Reviewer's report

Title: The effects of two weeks high-intensity interval training on fasting glucose, glucose tolerance and insulin resistance in adolescent boys; A pilot study

Version: 0 Date: 04 Jul 2019

Reviewer: Wenzhu Li

Reviewer's report:

This manuscript studied whether HIIT in adolescent boys could improve fasting or postprandial glucose and aerobic fitness etc., which is quite novel. However, currently this paper is not in good quality for publication.

1. Although it is pilot study, the 9 boys may not enough for your conclusion. If it is possible, it could be better to increase participants to have controls.

2. If it is possible, it could be better to include a group of boys with high-risk incidence of diabetes in future, or a group of boys already have impaired glucose tolerance.

3. It could be better to think again the statistic method and your study objectives. Example in table 2, you used ANOVA analysis to compare PRE, 20h post and 70h post and then got a neutral conclusion.

4. Why the authors use 2 weeks HIIT? The outcomes of physical activity often happen in a longer time.

5. Table 1-3, the last row in the table could be better organized as legends below the tables.

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.

No

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

No
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 recommend additional statistical review

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

Acceptable

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