W for 5 minutes followed by static stretching. Some detail needed.

L80- sprint runs?? then say so. what surface?

L98 - 10-point

L101- again some detail

L110 - participants THEN completed

L120 - ...with peak speed calculated...

L129- outdoor? track

L133-remove comma

L135 - passively sitting

L141-142-rework

L145 - fluid ad libitum? Controlled ? Food intake? controlled?

L163 - recovery-related

L164- comma use??

RESULTS

L169 and 171 - inter-assay? never seen that phrase. maybe 'between-trial'

L171- comma before respectively

L178 - rephrase to read "A main effect of recovery mode..

L183-comma after 48 hr

L196 - here you use the term conditions? be consistent throughout. Recovery modalities? recovery methods? decide and be consistent.
L199 - peak vs best power? same L201.

DISCUSSION

L219-measured over...

L225 - remove comma. Fulfilled? maybe use 'supported' or 'accepted'

L228 - remove first half of sentence or reword.

L235-another previous study..

L239 - The PRESENT study or CURRENT study - always use these terms to differentiate your study from the ones previously mentioned.

L241-toxins? maybe metabolites?

L243- remove comma

L243-6 - rework or separate into 2 sentences

L249 - In the present study...

L250 PREVIOUS studies

L251 - Mechanisms suggested as to why...

L256-259 - rework or 2 sentences. Too many long and grammatically complex sentences.

L261- comma after Furthermore

L268- In the current investigation CWI... again a long and complex sentence. Shorter and sharper sentences needed!

L277- participants in the present study??

L279 - This was reported not only.. another convoluted sentence!

L283 - recovery protocols??

L283-288 - another grammatically difficult sentence

L289 and 295 and L307 and 314 and 320/21 and 327 and 331 - In the present/current study/investigation..Mix these terms up. Get reader focused on YOUR study
L290- remove 'as'

L302 - which study? This present study OR Crowe et al?

L315 - Thus it might be concluded from the findings of the present study that...

L322 - or high performance and/or elite athletes.

L323- comma between measures and future.

L324-5-rework. Grammatically-difficult sentence

L328- remove 'physiologically'

CONCLUSION

L331- between recovery protocols. Methods, strategies, modalities? Be consistent

L332 - .. recovery, the present findings suggest CWI...

L332-336 - 2 sentences! Please!

L337- to explain these findings..

Last figure - Recoveries? modalities, protocols, methods?

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.
I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

**Declaration of competing interests**
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests.

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license ([http://creativecommons.org/licenses/by/4.0/](http://creativecommons.org/licenses/by/4.0/)). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal