

- 1 Mosso A (1915) *Fatigue*. London: Allen and Unwin Ltd.
- 2 Hill AV (1926) *Muscular Activity*. Baltimore, MD: Williams & Wilkins.
- 3 Bainbridge FA (1931) *The Physiology of Muscular Exercise* (3rd ed). New York: Longmans, Green and Co.
- 4 Merton PA, Pampiglione G (1950) Strength and fatigue. *Nature*: 166.
- 5 Marino FE, Gard M, Drinkwater EJ (2011) The limits to exercise performance and the future of fatigue research. *Br J Sports Med* 45: 65–7.
- 6 Ament W, Verkerke GJ (2009) Exercise and fatigue. *Sports Med* 39 (5): 389–422.
- 7 Moore B, ed. (2004) *The Australian Concise Oxford Dictionary* (4th edn). South Melbourne: Oxford University Press.
- 8 Hill AV, Lupton H (1923) Muscular exercise, lactic acid, and the supply and utilization of oxygen. *QJ Med* 16: 135–71.
- 9 Hill AV, Long CHN, Lupton H (1924) Muscular exercise, lactic acid and the supply and utilisation of oxygen: parts VII–VIII. *Proc Royal Soc* 97: 155–76.
- 10 Hill AV, Long CHN, Lupton H (1924) Muscular exercise, lactic acid, and the supply utilization of oxygen: parts I–III. *Proc Royal Soc* 96: 438–75.
- 11 Hill AV, Long CHN, Lupton H (1924) Muscular exercise, lactic acid, and the utilization of oxygen: parts IV–VI. *Proc Royal Soc* 97: 84–138.
- 12 Noakes TD (2012) Fatigue is a brain-derived emotion that regulates the exercise behaviour to ensure the protection of whole-body homeostasis. *Front Physiol* 3: 1–13.
- 13 Hill L, Flack M (1910) The influence of oxygen inhalations on muscular work. *J Physiol* 5.
- 14 Raskoff WJ, Goldman S, Cohn K (1976) The ‘athletic heart’: prevalence and physiological significance of left ventricular enlargement in distance runners. *J Am Med Assoc* 236: 158–62.
- 15 Bandschapp O, Soule CL, Iaizzo PA (2012) Lactic acid restores skeletal muscle force in an in vitro fatigue model: are voltage-gated chloride channels involved? *Am J Physiol* 302: C1019–25.
- 16 Kristensen M, Albertsen J, Rentsch M, et al. (2005) Lactate and force production in skeletal muscle. *J Physiol* 562: 521–6.
- 17 Nielsen OB, de Paoli F, Overgaard K (2001) Protective effects of lactic acid on force production in rat skeletal muscle. *J Physiol* 536: 161–6.
- 18 St Clair Gibson A, Noakes TD (2004) Evidence for complex systems integration and dynamic neural regulation of skeletal muscle recruitment during exercise in humans. *Br J Sports Med* 38: 797–806.
- 19 Amann, M, Eldridge MW, Lovering AT, et al. (2006) Arterial oxygenation influences central motor output and exercise performance via effects on peripheral locomotor muscle fatigue in humans. *J Physiol* 575 (3): 937–52.
- 20 Albertus Y (2008) *Critical Analysis of Techniques for Normalising Electromyographic Data*. PhD thesis, University of Cape Town, Cape Town: 1–219.
- 21 Noakes TD, St Clair Gibson A (2004) Logical limitations to the ‘catastrophe’ models of fatigue during exercise in humans. *Br J Sports Med* 38: 648–9.
- 22 Davis JM, Bailey SP (1997) Possible mechanisms of central nervous system fatigue during exercise. *Med Sci Sports Exerc* 29 (1): 45–57.
- 23 Graham TE, Rush JWE, MacLean DA (1995) Skeletal muscle amino acid metabolism and ammonia production during exercise. In: Hargreaves M (ed.) *Exercise Metabolism*. Champaign, IL: Human Kinetics: 131–75.
- 24 Gandevia SC, Allen GM, Butler JE, et al. (1996) Supra-spinal factors in human muscle fatigue: evidence for sub-optimal output from the motor cortex. *J Physiol* 490: 529–36.
- 25 Bigland-Ritchie B, Thomas CK, Rice CL, et al. (1992) Muscle temperature, contractile speed, and motor neuron firing rates during human voluntary contractions. *J Appl Physiol* 73: 2457–61.
- 26 Enoka RM, Stuart DG (1992) Neurobiology of muscle fatigue. *J Appl Physiol* 72: 1631–48.
- 27 Vøllestad NK (1997) Measurement of human muscle fatigue. *J Neurosci Meth* 74: 219–27.
- 28 Nybo L, Nielsen B (2001) Hyperthermia and central fatigue during prolonged exercise in humans. *J Appl Physiol* 91 (3): 1055–60.
- 29 Jones DA (1996) High- and low-frequency fatigue revisited. *Acta Physiol Scand* 156: 265–70.
- 30 Keeton RB, Binder-MacLeod SA (2006) Low-frequency fatigue. *Phys Ther* 86: 1146–50.
- 31 Edwards RH, Hill DK, Jones DA, et al. (1977) Fatigue of long duration in human skeletal muscle after exercise. *J Physiol* 272: 769–78.
- 32 Trimble MH, Enoka RM (1991) Mechanisms underlying the training effects associated with neuromuscular electrical stimulation. *Phys Ther* 71: 273–80.
- 33 Gandevia SC (2001) Spinal and supraspinal factors in human muscle fatigue. *Physiol Rev* 81 (4): 1725–89.
- 34 Warren GL, Lowe DA, Armstrong RB (1999) Measurement tools used in the study of eccentric contraction-induced injury. *Sports Med* 27: 43–59.
- 35 Martin V, Millet GY, Martin A, et al. (2004) Assessment of low-frequency fatigue with two methods of electrical stimulation. *J Appl Physiol* 97: 1923–9.
- 36 Vøllestad NK, Sejersted OM, Bahr R, et al. (1988) Motor drive and metabolic responses during repeated submaximal contractions in man. *J Appl Physiol* 64 (4): 1421–7.
- 37 Schabert EJ, Hawley JA, Hopkins WG, et al. (1998) A new reliable laboratory test of endurance performance for road cyclists. *Med Sci Sports Exerc* 30 (12): 1744–50.
- 38 McLellan TM, Cheung SS, Jacobs I (1995) Variability of time to exhaustion during submaximal exercise. *Can J Appl Physiol* 20

- (1): 39–51.
- 39 Hincson EA, Hopkins WG (2005) Reliability of time to exhaustion analyzed with critical-power and log-log modelling. *Med Sci Sports Exerc* 37 (4): 696–701.
- 40 Bigland-Ritchie B, Jones DA, Woods JJ (1979) Excitation frequency and muscle fatigue: electrical responses during human voluntary and stimulated contractions. *Exp Neurol* 64: 414–27.
- 41 Mengshoel AM, Saugen E, Førre E, et al. (1995) Muscle fatigue in early fibromyalgia. *J Rheumatol* 22: 143–50.
- 42 Karelis AD, Smith JEW, Passe DH, et al. (2010) Carbohydrate administration and exercise performance: what are the potential mechanisms involved? *Sports Med* 40 (9): 747–63.
- 43 Bangsbo J, Nørregaard L, Thorsø F (1991) Activity profile of competition soccer. *Can J Sport Sci* 16 (2): 110–16.
- 44 Krustup P, Mohr M, Steensberg A, et al. (2006) Muscle and blood metabolites during a soccer game: implications for sprint performance. *Med Sci Sports Exerc* 38: 1165–74.
- 45 Borg G (1970) Perceived exertion as an indicator of somatic stress. *Scand J Rehab Med* 2: 92–108.
- 46 Robertson RJ (2001) Development of the perceived exertion knowledge base: an interdisciplinary process. *Int J Sport Psychol* 32: 189–96.
- 47 Dunbar CC, Robertson RJ, Baun R, et al. (1992) The validity of regulating exercise intensity by rating of perceived exertion. *Med Sci Sports Exerc* 24: 94–9. Defining and measuring in sport and exercise 27
- 48 Eston RG, Williams JG (1988) Reliability of ratings of perceived effort regulation of exercise intensity. *Br J Sports Med* 22: 153–5.
- 49 Marriott HE, Lamb KL (1996) The use of ratings of perceived exertion for regulating exercise levels in rowing ergometry. *Eur J Appl Physiol* 72 (3): 267–71.
- 50 Gros Lambert A, Mahon AD (2006) Perceived exertion: influence of age and cognitive function. *Sports Med* 36 (11): 911–28.
- 51 Marcora S (2009) Perception of effort during exercise is independent of afferent feedback from skeletal muscles, heart and lungs. *J Appl Physiol* 106 (6): 2060–2.
- 52 Smirmaul BPC (2012) Sense of effort and other unpleasant sensations during exercise: clarifying concepts and mechanisms. *Br J Sports Med* 46: 308–11.
- 53 Potteiger JA, Schroeder JM, Goff KL (2000) Influence of music on ratings of perceived exertion during 20 minutes of moderate intensity exercise. *Percept Mot Skills* 91: 848–54.
- 54 White VB, Potteiger JA (1996) Comparison of passive sensory stimulations on RPE during moderate intensity exercise. *Percept Mot Skills* 82: 819–25.
- 55 Eston R, Stansfield R, Westoby P, et al. (2012) Effect of deception and expected exercise duration on psychological and physiological variables during treadmill running and cycling. *Psychophysiol* 49: 462–9.
- 56 Swart J, Lindsay TR, Lambert MI, et al. (2012) Perceptual cues in the regulation of exercise performance – physical sensations of exercise and awareness of effort interact as separate cues. *Br J Sports Med* 46: 42–8.
- 57 Eston R (2012) Use of ratings of perceived exertion in sports. *Int J Sports Physiol Perf* 7: 175–82.
- 58 Krssak M, Petersen KF, Bergeron R, et al. (2000) Intramuscular glycogen and intramyocellular lipid utilization during prolonged exercise and recovery in man: A ¹³C and ¹H nuclear magnetic resonance spectroscopy study. *J Clin Endocrin Metab* 85 (2): 748–54.
- 59 Larson-Meyer DE, Smith SR, Heilbronn LK, et al. (2006) Muscle-associated triglyceride measured by computed tomography and magnetic resonance spectroscopy. *Obesity* 14: 73–87.
- 60 Vanhatalo A, Fulford J, DiMenna FJ, et al. (2010) Influence of hyperoxia on muscle metabolic responses and the power–duration relationship during severe intensity exercise in humans: a ³¹P magnetic resonance spectroscopy study. *Exp Physiol* 95: 528–40.
- 61 Sinha U, Sinha S, Hodgson JA, et al. (2011) Human soleus muscle architecture at different ankle joint angles from magnetic resonance diffusion tensor imaging. *J Appl Physiol* 110 (3): 807–19.
- 62 Wilson M, O’Hanlon R, Prasad S, et al. (2011) Biological markers of cardiac damage are not related to measures of cardiac systolic and diastolic function using cardiovascular magnetic resonance and echocardiography after an acute bout of prolonged endurance exercise. *Br J Sports Med* 45: 780–4.
- 63 Chambers ES, Bridge MW, Jones DA (2009) Carbohydrate sensing in the human mouth: effects on exercise performance and brain activity. *J Physiol* 587 (8): 1779–94.
- 64 Gant N, Stinear CM, Byblow WD (2010) Carbohydrate in the mouth immediately facilitates motor output. *Brain Res* 1350: 151–8.

منابع

- 1 Noakes TD, Gibson A (2004) Logical limitations to the ‘catastrophe’ models of fatigue during exercise in humans. *Br J Sports Med* 38: 648–9.
- 2 Gaitanos GC, Williams C, Boobis LH, et al. (1993) Human muscle metabolism during intermittent maximal exercise. *J Appl Physiol* 75 (2): 712–19.
- 3 Baldwin J, Snow RJ, Gibala MJ, et al. (2003) Glycogen availability does not affect the TCA cycle or TAN pools during prolonged, fatiguing exercise. *J Appl Physiol* 94: 2181–7.
- 4 Gibala MJ, Gonzalez-Alonson J, Saltin B (2002) Dissociation between muscle tricarboxylic acid cycle pool size and aerobic energy

- provision during prolonged exercise in humans. *J Physiol* 545: 705–13.
- 5 Westerblad H, Bruton JD, Katz A (2010) Skeletal muscle: energy metabolism, fiber types, fatigue and adaptability. *Exp Cell Res* 316: 3093–9.
 - 6 MacIntosh BR, Holash RJ, Renaud J (2012) Skeletal muscle fatigue – regulation of excitation-contraction coupling to avoid metabolic catastrophe. *J Cell Sci* 125: 2105–14.
 - 7 Karatzaferi C, de Haan A, Ferguson RA, et al. (2001) Phosphocreatine and ATP content in human single muscle fibres before and after maximum dynamic exercise. *Pflugers Arch* 442: 627–41.
 - 8 Jeneson JA, Schmitz JP, van Dijk JH, et al. (2010) Exercise ability is determined by muscle ATP buffer content, not Pi or pH. *Proc Intl Soc Mag Reson Med* 18: 864.
 - 9 Bogdanis GC, Nevill ME, Lakomy HKA, et al. (1994) Muscle metabolism during repeated sprint exercise in man. *J Physiol* 475: 25–6.
 - 10 Casey A, Constantin-Teodosiu D, Howell S, et al. (1996) Metabolic response of type I and II muscle fibres during repeated bouts of maximal exercise in humans. *Am J Physiol* 271 (1 Pt 1): E38–43.
 - 11 Bogdanis GC, Nevill ME, Boobis LH, et al. (1995) Recovery of power output and muscle metabolites following 30 s of maximal sprint cycling in man. *J Physiol* 482 (Pt 2): 467–80.
 - 12 Billaut F, Bishop D (2009) Muscle fatigue in males and females during multiplesprint exercise. *Sports Med* 39 (4): 257–78.
 - 13 Bogdanis GC, Nevill ME, Boobis LH, et al. (1996) Contribution of phosphocreatine and aerobic metabolism to energy supply during repeated sprint exercise. *J Appl Physiol* 80 (3): 876–84.
 - 14 Mendez-Villanueva A, Edge J, Suriano R, et al. (2013) The recovery of repeated sprint exercise is associated with PCr resynthesis, while muscle pH and EMG amplitude remain depressed. *PLOS One* 7 (12): 1–10.
 - 15 Harris R, Hultman E, Kaijser L, et al. (1975) The effect of circulatory occlusion on isometric exercise capacity and energy metabolism of the quadriceps muscle in man. *Scand J Clin Lab Invest* 35: 87–95.
 - 16 Trump ME, Heigenhauser GJ, Putman CT, et al. (1996) Importance of muscle phosphocreatine during intermittent maximal cycling. *J Appl Physiol* 80 (5): 1574–80.
 - 17 Balsom PD, Ekblom B, Söerlund K, et al. (1993) Creatine supplementation and dynamic high-intensity intermittent exercise. *Scand J Med Sci Sports* 3 (3): 143–9.
 - 18 Birch R, Noble D, Greenhaff PL (1994) The influence of dietary creatine supplementation on performance during repeated bouts of maximal isokinetic cycling in man. *Eur J Appl Physiol* 69 (3): 268–70.
 - 19 Barnett C, Hinds M, Jenkins DG (1996) Effects of creatine supplementation on multiple sprint cycling performance. *Aust J Sci Med Sport* 28: 35–9. 54 What causes fatigue in sport and exercise?
 - 20 Cox G, Mujika I, Tumilty D, et al. (2002) Acute creatine supplementation and performance during a field test simulating match play in elite female soccer players. *Int J Sport Nutr Exerc Metab* 12 (1): 33–46.
 - 21 Dawson B, Cutler M, Moody A, et al. (1995) Effects of oral creatine loading on single and repeated maximal short sprints. *Aust J Sci Med Sport* 27: 56–61.
 - 22 McKenna M, Morton J, Selig SE, et al. (1999) Creatine supplementation increases muscle total creatine but not maximal intermittent exercise performance. *J Appl Physiol* 87 (6): 2244–52.
 - 23 Mohr M, Krstrup P, Bangsbo J (2003) Match performance of high-standard soccer players with special reference to development of fatigue. *J Sports Sci* 21: 519–28.
 - 24 Spencer M, Lawrence S, Rechichi C, et al. (2004) Time-motion analysis of elite field hockey, with special reference to repeated-sprint activity. *J Sports Sci* 22: 843–50.
 - 25 Duthie G, Pyne D, Hooper S (2003) Applied physiology and game analysis of rugby union. *Sports Med* 33 (13): 973–91.
 - 26 Sirotic AC, Coutts AJ, Knowles H, et al. (2009) A comparison of match demands between elite and semi-elite rugby league competition. *J Sports Sci* 27 (3): 203–11.
 - 27 Krogh A, Lindhard J (2010) The relative value of fat and carbohydrate as sources of muscular energy. *Biochem J* 14: 290.
 - 28 Levine S, Gordon B, Derick C (1924) Some changes in the chemical constituents of blood following a marathon race: with special reference to the development of hypoglycaemia. *J Am Med Assoc* 82: 1778–9.
 - 29 Bergström J, Hultman E (1967) A study of the glycogen metabolism during exercise in man. *Scand J Clin Lab Invest* 19 (3): 218–28.
 - 30 Bergström J, Hermansen L, Hultman E, et al. (1967) Diet, muscle glycogen and physical performance. *Acta Physiol Scand* 71 (2): 140–50.
 - 31 Febbraio MA, Dancy J (1999) Skeletal muscle energy metabolism during prolonged, fatiguing exercise. *J Appl Physiol* 87: 2341–7.
 - 32 Parkin JM, Carey MF, Zhao S, et al. (1999) Effect of ambient temperature on human skeletal muscle metabolism during fatiguing submaximal exercise. *J Appl Physiol* 86: 902–8.
 - 33 Vissing J, Haller RG (2003) The effect of oral sucrose on exercise tolerance in patients with McArdle’s Disease. *New Eng J Med* 349: 2503–9.
 - 34 Williams JH, Batts TW, Lees S (2012) Reduced muscle glycogen differentially affects exercise performance and muscle fatigue. *ISRN Physiol* (2013): 1–9.
 - 35 Ortenblad N, Nielsen J, Saltin B, et al. (2011) Role of glycogen availability in sarcoplasmic reticulum Ca²⁺ kinetics in human skeletal muscle. *J Physiol* 589 (3): 711–25.
 - 36 Ortenblad N, Westerblad H, Nielsen J (2013) Muscle glycogen stores and fatigue. *J Physiol* 591: 4405–13.
 - 37 Chin ER, Allen DG (1997) Effects of reduced muscle glycogen concentration on force, Ca²⁺ release and contractile protein func-

- tion in intact mouse skeletal muscle. *J Physiol* 498: 17–29.
- 38 Duhamel TA, Green HJ, Perco JG, et al. (2006) Comparative effects of a low-carbohydrate diet and exercise plus a lot-carbohydrate diet on muscle sarcoplasmic reticulum responses in males. *Am J Physiol Cell Physiol* 291: C607–17.
- 39 Nielsen J, Schröder HD, Rix CG, et al. (2009) Distinct effects of subcellular glycogen localization on tetanic relaxation time and endurance in mechanically skinned rat skeletal muscle fibres. *J Physiol* 587: 3679–90.
- 40 Thibodeau GA, Patton KT (1999) *Anatomy and Physiology*. 4th ed. p. 317. Maryland Heights, MO: Mosby.
- 41 Nybo L, Møller K, Pedersen BK, et al. (2003) Association between fatigue and failure to preserve cerebral energy turnover during prolonged exercise. *Acta Physiol Scand* 179 (1): 67–74.
- 42 Matsui T, Soya H (2013) Brain glycogen decrease and supercompensation with prolonged exhaustive exercise. *Social Neuroscience and Public Health*: 253–64.
- 43 Nybo L (2003) CNS fatigue and prolonged exercise: effect of glucose supplementation. *Med Sci Sports Exerc* 35 (4): 589–94.
- 44 Coyle EF, Coggan AR, Hemmert MK, et al. (1986) Muscle glycogen utilization during prolonged strenuous exercise when fed carbohydrate. *J Appl Physiol* 61 (1): 165–72.
- 45 Coggan AR, Coyle EF (1987) Reversal of fatigue during prolonged exercise by carbohydrate infusion or ingestion. *J Appl Physiol* 63 (6): 2388–95.
- 46 Felig P, Cherif A, Minagawa A, et al. (1982) Hypoglycaemia during prolonged exercise in normal men. *N Engl J Med* 306 (15): 895–900.
- 47 Claassen A, Lambert EV, Bosch AN, et al. (2005) Variability in exercise capacity and metabolic response during endurance exercise after a low carbohydrate diet. *Int J Sport Nutr Exerc Metab* 15 (2): 97–116.
- 48 Karelis AD, Smith JW, Pässe DH, et al. (2010) Carbohydrate administration and exercise performance: what are the mechanisms involved? *Sports Med* 40 (9): 747–63.
- 49 De Bock K, Derave W, Ramaekers M, et al. (2006) Fiber type-specific muscle glycogen sparing due to carbohydrate intake before and during exercise. *J Appl Physiol* 102: 183–8.
- 50 Hargreaves M, Costill DL, Coggan A, et al. (1984) Effect of carbohydrate feedings on muscle glycogen utilization and exercise performance. *Med Sci Sports Exerc* 16 (3): 219–22.
- 51 Tsintzas OK, Williams C, Boobis L, et al. (1995) Carbohydrate ingestion and glycogen utilization in different muscle fibre types in man. *J Physiol* 489 (1): 243–50.
- 52 Tsintzas K, Williams C, Constantin-Teodosiu D, et al. (2001) Phosphocreatine degradation in type I and type II muscle fibres during submaximal exercise in man: effect of carbohydrate ingestion. *J Physiol* 537 (1): 305–11.
- 53 Cohen D (2012) The truth about sports drinks. *B Med J* 345: 1–8.
- 54 Friedlander AL, Casazza GA, Horning MA, et al. (1999) Endurance training increases fatty acid turnover, but not fat oxidation, in young men. *J Appl Physiol* 86: 2097–105.
- 55 Friedlander AL, Casazza GA, Horning MA, et al. (1998) Effects of exercise intensity and training on lipid metabolism in young women. *Am J Physiol* 275: E853–63.
- 56 Martin WH, Dalsky GP, Hurley BF, et al. (1993) Effect of endurance training on plasma free fatty acid turnover and oxidation during exercise. *Am J Physiol* 265: E708–14.
- 57 Phillips SM, Green HJ, Tarnopolsky MA, et al. (1996) Effects of training duration on substrate turnover and oxidation during exercise. *J Appl Physiol* 81: 2182–91.
- 58 Van Proeyen K, Szlufcik K, Nielens H, et al. (2011) Beneficial metabolic adaptations due to endurance exercise training in the fasted state. *J Appl Physiol* 110: 236–45.
- 59 De Bock K, Derave W, Eijnde BO, et al. (2008) Effect of training in the fasted state on metabolic responses during exercise with carbohydrate intake. *J Appl Physiol* 104: 1045–55.
- 60 Talanian JL, Holloway GP, Snook LA, et al. (2010) Exercise training increases sarcolemmal and mitochondrial fatty acid transport proteins in human skeletal muscle. *Am J Physiol* 299: E180–8.

منابع

- 1 Fletcher WM, Hopkins FG (1907) Lactic acid in amphibian muscle. *J Physiol* 35: 247–309.
- 2 Noakes TD, Gibson A (2004) Logical limitations to the ‘catastrophe’ models of fatigue during exercise in humans. *Br J Sports Med* 38: 648–9.
- 3 Hill AV, Lupton H (1923) Muscular exercise, lactic acid, and the supply and utilization of oxygen. *Q J Med* 16: 135–71.
- 4 Robergs RA, Ghiasvand F, Parker D (2004) Biochemistry of exercise-induced metabolic acidosis. *Am J Physiol Regul Integr Comp Physiol* 287: R502–16.
- 5 Fitts RH, Holloszy JO (1976) Lactate and contractile force in frog muscle during development of fatigue and recovery. *Am J Physiol* 231: 430–3.
- 6 Spriet LL, Sodeland K, Bergstrom M, et al. (1987) Skeletal muscle glycogenolysis, glycolysis, and pH during electrical stimulation in men. *J Appl Physiol* 62: 616–21.
- 7 Cairns SP (2006) Lactic acid and exercise performance: culprit or friend? *Sports Med* 36 (4): 279–91.
- 8 Lamb GD, Recupero E, Stephenson DG (1992) Effect of myoplasmic pH on excitation-contraction coupling in skeletal muscle fibres of the toad. *J Physiol* 448: 211–24.
- 9 Fitts RH (2008) The cross-bridge cycle and skeletal muscle fatigue. *J Appl Physiol* 104: 551–8.
- 10 Balsom PD, Seger JY, Sjödin B, et al. (1992) Physiological responses to maximal intensity intermittent exercise. *Eur J Appl Physiol* 65: 144–9.

- 11 Brooks S, Nevill ME, Meleagros L, et al. (1990) The hormonal responses to repetitive brief maximal exercise in humans. *Eur J Appl Physiol* 60: 144–8.
- 12 Christmass MA, Dawson B, Arthur PG (1999) Effect of work and recovery duration on skeletal muscle oxygenation and fuel use during sustained intermittent exercise. *Eur J Appl Physiol* 80: 436–47.
- 13 Gaitanos GC, Williams C, Boobis LH, et al. (1993) Human muscle metabolism during intermittent maximal exercise. *J Appl Physiol* 75: 712–9.
- 14 Bishop D, Edge J, Davis C, et al. (2004) Induced metabolic alkalosis affects muscle metabolism and repeated sprint ability. *Med Sci Sports Exerc* 36: 807–13.
- 15 Bishop D, Claudius B (2005) Effects of induced metabolic alkalosis on prolonged intermittent-sprint performance. *Med Sci Sports Exerc* 37: 759–67.
- 16 Lavender G, Bird SR (1989) Effect of sodium bicarbonate ingestion upon repeated sprints. *Br J Sports Med* 23: 41–5.
- 17 Lindinger MI, Kowalchuk JM, Heigenhauser GJF (2005) Applying physiochemical principles to skeletal muscle acid-base status. *Am J Physiol Regul Integr Comp Physiol* 289: R891–4.
- 18 Brooks GA (2010) What does glycolysis make and why is it important? *J Appl Physiol* 108: 1450–1.
- 19 Robergs RA, Ghiasvand F, Parker D (2004) Biochemistry of exercise-induced metabolic acidosis. *Am J Physiol Regul Integr Comp Physiol* 287: R502–16.
- 20 Robergs RA, Ghiasvand F, Parker D (2005) Lingering construct of lactic acidosis. *Am J Physiol Regul Integr Comp Physiol* 289: R904–10.
- 21 Böning D, Strobel G, Beneke R, et al. (2005) Lactic acid still remains the real cause of exercise-induced metabolic acidosis. *Am J Physiol Regul Integr Comp Physiol* 289: R902–3.
- 22 Böning D, Maassen N (2008) Point: counterpoint: lactic acid is/is not the only physiochemical contributor to the acidosis of exercise. *J Appl Physiol* 105: 358–9.
- 23 Lindinger MI (2011) Lactate: metabolic fuel or poison? *Exp Physiol* 96: 1099–100.
- 24 Brooks GA (2007) Lactate: link between glycolytic and oxidative metabolism. *Sports Med* 37: 341–3.
- 25 Brooks GA (2009) Cell-cell and intracellular lactate shuttles. *J Physiol* 587: 5591–600.
- 26 Ide K, Schmalbruch IK, Quistorff B, Horn A, Secher NH (2000) Lactate, glucose and O₂ uptake in human brain during recovery from maximal exercise. *J Physiol* 522: 159–64.
- 27 Quistorff B, Secher NH, Van Lieshout JJ (2008) Lactate fuels the human brain during exercise. *Journal Fed Am Soc Exp Biol* 22: 3443–9.
- 28 Morris DM, Schafer RS, Fairbrother KR, Woodall MW (2011) Effects of lactate consumption on blood bicarbonate levels and performance during high-intensity exercise. *Int J Sport Nutr Exerc Metab* 21: 311–7.
- 29 Monedero J, Donne B (2000) Effect of recovery interventions on lactate removal and subsequent performance. *Int J Sports Med* 21: 593–7.
- 30 Mense S (2009) Algesic agents exciting muscle nociceptors. *Exp Brain Res* 196: 89–100.
- 31 Aminian-Far A, Hadian M, Olyaei G, Talebian S, Bakhtiary A (2011) Wholebody vibration and the prevention and treatment of delayed-onset muscle soreness. *J Athl Perf* 46: 43–9.
- 32 Lewis PB, Ruby D, Bush-Joseph CA (2012) Muscle soreness and delayed onset muscle soreness. *Clin Sports Med* 31: 255–62.
- 33 Wada M, Kuratani M, Kanzaki K (2013) Calcium kinetics of sarcoplasmic reticulum and muscle fatigue. *J Phys Fitness Sports Med* 2: 169–78.
- 34 Nielsen OB, de Paoli F, Overgaard K (2001) Protective effects of lactic acid on force production in rat skeletal muscle. *J Physiol* 536: 161–6.
- 35 Kristensen, M, Albertsen, J, Rentsch, M, Juel, C (2005) Lactate and force production in skeletal muscle, *J Physiol* 562: 521–6.
- 36 Pedersen TH, de Paoli F, Nielsen OB (2005) Increased excitability of acidified skeletal muscle: role of chloride conductance. *J Gen Physiol* 125: 237–46.
- 37 Bishop D, Edge J, Goodman C (2004) Muscle buffer capacity and aerobic fitness are associated with repeated-sprint ability in women. *Eur J Appl Physiol* 92: 540–7.
- 38 Krstrup (2003) Muscle metabolites during a football match in relation to a decreased sprinting ability. Communication to the Fifth World Congress of Soccer and Science, Lisbon, Portugal.
- 39 Messonnier L, Denis C, Féasson L, et al. (2006) An elevated sarcolemmal lactate (and proton) transport capacity is an advantage during muscle activity in healthy humans. *J Appl Physiol*. DOI: 10.1152/jappphysiol.00807.2006.
- 40 Spriet LL, Lindinger MI, McKelvie RS, et al. (1989) Muscle glycogenolysis and H⁺ concentration during maximal intermittent cycling. *J Appl Physiol* 66: 8–13.
- 41 Gaitanos GC, Williams C, Boobis LH, Brooks S (1993) Human muscle metabolism during intermittent maximal exercise. *J Appl Physiol* 75: 712–9.
- 42 McCartney N, Spriet LL, Heigenhauser GJF, Kowalchuk JM, Sutton JR, Jones NL (1986) Muscle power and metabolism in maximal intermittent exercise. *J Appl Physiol* 60: 1164–9.
- 43 Katz, A, Costill, DL, King, DS, Hargreaves, M, Fink, WJ (1984) Maximal exercise tolerance after induced alkalosis. *Int J Sports Med* 5: 107–10.
- 44 Bangsbo, J, Madsen, K, Kiens, B, Richter, EA (1996) Effect of muscle acidity on muscle metabolism and fatigue during intense exercise in man. *J Physiol* 492: 587–96.
- 45 Lamb, GD, Stephenson, DG, Bangsbo, J, Juel, C (2006) Point: Counterpoint: Lactic acid accumulation is an advantage/disadvantage during muscle activity. *J App Physiol* 100: 1410–14.

46 Girard O, Mendez-Villanueva A, Bishop D (2011) Repeated-sprint ability. Part 1: factors contributing to fatigue. *Sports Med* 41: 673–94.

47 Cady EB, Jones DA, Moll A (1989) Changes in force and intracellular metabolites during fatigue of human skeletal muscle. *J Physiol* 418: 327–37.

48 Debold EP, Dave H, Fitts RH (2004) Fiber type and temperature dependence of inorganic phosphate: implications for fatigue. *Am J Physiol* 287: C673–81.

49 Metzger JM, Moss RL (1990) Calcium-sensitive cross-bridge transitions in mammalian fast and slow twitch skeletal muscle fibers. *Science* 247: 1088–90.

50 Fitts RH (1994) Cellular mechanisms of muscle fatigue. *Physiol Rev* 74: 49–94.

51 Knuth ST, Dave H, Peters JR, Fitts RH (2006) Low cell pH depresses peak power in rat skeletal muscle fibres at both 30°C and 15°C: implications for muscle fatigue. *J Physiol* 575: 887–99.

52 Nielsen HB, Bredmose PP, Stromstad M, Volianitis S, Quistorff B, Secher NH (2002) Bicarbonate attenuates arterial desaturation during maximal exercise in humans. *J Appl Physiol* 93: 724–31.

53 Knicker AJ, Renshaw I, Oldham ARH, Cairns SP (2011) Interactive processes link the multiple symptoms of fatigue in sport competition. *Sports Med* 41: 307–28.

54 Nybo L, Secher NH (2004) Cerebral perturbations provoked by prolonged exercise. *Prog Neurobiol* 72: 223–61.

55 Amann M, Calbert JAL (2008) Convective oxygen transport and fatigue. *J Appl Physiol* 104: 861–70.

56 Gandevia SC, Allen GM, Butler JE, Taylor JL (1996) Supraspinal factors in human muscle fatigue: evidence for suboptimal output from the motor cortex. *J Physiol* 490: 529–36.

57 Swank A, Robertson RJ (1989) Effect of induced alkalosis on perception of exertion during intermittent exercise. *J Appl Physiol* 67: 1862–7.

58 Tate P (2009) Seeley's Principles of Anatomy and Physiology. McGraw Hill, New York.

منابع

1 Casa DJ, Armstrong LE, Hillman SK, Montain SJ, Reiff RV, Rich BSE, Roberts WO, Stone JA (2000) National Athletic Trainers Association position statement: fluid replacement for athletes. *J Athl Train* 35: 212–24.

2 Sawka MN, Burke LM, Eichner ER, Maughan RJ, Montain SJ, Stachenfeld NS (2007) American College of Sports Medicine Position Stand: exercise and fluid replacement. *Med Sci Sports Exerc* 39: 377–90.

3 Logan-Sprenger HM, Heigenhauser GJ, Killian KJ, Spreit LL (2012) Effects of dehydration during cycling on skeletal muscle metabolism in females. *Med Sci Sports Exerc* 44: 1949–57.

4 Logan-Sprenger HM, Heigenhauser GJ, Jones GL, Spreit LL (2013) Increase in skeletal-muscle glycogenolysis and perceived exertion with progressive dehydration during cycling in hydrated men. *Int J Sport Nutr Exerc Metab* 23: 220–9.

5 Ganio MS, Armstrong LE, Casa DJ, McDermott BP, Lee EC, Yamamoto LM, Marzano S, Lopez RM, Jimenez L, Bellego L, Chevillotte E, Lieberman HR (2011) Mild dehydration impairs cognitive performance and mood of men. *Br J Nutr* 106: 1535–43.

6 Casa DJ, Clarkson PM, Roberts WO (2005) American College of Sports Medicine roundtable on hydration and physical activity: consensus statements. *Curr Sports Med Rep* 4: 115–27.

7 Chevront SN, Carter III R, Sawka MN (2003) Fluid balance and endurance exercise performance. *Curr Sports Med Rep* 2: 202–8.

8 Sawka MN, Noakes TD (2007) Does dehydration impair exercise performance? *Med Sci Sports Exerc* 39: 1209–17.

9 Sawka MN (1992) Physiological consequences of hypohydration: exercise performance and thermoregulation. *Med Sci Sports Exerc* 24: 657–70.

10 Craig FN, Cummings EG (1966) Dehydration and muscular work. *J Appl Physiol* 21: 670–4.

11 Dougherty KA, Baker LB, Chow M, Kenney WL (2006) Two percent dehydration impairs and six percent carbohydrate drink improves boys basketball skills. *Med Sci Sports Exerc* 38: 1650–8.

12 Armstrong LE, Costill DL, Fink WJ (1985) Influence of diuretic-induced dehydration on competitive running performance. *Med Sci Sports Exerc* 17: 456–61.

13 Dugas JP, Oosthuizen V, Tucker R, Noakes TD (2006) Drinking 'ad libitum' optimises performance and physiological function during 80 km indoor cycling trials in hot and humid conditions with appropriate convective cooling. *Med Sci Sports Exerc* 38: S176.

14 Jeukendrup A, Saris WHM, Brouns F, Kester ADM (1996) A new validated endurance performance test. *Med Sci Sports Exerc* 28: 266–70.

15 Mündel T (2011) To drink or not to drink? Explaining 'contradictory findings' in fluid replacement and exercise performance: evidence from a more valid model for real-life competition. *Br J Sports Med* 45: 2.

16 Dion T, Savoie FA, Audrey A, Garipey C, Goulet EDB (2013) Half-marathon running performance is not improved by a rate of fluid intake above that dictated by thirst sensation in trained distance runners. *Eur J Appl Physiol* 113: 3011–20.

17 Marino FE, Cannon J, Kay D (2011) Neuromuscular responses to hydration in moderate to warm ambient conditions during self-paced high-intensity exercise. *Br J Sports Med* 44: 961–7.

18 Nolte HW, Noakes TD, van Vuuren B (2011) Protection of total body water content and absence of hyperthermia despite 2% body mass loss ('voluntary dehydration') in soldiers drinking ad libitum during prolonged exercise in cool environmental conditions. *Br J Sports Med* 45: 1106–12.

19 Zouhal H, Groussard C, Minter G, Vincent S, Cretual A, Gratas-Delamarche A, Delamarche P, Noakes TD (2011) Inverse relationship between percentage body weight change and finishing time in 643 forty two-kilometre marathon runners. *Br J Sports Med*

- 45: 1101–5.
- 20 Aragón-Vargas LF, Wilk B, Timmons BW, Bar-Or O (2013) Body weight changes in child and adolescent athletes during a triathlon competition. *Eur J Appl Physiol* 113: 233–9.
- 21 Kao WF, Shy CL, Yang XW, Hsu TF, Chen JJ, Kao WC, Polun C, Huang YJ, Kuo FC, Huang CI, Lee CH (2008) Athletic performance and serial weight changes during 12-and 24-hour ultra-marathons. *Clin J Sport Med* 18: 155–8.
- 22 Rüst CA, Knechtle B, Knechtle P, Wirth A, Rosemann T (2012) Body mass change and ultraendurance performance: a decrease in body mass is associated with an increased running speed in male 100-km ultramarathoners. *J Strength Cond Res* 6: 1505–16.
- 23 Goulet ED (2013) Effect of exercise-induced dehydration on endurance performance: evaluating the impact of exercise protocols on outcomes using a meta-analytic procedure. *Br J Sports Med* 47: 679–86.
- 24 Maughan RJ, Shirreffs SM, Leiper JB (2007) Errors in the estimation of hydration status from changes in body mass. *J Sports Sci* 25: 797–804.
- 25 Zouhal H, Groussard C, Vincent S, Jacob C, Abderrahman AR, Delamarche P, Gratas-Delamarche A (2009) Athletic performance and weight changes during the ‘Marathon of Sands’ in athletes well-trained in endurance. *Int J Sports Med* 30: 516–21.
- 26 Dugas JP, Oosthuizen U, Tucker R, Noakes TD (2009) Rates of fluid ingestion alter pacing but not thermoregulatory responses during prolonged exercise in hot and humid conditions with appropriate convective cooling. *Eur J Appl Physiol* 105: 69–80.
- 27 Gigou PY, Dion T, Asselin A, Berrigan F, Goulet ED (2012) Pre-exercise hyperhydration-induced bodyweight gain does not alter prolonged treadmill running time-trial performance in warm ambient conditions. *Nutrients* 4: 949–66.
- 28 Goulet EDB (2011) Effect of exercise-induced dehydration on time-trial exercise performance: a meta-analysis. *Br J Sports Med* 45: 1149–56.
- 29 Convertino VA (1983) Heart rate and sweat rate responses associated with exercise-induced hypervolemia. *Med Sci Sports Exerc* 15: 77–82.
- 30 Mischler I, Boirie Y, Gachon P, Pialoux V, Mounier R, Rousset P, Coudert J, Fellmann, N (2003) Human albumin synthesis is increased by an ultra-endurance trial. *Med Sci Sports Exerc* 35: 75–81.
- 31 Leiper JB, McCormick K, Robertson JD, Whiting PH, Maughan RJ (1988) Fluid homeostasis during prolonged low-intensity walking on consecutive days. *Clin Sci (London)* 75: 63–70.
- 32 Fellmann N, Ritz P, Ribeyre J, Beaufrère B, Delaître M, Coudert J (1999) Intracellular hyperhydration induced by a 7-day endurance race. *Eur J Appl Physiol* 80: 353–9.
- 33 Fellmann N, Sagnol M, Bedu M, Falgairette G, Van Praagh E, Gaillard G, Jouanel P, Coudert J (1988) Enzymatic and hormonal responses following a 24 h endurance run and a 10 h triathlon race. *Eur J Appl Physiol* 57: 545–53.
- 34 Skenderi KP, Kavouras SA, Anastasiou CA, Yiannakouris N, Matalas AL (2006) Exertional rhabdomyolysis during a 246-km continuous running race. *Med Sci Sports Exerc* 38: 1054–7.
- 35 Knechtle B, Duff B, Schulze I, Kohler G (2008) A multi-stage ultra-endurance run over 1,200 km leads to a continuous accumulation of total body water. *J Sports Sci Med* 7: 357–64.
- 36 Knechtle B, Wirth A, Knechtle P, Rosemann T (2009) Increase of total body water with decrease of body mass while running 100 km nonstop – formation of edema? *Res Quart Exerc Sport* 80: 593–603.
- 37 Noakes TD, Sharwood K, Collins M, Perkins DR (2004) The dipsomania of great distance: water intoxication in an ironman triathlete. *Br J Sports Med* 38: e16.
- 38 Knechtle B, Senn O, Imoberdorf R (2011) No fluid overload in male ultra-runners during a 100 km ultra-run. *Res Sports Med* 19: 14–27.
- 39 Rosner MH, Kirven J (2007) Exercise-associated hyponatremia. *Clin J Am Soc Nephrol* 2: 151–61.
- 40 Almond CSD, Shin AY, Fortescue EB, Mannix RC, Wypij D, Binstadt BA, Duncan CN, Olson DP, Salerno AE, Newburger JW, Greenes DS (2005) Hyponatraemia among runners in the Boston Marathon. *New Eng J Med* 352: 1550–6.
- 41 Montain SJ, Chevront SN, Sawka MN (2005) Exercise associated hyponatraemia: quantitative analysis to understand the aetiology. *Br J Sports Med* 40: 98–106.
- 42 Sharwood KA, Collins M, Goedecke JH, Wilson G, Noakes TD (2004) Weight changes, medical complications, and performance during an Ironman triathlon. *Br J Sports Med* 38: 718–24.
- 43 Noakes TD, Speedy DB (2006) Case proven: exercise associated hyponatraemia is due to overdrinking. So why did it take 20 years before the original evidence was accepted? *Br J Sports Med* 40: 567–72.
- 44 Cheung SS, Sleivert GG (2004) Multiple triggers for hyperthermic fatigue and exhaustion. *Exerc Sport Sci Rev* 32: 100–6.
- 45 Maughan RJ (2012) Thermoregulatory aspects of performance. *Exp Physiol* 97: 325–6.
- 46 Nybo L (2008) Hyperthermia and fatigue. *J Appl Physiol* 104: 871–8.
- 47 Nybo L (2012) Brain temperature and exercise performance. *Exp Physiol* 97: 333–9.
- 48 Nybo L, Nielsen B (2001) Hyperthermia and central fatigue during prolonged exercise in humans. *J Appl Physiol* 91: 1055–60.
- 49 Sawka MN, Chevront SN, Kenefick RW (2012) High skin temperature and hypohydration impair aerobic performance. *Exp Physiol* 97: 327–32.
- 50 González-Alonso J, Calbet JAL, Nielsen B (1998) Muscle blood flow is reduced with dehydration during prolonged exercise in humans. *J Physiol* 513: 895–905.
- 51 González-Alonso J, Calbet JAL, Nielsen B (1999) Metabolic and thermodynamic responses to dehydration-induced reductions in muscle blood flow in exercising humans. *J Physiol* 520: 577–89.
- 52 Nybo L, Møller K, Volianitis S, Nielsen B, Secher NH (2002) Effects of hyperthermia on cerebral blood flow and metabolism during prolonged exercise in humans. *J Appl Physiol* 93: 58–64.
- 53 Tucker R, Marle T, Lambert EV, Noakes TD (2004) Impaired exercise performance in the heat is associated with an anticipatory

- reduction in skeletal muscle recruitment. *Pflug Arch* 448: 422–30.
- 54 Rasmussen P, Nielsen J, Overgaard M, Krogh-Madsen R, Gjedde A, Secher NH, Petersen NC (2010) Reduced muscle activation during exercise related to brain oxygenation and metabolism in humans. *J Physiol* 588: 1985–95.
- 55 Caputa SS, McLellan TM (1986) Effect of brain and trunk temperatures on exercise performance in goats. *Pflug Arch Physiol* 406: 184–9.
- 56 White MD, Greiner JG, McDonald PLL (2011) Point: Humans do demonstrate selective brain cooling during hyperthermia. *J Appl Physiol* 110: 569–71.
- 57 Marino FE (2011) The critical limiting temperature and selective brain cooling: neuroprotection during exercise? *Int J Hyperther* 27: 582–90.
- 58 Nielsen B, Hales JRS, Strange NJ, Christensen NJ, Warberg J, Saltin B (1993) Human circulatory and thermoregulatory adaptations with heat acclimation and exercise in a hot, dry environment. *J Physiol* 460: 467–85.
- 59 Nielsen B, Savard G, Richter EA, Hargreaves M, Saltin B (1990) Muscle blood flow and muscle metabolism during exercise and heat stress. *J Appl Physiol* 69: 1040–6.
- 60 Ely BR, Ely MR, Chevront SN, Kenefick RW, DeGroot DW, Montain SJ (2009) Evidence against a 40°C core temperature threshold for fatigue in humans. *J Appl Physiol* 107: 1519–25.
- 61 Nybo L (2007) Exercise and heat stress: cerebral challenges and consequences. *Progress Brain Res* 162: 29–43.
- 62 Thomas MM, Cheung SS, Elder GC, Sleivert GG (2006) Voluntary muscle activation is impaired by core temperature rather than local muscle temperature. *J Appl Physiol* 100: 1361–9.
- 63 Hales JRS, Hubbard RW, Gaffin SL (1996) Limitation of heat tolerance. In: *Handbook of Physiology*, edited by Fregley MJ, Blatteis CM. New York: Oxford University Press.
- 64 Dubois M, Sato S, Lee DE, Bull JM, Smith R, White BG, Moore H, Macnamara TE (1980) Electroencephalographic changes during whole body hyperthermia in humans. *Electroencephalogr Clin Neurophysiol* 50: 486–95.
- 65 Montain SJ, Sawka MN, Cadarette BS, Quigley MD, McKay JM (1994) Physiological tolerance to uncompensable heat stress: effects of exercise intensity, protective clothing, and climate. *J Appl Physiol* 77: 216–22.
- 66 Latzka WA, Sawka MN, Montain SJ, Skrinar GS, Fielding RA, Matott RP, Pandolf KB (1998) Hyperhydration: tolerance and cardiovascular effects during uncompensable heat stress. *J Appl Physiol* 84: 1858–64.
- 67 Kenefick RW, Chevront SN, Palombo LJ, Ely BR, Sawka MN (2010) Skin temperature modifies the impact of hypohydration on aerobic performance. *J Appl Physiol* 109: 79–86.
- 68 Byrne C, Lee JK, Chew SA, Lim CL, Tan EY (2006) Continuous thermoregulatory response to mass-participation distance running in the heat. *Med Sci Sports Exerc* 38: 803–10.
- 69 Lee JK, Nio AQ, Lim CL, Teo EY, Byrne C (2010) Thermoregulation, pacing and fluid balance during mass participation distance running in a warm and humid environment. *Eur J Appl Physiol* 109: 887–98.

منابع

- 1 Allen DG, Lamb GD, Westerblad H (2008) Skeletal muscle fatigue: cellular mechanisms. *Physiol Rev* 88: 287–332.
- 2 Stephenson D (2006) Tubular system excitability: an essential component of excitation-contraction coupling in fast twitch fibres of vertebrate skeletal muscle. *J Muscle Res Cell Motil* 27: 259–74.
- 3 Clausen T, Nielsen OB, Harrison AP, Flatman JA, Overgaard K (1998) The Na⁺, K⁺ pump and muscle excitability. *Acta Physiol Scand* 162: 183–90.
- 4 Clausen T (2008) Role of Na⁺, K⁺ pumps and transmembrane Na⁺, K⁺ distribution in muscle function. *Acta Physiol* 192: 339–49.
- 5 McKenna MJ, Bangsbo J, Renaud JM (2008) Muscle K⁺, Na⁺, and Cl⁻ disturbances and Na⁺, K⁺ pump inactivation: implications for fatigue. *J Appl Physiol* 104: 288–95.
- 6 Pedersen KK, Nielsen OB, Overgaard K (2013) Effects of high-frequency stimulation and doublets on dynamic contractions in rat soleus muscle exposed to normal and high extracellular [K⁺]. *Physiol Rep* 1: 1–11.
- 7 Sejersted OM, Sjøgaard G (2000) Dynamics and consequences of K⁺ shifts in skeletal muscle and heart during exercise. *Physiol Rev* 80: 1411–81.
- 8 Clausen T (2011) In isolated skeletal muscle, excitation may increase extracellular K⁺ 10-fold; how can contractility be maintained? *Exp Physiol* 96: 356–68.
- 9 Davies NW (1990) Modulation of ATP-sensitive K⁺ channels in skeletal muscle by intracellular protons. *Nature* 343: 375.
- 10 Fitts RH, Balog EM (1996) Effect of intracellular and extracellular ion changes on E-C coupling and skeletal muscle fatigue. *Acta Physiol Scand* 156: 169–81.
- 11 Medbo JJ, Sejersted OM (1990) Plasma potassium changes with high intensity exercise. *J Physiol* 421: 105–22.
- 12 Nordsborg N, Mohr M, Pedersen LD, Nielsen JJ, Langberg H, Bangsbo J (2003) Muscle interstitial K⁺ kinetics during intensity exhaustive exercise: effect of previous arm exercise. *Am J Physiol Regul Integr Comp Physiol* 285: R143–8.
- 13 Balog EM, Fitts RH (1996) Effects of fatiguing stimulation on intracellular Na⁺ and K⁺ in frog skeletal muscle. *J Appl Physiol* 81: 679–85.
- 14 Juel C (1986) K⁺ and sodium shifts during in vitro isometric muscle contraction, the time course of the ion-gradient recovery. *Pflugers Arch* 406: 458–63.
- 15 Jones DA, Bigland-Ritchie B, Edwards RHT (1979) Excitation frequency and muscle fatigue: mechanical responses during voluntary and stimulated contractions. *Exp Neurol* 64: 414–27.
- 16 Bigland-Ritchie B, Jones DA, Woods JJ (1979) Excitation frequency and muscle fatigue: electrical responses during human vol-

- untary and stimulated contractions. *Exp Neurol* 64: 414–27.
- 17 Nielsen OB, de Paoli FV (2007) Regulation of Na⁺–K⁺ homeostasis and excitability in contracting muscles: implications for fatigue. *Appl Physiol Nutr Metab* 32: 974–84.
- 18 Clausen T (2003) Na⁺, K⁺ pump regulation and skeletal muscle contractility. *Physiol Rev* 83: 1269–324.
- 19 Cairns SP, Dulhunty AF (1995) High-frequency fatigue in rat skeletal muscle: role of extracellular ion concentrations. *Muscle Nerve* 18: 890–8.
- 20 Dutka TL, Lamb GD (2007) Transverse tubular system depolarisation reduces tetanic force in rat skeletal muscle fibres by impairing action potential repriming. *Am J Physiol Cell Physiol* 292: C2112–21.
- 21 Thompson LV, Balog EM, Riley DA, Fitts RH (1992) Muscle fatigue in frog semitendinosus: alterations in contractile function. *Am J Physiol Cell Physiol* 262: C1500–6.
- 22 Bangsbo J, Madsen K, Kiens B, Richter EA (1996) Effect of muscle acidity on muscle metabolism and fatigue during intensity exercise in man. *J Physiol* 495: 587–96.
- 23 Bangsbo J, Graham T, Johansen L, Strange S, Christensen C, Saltin B (1992) Elevated muscle acidity and energy production during exhaustive exercise in humans. *Am J Physiol Regul Integr Comp Physiol* 263: R891–9.
- 24 Nielsen JJ, Mohr M, Klarskov C, Kristensen M, Krstrup P, Juel C, Bangsbo J (2004) Effects of high-intensity intermittent training on potassium kinetics and performance in human skeletal muscle. *J Physiol* 554: 857–70.
- 25 Mohr M, Nordsborg N, Nielsen JJ, Pedersen LD, Fischer C, Krstrup P, Bangsbo J (2004) Potassium kinetics in human muscle interstitium during repeated intense exercise in relation to fatigue. *Pflugers Arch* 448: 452–6.
- 26 Bigland-Ritchie B, Cafarelli E, Vøllestad NK (1986) Fatigue of submaximal static contractions. *Acta Physiol Scand Suppl* 556: 137–48.
- 27 Bigland-Ritchie B, Furbush F, Woods JJ (1986) Fatigue of intermittent submaximal voluntary contractions: central and peripheral factors. *J Appl Physiol* 61: 421–9.
- 28 Bigland-Ritchie B, Johansson R, Lippold OC, Woods JJ (1983) Contractile speed and EMG changes during fatigue of sustained maximal voluntary contractions. *J Neurophysiol* 50: 313–24.
- 29 Sandiford SD, Green HJ, Duhamel TA, Schertzer JD, Perco JD, Ouyang J (2005) Muscle Na-K-pump and fatigue responses to progressive exercise in normoxia and hypoxia. *Am J Physiol Regul Integr Comp Physiol* 289: R441–9.
- 30 West W, Hicks A, Mckelvie R, O'Brien J (1996) The relationship between plasma K⁺, muscle membrane excitability and force following quadriceps fatigue. *Pflugers Arch* 432: 43–9.
- 31 Enoka RM, Stuart DG (1992) Neurobiology of muscle fatigue. *J Appl Physiol* 72: 1631–48.
- 32 Bigland-Ritchie B, Woods JJ (1984) Changes in muscle contractile properties and neural control during human muscular fatigue. *Muscle Nerve* 7: 691–9.
- 33 Balog EM, Thompson LV, Fitts RH (1994) Role of sarcolemma action potentials and excitability in muscle fatigue. *J Appl Physiol* 76: 2157–62.
- 34 Gandevia SC (2001) Spinal and supraspinal factors in human muscle fatigue. *Physiol Rev* 81: 1725–89.
- 35 Bigland-Ritchie B, Zijdwind I, Thomas CK (2000) Muscle fatigue induced by stimulation with and without doublets. *Muscle Nerve* 23: 1348–55.
- 36 Juel C (1988) Muscle action potential propagation velocity changes during activity. *Muscle Nerve* 11: 714–9.
- 37 Lännergren J, Westerblad H (1986) Force and membrane potential during and after fatiguing, continuous high-frequency stimulation of single *Xenopus* muscle fibres. *Acta Physiol Scand* 128: 359–68.
- 38 Clausen T, Nielsen OB, Harrison AP, Flatman JA, Overgaard K (1998) The Na⁺, K⁺ pump and muscle excitability. *Acta Physiol Scand* 162: 183–90.
- 39 Wallinga W, Meijer SL, Alberink MJ, Vliet M, Wien ED, Ypey DL (1999) Modelling action potentials and membrane currents of mammalian skeletal muscle fibres in coherence with potassium concentration changes in the T-tubular system. *Eur Biophys J* 28: 317–29.
- 40 Van Beekvelt MC, Drost G, Rongen G, Stegeman DF, Van Engelen BG, Zwarts MJ (2006) Na⁺-K⁺-ATPase is not involved in the warming-up phenomenon in generalized myotonia. *Muscle Nerve* 33: 514–23.
- 41 Davies NW, Standen NB, Stanfield PR (1992) The effect of intracellular pH on ATP-dependent potassium channels of frog skeletal muscle. *J Physiol* 445: 549–68.
- 42 Davies NW, Standen NB, Stanfield PR (1991) ATP-dependent potassium channels of muscle cells: their properties, regulation and possible function. *J Bioenerg Biomembr* 23: 509–23.
- 43 Hansen AK, Clausen T, Nielsen OB (2005) Effects of lactic acid and catechol - amines on contractility in fast twitch muscles exposed to hyperkalemia. *Am J Physiol Cell Physiol* 289: C104–12.
- 44 Kristensen M, Albertsen J, Rentsch M, Juel C (2005) Lactate and force production in skeletal muscle. *J Physiol* 562: 521–6.
- 45 Overgaard K, Højfeldt G, Nielsen O (2010) Effects of acidification and increased extracellular potassium on dynamic muscle contractions in isolated rat muscles. *J Physiol* 588: 5065–76.
- 46 Pedersen TH, Nielsen OB, Lamb GD, Stephenson DG (2004) Intracellular acidosis enhances the excitability of working muscle. *Science* 305: 1144–7.
- 47 Pedersen TH, de Paoli F, Nielsen OB (2005) Increased excitability of acidified skeletal muscle: role of chloride conductance. *J Gen Physiol* 125: 237–46.
- 48 Place N (2008) Is interstitial K⁺ accumulation a key factor in the fatigue process under physiological conditions? *J Physiol* 586: 1207–8.
- 49 Dutka TL, Cole L, Lamb GD (2005) Ca²⁺ phosphate precipitation in the sarcoplasmic reticulum reduces action potential-mediated

- Ca²⁺ release in mammalian skeletal muscle. *Am J Physiol Cell Physiol* 289: C1502–12.
- 50 Posterino GS, Lamb GD (2003) Effect of sarcoplasmic reticulum Ca²⁺ content on action potential-induced Ca²⁺ release in rat skeletal muscle fibres. *J Physiol* 551: 219–37.
- 51 Chin ER, Allen DG (1997) Effects of reduced muscle glycogen concentration on force, Ca²⁺ release and contractile protein function in intact mouse skeletal muscle. *J Physiol* 498: 17–29.
- 52 Duhamel TA, Perco JG, Green HJ (2006) Manipulation of dietary carbohydrates after prolonged effort modifies muscle sarcoplasmic reticulum responses in exercising males. *Am J Physiol Regul Integr Comp Physiol* 291: R1100–10.
- 53 Duhamel TA, Green HJ, Stewart RD, Foley KP, Smith IC, Ouyang J (2007) Muscle metabolic, SR Ca²⁺-cycling responses to prolonged cycling, with and without glucose supplementation. *J Appl Physiol* 103: 1986–98.
- 54 Helander I, Westerblad H, Katz A (2002) Effects of glucose on contractile function, [Ca²⁺]_i and glycogen in isolated mouse skeletal muscle. *Am J Physiol Cell Physiol* 282: C1306–12.
- 55 Lees SJ, Franks PD, Spangenburg EE, Williams JH (2001) Glycogen and glycogen phosphorylase associated with sarcoplasmic reticulum: effects of fatiguing activity. *J Appl Physiol* 91: 1638–44.
- 56 Duhamel TA, Green HJ, Perco JD, Sandiford SD, Ouyang J (2004) Human muscle sarcoplasmic reticulum function during sub-maximal exercise in normoxia and hypoxia. *J Appl Physiol* 97: 180–7.
- 57 Duhamel TA, Green HJ, Sandiford SD, Perco JG, Ouyang J (2004) Effects of progressive exercise and hypoxia on human muscle sarcoplasmic reticulum function. *J Appl Physiol* 97: 188–96.
- 58 Favero TG (1999) Sarcoplasmic reticulum Ca²⁺ release and muscle fatigue. *J Appl Physiol* 87: 471–83.
- 59 Korge P (1998) Factors limiting ATPase activity in skeletal muscle. In: *Biochemistry of Exercise X*, edited by Hargreaves M and Thompson M. Champaign, IL: Human Kinetics: 125–34.
- 60 Ørtenblad N, Westerblad H, Nielsen J (2013) Muscle glycogen stores and fatigue. *J Physiol* 591: 4405–13.
- 61 Xu K, Zweier J, Becker L (1995) Functional coupling between glycolysis and sarcoplasmic reticulum Ca²⁺ transport. *Circ Res* 77: 88–97.
- 62 Coupland ME, Puchert E, Ranatunga KW (2001) Temperature dependence of active tension in mammalian (rabbit psoas) muscle fibres: effect of inorganic phosphate. *J Physiol* 36: 879–91.
- 63 Varian KD, Raman S, Janssen PML (2006) Measurement of myofilament calcium sensitivity at physiological temperature in intact cardiac trabeculae. *Am J Physiol* 290: H2092–7.
- 64 Martyn DA, Gordon AM (1992) Force and stiffness in glycerinated rabbit psoas fibers: Effects of calcium and elevated phosphate. *J Gen Physiol* 99: 795–816.
- 65 Millar NC, Homsher E (1990) The effect of phosphate and calcium on force generation in glycerinated rabbit skeletal muscle fibers: a steady-state and transient kinetic study. *J Biol Chem* 265: 20234–40.
- 66 Steele DS, Duke AM (2003) Metabolic factors contributing to altered Ca²⁺ regulation in skeletal muscle fatigue. *Acta Physiol Scand* 179: 39–48.
- 67 Jahnke-Dechent W, Ketteler M (2012) Magnesium basics. *Clin Kidney J* 5: 3–14.
- 68 Laver DR, Lenz GKE, Dulhunty AF (2001) Phosphate ion channels in the sarcoplasmic reticulum of rabbit skeletal muscle. *J Physiol* 537: 763–78.
- 69 Allen DG, Trajanovska S (2012) The multiple roles of phosphate in muscle fatigue. *Front Physiol* 3: 1–8.
- 70 Allen DG, Clugston E, Petersen Y, Röder V, Chapman B, Rudolf R (2011) Interactions between intracellular calcium and phosphate in intact mouse muscle during fatigue. *J Appl Physiol* 111: 358–66.
- 71 Westerblad H, Allen DG (1996) The effects of intracellular injections of phosphate on intracellular calcium and force in single fibres of mouse skeletal muscle. *Pflügers Arch* 431: 964–70.
- 72 Westerblad H, Allen DG (1991) Changes of myoplasmic calcium concentration during fatigue in single mouse muscle fibers. *J Gen Physiol* 98: 615–35.
- 73 Kabbara AA, Allen DG (2001) The use of fluo-5N to measure sarcoplasmic reticulum calcium in single muscle fibres of the cane toad. *J Physiol* 534: 87–97.
- 74 Dahlstedt AJ, Westerblad H (2001) Inhibition of creatine kinase reduces the fatigue-induced decrease of tetanic [Ca²⁺]_i in mouse skeletal muscle. *J Physiol* 533: 639–49.
- 75 Westerblad H, Allen DG (1992) Myoplasmic free Mg²⁺ concentration during repetitive stimulation of single fibres from mouse skeletal muscle. *J Physiol* 453: 413–34.
- 76 Posterino GS, Fryer MW (1998) Mechanisms underlying phosphate induced failure of Ca²⁺ release in single skinned skeletal muscle fibres of the rat. *J Physiol* 512: 97–108.
- 77 Blazej R, Lamb GD (1999) Low [ATP] and elevated [Mg²⁺] reduce depolarization-induced Ca²⁺ release in mammalian skeletal muscle. *J Physiol* 520: 203–15.
- 78 MacDonald WA, Stephenson DG (2001) Effects of ADP on sarcoplasmic reticulum function in mechanically skinned skeletal muscle fibres of the rat. *J Physiol* 532: 499–508.
- 79 MacDonald WA, Stephenson DG (2006) Effect of ADP on slow-twitch muscle fibres of the rat: implications for muscle fatigue. *J Physiol* 573: 187–98.
- 80 Kabbara AA, Stephenson DG (1994) Effects of Mg²⁺ on Ca²⁺ handling by the sarcoplasmic reticulum in skinned skeletal and cardiac muscle fibres. *Pflügers Arch* 428: 331–9.
- 81 Laver DR, O'Neill ER, Lamb GD (2004) Luminal Ca²⁺-regulated Mg²⁺ inhibition of skeletal RyRs reconstituted as isolated channels or coupled clusters. *J Gen Physiol* 124: 741–58.
- 82 Dutka TL, Lamb GD (2004) Effect of low cytoplasmic [ATP] on excitation-contraction coupling in fast-twitch muscle fibres of the

- rat. *J Physiol* 560: 451–68.
- 83 Dahlstedt AJ, Katz A, Wieringa B, Westerblad H (2000) Is creatine kinase responsible for fatigue? Studies of isolated skeletal muscle deficient in creatine kinase. *FASEB J* 14: 982–90.
- 84 Allen DG, Lamb GD, Westerblad H (2008) Impaired calcium release during fatigue. *J Appl Physiol* 104: 296–305.

منابع

- Davis JM, Bailey SP (1997) Possible mechanisms of central nervous system fatigue during exercise. *Med Sci Sports Exerc* 29 (1): 45–57.
- Amann M (2012) Significance of group III and IV muscle afferents for the endurance exercising human. *Proc Austral Physiol Soc* 43: 1–7
- Amann M, Blain GM, Proctor LT, et al. (2011) Implications of group III and IV muscle afferents for high intensity endurance exercise performance in humans. *J Physiol* 589 (21): 5299–309.
- Martin PG, Weerakkody N, Gandevia SC, et al. (2008) Group III and IV muscle afferents differentially affect the motor cortex and motor neurons in humans. *J Physiol* 586: 1277–89.
- Enoka RM, Stuart DG (1992) Neurobiology of muscle fatigue. *J Appl Physiol* 72: 1631–48
- Newsholme EA, Acworth I, Blomstrand E (1987) Amino acids, brain neurotransmitters and a function link between muscle and brain that is important in sustained exercise. In: Benzi G (ed.) *Advances in Myochemistry*. London: John Libbey Eurotext: 127–33.
- Meeusen R, Watson P, Hasegawa H, et al. (2006) Central fatigue: the serotonin hypothesis and beyond. *Sports Med* 36 (10): 881–909.
- Chaouloff F, Kennett GA, Serrurier B, et al. (1986) Amino acid analysis demonstrates that increased plasma free tryptophan causes the increase of brain tryptophan during exercise in the rat. *J Neurochem* 46 (5): 1647–50.
- MacLean DA, Graham TE, Saltin B (1994) Branched-chain amino acids augment ammonia metabolism while attenuating protein breakdown during exercise. *Am J Physiol* 267 (6 Pt 1): E1010–22
- Blomstrand E, Hassmen P, Ekblom B, et al. (1991) Administration of branched chain amino acids during sustained exercise-effects on performance and on plasma concentration of some amino acids. *Eur J Appl Physiol* 63 (2): 83–8.
- Blomstrand E, Andersson S, Hassmen P, et al. (1995) Effect of branched-chain amino acid and carbohydrate supplementation on the exercise-induced change in plasma and muscle concentration of amino acids in human subjects. *Acta Physiol Scand* 153 (2): 87–96.
- Blomstrand E, Hassmen P, Ek S, et al. (1997) Influence of ingesting a solution of branched-chain amino acids on perceived exertion during exercise. *Acta Physiol Scand* 159 (1): 41–9
- Davis JM, Welsh RS, De Volve KL, et al. (1999) Effects of branched-chain amino acids and carbohydrate on fatigue during intermittent, high-intensity running. *Int J Sports Med* 20 (5): 309–14
- Greer BK, White J, Arguello EM, et al. (2011) Branched-chain amino acid supplementation lowers perceived exertion but does not affect performance in untrained males. *J Strength Cond Res* 25 (2): 539–44.
- Madsen K, MacLean DA, Kiens B, et al. (1996) Effects of glucose, glucose plus branched-chain amino acids, or placebo on bike performance over 100 km. *J Appl Physiol* 81 (6): 2644–50.
- Struder HK, Hollmann W, Platen P, et al. (1998) Influence of paroxetine, branched-chain amino acids and tyrosine on neuroendocrine system responses and fatigue in humans. *Horm Metab Res* 30 (4): 188–94.
- Wisnik P, Chmura J, Ziembra AW, et al. (2011) The effect of branched chain amino acids on psychomotor performance during treadmill exercise of changing intensity simulating a soccer game. *Appl Physiol, Nutr Metab* 36 (6): 856–62.
- Heyes MP, Garnett ES, Coates G (1986) Central dopaminergic activity influences rats' ability to exercise. *Life Sci* 36 (7): 671–7.
- Gerald MC (1978) Effects of (+)-amphetamine on the treadmill endurance performance of rats. *Neuropharmacol* 17 (9): 703–4.
- Nestler EJ, Hyman SE, Malenka RC (2001) *Molecular Neuro-pharmacology: A Foundation for Clinical Neuroscience*. New York: McGraw-Hill.
- Meeusen R, Roeykens J, Magnus L, et al. (1997) Endurance performance in humans: the effect of a dopamine precursor or a specific serotonin (5-HT_{2A/2C}) antagonist. *Int J Sports Med* 18 (8): 571–7.
- Piacentini MF, Meeusen R, Buyse L, et al. (2004) Hormonal responses during prolonged exercise are influenced by a selective DA/NA reuptake inhibitor. *Br J Sports Med* 38 (2): 129–33.
- Watson P, Hasegawa H, Roelands B, et al. (2005) Acute dopamine/noradrenaline reuptake inhibition enhances human exercise performance in warm, but not temperate conditions. *J Physiol* 565 (Pt 3): 873–83.
- Roelands B, Watson P, Cordery P, et al. (2012) A dopamine/noradrenaline reuptake inhibitor improves performance in the heat, but only at the maximum therapeutic dose. *Scand J Med Sci Sports* 22 (5): e93–8.
- Piacentini MF, Meeusen R, Buyse L, et al. (2002) No effect of a noradrenergic reuptake inhibitor on performance in trained cyclists. *Med Sci Sports Exerc* 34 (7): 1189–93.
- Roelands B, Meeusen R (2010) Alterations in central fatigue by pharmacological manipulations of neurotransmitters in normal and high ambient temperature. *Sports Med* 40 (3): 229–46.
- Coimbra CC, Soares DD, Leite LHR (2012) The involvement of brain monoamines in the onset of hyperthermic central fatigue. In: Zaslav KR (ed.) *An International Perspective on Topics in Sports Medicine and Sports Injury*. ISBN: 978–953–51–0005–8. Available from: www.intechopen.com/books/an-international-perspective-on-topics-in-sports-medicine-and-sports-injury/.

- Romero-Gomez M, Jover M, Galan JJ, et al. (2009) Gut ammonia production and its modulation. *Metabol Brain Dis* 24: 147–57.
- Buono MJ, Clancy TR, Cook JR (1984) Blood lactate and ammonium ion accumulation during graded exercise in humans. *J Appl Physiol* 57: 135–9.
- Wagenmakers AJ, Coakley JH, Edwards RH (1990) Metabolism of branched-chain amino acids and ammonia during exercise: clues from McArdle's disease. *Int J Sports Med* 11 (Suppl. 2): S101–13.
- Graham TE, Rush JWE, MacLean DA (1995) Skeletal muscle amino acid metabolism and ammonia production during exercise. In: Hargreaves M (ed.) *Exercise Metabolism*. Champaign, IL: Human Kinetics: 131–75.
- Wilkinson DJ, Smeeton NJ, Watt PW (2010) Ammonia metabolism, the brain and fatigue; revisiting the link. *Prog Neurobiol* 91: 200–19.
- Nybo L, Dalsgaard MK, Steensberg A, et al. (2005) Cerebral ammonia uptake and accumulation during prolonged exercise in humans. *J Physiol* 563: 285–90.
- Shaney RA, Coast JR (2002) Effect of ammonia on in vitro diaphragmatic contractility, fatigue and recovery. *Resp* 69: 534–41.
- Dalsgaard MK, Ott P, Dela F, et al. (2004) The CSF and arterial to jugular venous hormonal differences during exercise in humans. *Exp Physiol* 89: 271–7.
- Monfort P, Cauli O, Montoliu C, et al. (2009) Mechanisms of cognitive alterations in hyperammonemia and hepatic encephalopathy: therapeutic implications. *Neurochem Int* 55: 106–12.
- Shawcross DL, Balata S, Olde Damink SWM, et al. (2004) Low myoinositol and high glutamine levels in brain are associated with neuropsychological deterioration after induced hyperammonemia. *Am J Physiol* 287: 503–9.
- Pedersen BK, Hoffman-Goetz L (2000) Exercise and the immune system: regulation, integration and adaptation. *Physiol Rev* 80: 1055–81.
- Gleason M (2000) Interleukins and exercise. *J Physiol* 529: 1.
- Clarkson PM, Hubal MJ (2002) Exercise-induced muscle damage in humans. *Am J Phys Med Rehab* 81 (Suppl. 11): S52–69.
- Kapsimalis F, Richardson G, Opp MR, et al. (2005) Cytokines and normal sleep. *Curr Opin Pulm Med* 11: 481–4.
- Robson-Ansley PJ, de Milander L, Collins M, et al. (2004) Acute interleukin-6 administration impairs athletic performance in healthy, trained male runners. *Can J Appl Physiol* 29: 411–8.
- Dantzer R, Heijnen CJ, Kavelaars A, Laye S, Capuron L (2014) The neuroimmune basis of fatigue. *Trends Neurosci* 37: 39–46.
- Finsterer J (2012) Biomarkers of peripheral muscle fatigue during exercise. *BMC Musculoskelet Disord* 13: 218–242.
- Hill AV, Long CHN, Lupton H (1924) Muscular exercise, lactic acid and the supply and utilisation of oxygen: parts VII–VIII. *Proc Royal Soc* 97: 155–76.
- Mosso A (1915) *Fatigue*. London: Allen and Unwin Ltd.
- Noakes TD (2012) Fatigue is a brain-derived emotion that regulates the exercise behaviour to ensure the protection of whole-body homeostasis. *Front Physiol* 3: 1–13.
- Ulmer HV (1996) Concept of an extracellular regulation of muscular metabolic rate during heavy exercise in humans by psychophysiological feedback. *Experientia* 15: 416–200.
- Lambert EV, St Clair Gibson A, Noakes TD (2005) Complex systems model of fatigue: integrative homeostatic control of peripheral physiological systems during exercise in humans. *Br J Sports Med* 39: 52–62.
- Noakes TD (2000) Physiological models to understand exercise fatigue and the adaptations that predict or enhance athletic performance. *Scand J Med Sci Sports* 10: 123–45.
- Noakes TD, Peltonen JE, Rusko HK (2001) Evidence that a central governor regulates exercise performance during acute hypoxia and hyperoxia. *J Exp Biol* 204: 3225–34.
- Noakes TD, St Clair Gibson A, Lambert EV (2005) From catastrophe to complexity: a novel model of integrative central neural regulation of effort and fatigue during exercise in humans: summary and conclusions. *Br J Sports Med* 39: 120–4.
- St Clair Gibson A, Noakes TD (2004) Evidence for complex system integration and dynamic neural regulation of skeletal muscle recruitment during exercise in humans. *Br J Sports Med* 38: 797–806.
- Tucker R (2009) The anticipatory regulation of performance: the physiological basis for pacing strategies and the development of a perception-based model for exercise performance. *Br J Sports Med* 43: 392–400.
- Crewe H, Tucker R, Noakes TD (2008) The rate of increase in rating of perceived exertion predicts the duration of exercise to fatigue at a fixed power output in different environmental conditions. *Eur J Appl Physiol* 103: 569–77.
- Schabert EJ, Hawley JA, Hopkins WG, Mujika I, Noakes TD (1998) A new reliable laboratory test of endurance performance for road cyclists. *Med Sci Sports Exerc* 30: 1744–50.
- Kay D, Marino FE, Cannon J, St Clair Gibson A, Lambert MI, Noakes TD (2001) Evidence for neuromuscular fatigue during high-intensity cycling in warm, humid conditions. *Eur J Appl Physiol* 84: 115–21.
- St Clair Gibson A, Schabert EJ, Noakes TD (2001) Reduced neuromuscular activity and force generation during prolonged cycling. *Am J Physiol* 281: R187–96.
- Marcora SM, Staiano W (2010) The limit to exercise tolerance in humans: mind over muscle? *Eur J Appl Physiol* 109: 763–70.
- Wittekind AL, Micklewright D, Beneke R (2011) Teleoanticipation in all-out short duration cycling. *Br J Sports Med* 45: 114–9.
- Edwards AM, Polman RCJ (2013) Pacing and awareness: brain regulation of physical activity. *Sports Med* 43(11): 1057–64.
- Noakes TD (2011) Time to move beyond a brainless exercise physiology: the evidence for complex regulation of human exercise performance. *Appl Physiol Nutr Metab* 36: 23–35.
- Paterson S, Marino FE (2004) Effect of deception of distance on prolonged cycling performance. *Percept Mot Skill* 98: 1017–26.
- Dugas J, Oosthuizen U, Tucker R, Noakes TD (2009) Rates of fluid ingestion alter pacing but not thermoregulatory responses during prolonged exercise in hot and humid conditions with appropriate convective cooling. *Eur J Appl Physiol* 105: 69–80.

- Marcora SM, Staiano W, Manning V (2009) Mental fatigue impairs physical performance in humans. *J Appl Physiol* 106: 857–64.
- Rauch H, St Clair Gibson A, Lambert EV (2005) A signalling role for muscle glycogen in the regulation of pace during prolonged exercise. *Br J Sports Med* 39: 34–8.
- Marino FE (2004) Anticipatory regulation and avoidance of catastrophe during exercise-induced hyperthermia. *Comp Biochem Physiol B Biochem Mol Biol* 139: 561–9.
- Mauger AR, Jones AM, Williams CA (2009) Influence of feedback and prior experience on pacing during a 4-km cycle time trial. *Med Sci Sports Exerc* 41: 451–8.
- Micklewright D, Papadopoulou E, Swart J, Noakes T (2010) Previous experience influences pacing during 20 km time trial cycling. *Br J Sports Med* 44: 952–60.
- Saunders AG, Dugas JP, Tucker R, Lambert MI, Noakes TD (2005) The effects of different air velocities on heat storage and body temperature in humans cycling in a hot, humid environment. *Acta Physiol Scand* 183: 241–55.
- Tucker R, Bester A, Lambert EV, Noakes TD, Vaughan CL, St Clair Gibson A (2006) Non-random fluctuations in power output during self-paced exercise. *Br J Sports Med* 40: 912–7.
- Baden DA, McLean TL, Tucker R, Noakes TD, St Clair Gibson A (2005) Effect of anticipation during unknown or unexpected exercise duration on rating of perceived exertion, affect, and physiological function. *Br J Sports Med* 39: 742–6.
- Eston R, Stansfield R, Westoby P, Parfitt G (2012) Effect of deception and expected exercise duration on psychological and physiological variables during treadmill running and cycling. *Psychophysiol* 49: 462–9.
- Bolgar MA, Baker CE, Goss FL, Nagle E, Robertson RJ (2010) Effect of exercise intensity on differentiated and undifferentiated ratings of perceived exertion during cycling and treadmill exercise in recreationally active and trained women. *J Sports Sci Med* 9: 557–63.
- Morton RH (2009) Deception by manipulating the clock calibration influences cycle ergometer endurance time in males. *J Sci Med Sport* 12: 332–7.
- Faulkner J, Arnold T, Eston R (2011) Effect of accurate and inaccurate distance feedback on performance markers and pacing strategies during running. *Scand J Med Sci Sports* 21: e176–83.
- Billaut F, Bishop DJ, Schaerz S, Noakes TD (2011) Influence of knowledge of sprint number on pacing during repeated-sprint exercise. *Med Sci Sports Exerc* 43: 665–72.
- Swart J, Lindsay TR, Lambert MI, Brown JC, Noakes TD (2012) Perceptual cues in the regulation of exercise performance – physical sensations of exercise and awareness of effort interact as separate cues. *Br J Sports Med* 46: 42–8.
- Presland JD, Dowson MN, Cairns SP (2005) Changes of motor drive, cortical arousal and perceived exertion following prolonged cycling to exhaustion. *Eur J Appl Physiol* 95: 42–51.
- Tucker R, Marle T, Lambert EV, Noakes TD (2006) The rate of heat storage mediates an anticipatory reduction in exercise intensity during cycling at a fixed rating of perceived exertion. *J Physiol* 574: 905–15.
- Noakes T (2008) Testing for maximum oxygen consumption has produced a brainless model of human exercise performance. *Br J Sports Med* 42: 551–5.
- Noakes TD (2000) Physiological models to understand exercise fatigue and the adaptations that predict or enhance athletic performance. *Scand J Med Sci Sports* 10: 123–45.
- Marcora SM (2008) Do we really need a central governor to explain brain regulation of exercise performance? *Eur J Appl Physiol* 104: 929–31.
- Marcora S (2009) Perception of effort during exercise is independent of afferent feedback from skeletal muscles, heart, and lungs. *J Appl Physiol* 106: 2060–2.
- Gallagher KM, Fadel PJ, Stromstad M, Ide K, Smith SA, Query RG, Raven PB, Secher NH (2001) Effects of partial neuromuscular blockade on carotid baroreflex function during exercise in humans. *J Physiol* 533: 861–70.
- Kjaer M, Hanel B, Worm L, Perko G, Lewis SF, Sahlin K, Galbo H, Secher NH (1999) Cardiovascular and neuroendocrine responses to exercise in hypoxia during impaired neural feedback from muscle. *Am J Physiol* 277: R76–85.
- Smith SA, Query RG, Fadel PJ, Gallagher KM, Stromstad M, Ide K, Raven PB, Secher NH (2003) Partial blockade of skeletal muscle somatosensory afferents attenuates baroreflex resetting during exercise in humans. *J Physiol* 551: 1013–21.
- Myers J, Atwood JE, Sullivan M, Forbes S, Friis R, Pewen W, Froelicher V (1987) Perceived exertion and gas exchange after calcium and β -blockade in atrial fibrillation. *J Appl Physiol* 63: 97–104.
- Braith RW, Wood CE, Limacher MC, Pollock ML, Lowenthal DT, Phillips MI, Staples ED (1992) Abnormal neuroendocrine responses during exercise in heart transplant recipients. *Circulation* 86: 1453–63.
- Grazzini M, Stendardi L, Gigliotti F, Scano G (2005) Pathophysiology of exercise dyspnea in healthy subjects and in patients with chronic obstructive pulmonary disease (COPD). *Respir Med* 99: 1403–12.
- Noakes TD, Tucker R (2008) Do we really need a central governor to explain brain regulation of exercise performance? A response to the letter of Dr Marcora. *Eur J Appl Physiol* 104: 933–5.
- Smirmaul B (2012) Sense of effort and other unpleasant sensations during exercise: clarifying concepts and mechanisms. *Br J Sports Med* 46: 308–11.
- Shepherd RJ (2009) Is it time to retire the ‘central governor’? *Sports Med* 39: 709–21.
- Micklewright D, Parry D (2010) The central governor model cannot be adequately tested by observing its components in isolation. *Sports Med* 40: 91–4.
- Davis J. M., Bailey S. P. (1997). “Possible mechanisms of central nervous system fatigue during exercise”. *Medicine & Science in Sports & Exercise*. 29 (1): 45–57. doi:10.1097/00005768-199701000-00008. PMID 9000155.
- Roelands B, de Koning J, Foster C, Hettinga F, Meeusen R (May 2013). “Neurophysiological determinants of theoret-

- ical concepts and mechanisms involved in pacing". *Sports Med.* 43 (5): 301–311. doi:10.1007/s40279-013-0030-4. PMID 23456493. S2CID 30392999.
- Jump up to: a b c d e Roelands B, De Pauw K, Meeusen R (June 2015). «Neurophysiological effects of exercise in the heat». *Scand. J. Med. Sci. Sports.* 25 Suppl 1: 65–78. doi:10.1111/sms.12350. PMID 25943657. S2CID 22782401. Physical fatigue has classically been attributed to peripheral factors within the Jump up to: a b Meeusen, Romain; Watson, Philip; Hasegawa, Hiroshi; Roelands, Bart; Piacentini, Maria F. (1 January 2006). «Central fatigue: the serotonin hypothesis and beyond». *Sports Medicine.* 36 (10): 881–909. doi:10.2165/00007256-200636100-00006. ISSN 0112-1642. PMID 17004850. S2CID 5178189.
- Jump up to: a b Roelands, Bart; Meeusen, Romain (1 March 2010). «Alterations in Central Fatigue by Pharmacological Manipulations of Neurotransmitters in Normal and High Ambient Temperature». *Sports Medicine.* 40 (3): 229–246. doi:10.2165/11533670-000000000 00000. ISSN 01121642. PMID 20199121. S2CID 25717280.
- Jump up to: a b Young, S. N. The clinical psychopharmacology of tryptophan. In: *Nutrition and the Brain.* Vol. 7, R. J. Wurtman and J. J. Wurtman, (Eds.). New York: Raven, 1986, pp. 49–88
- Newsholme, E. A., I. N. Acworth, and E. Bloomstrand. Amino acids, brain neurotransmitters and a functional link between muscle and brain that is important in sustained exercise. In: *Advances in Myochemistry,* G. Benzi (Ed.). London: John Libbey Eurotext Ltd., 1987
- Choi, Sujean; Disilvio, Briana; Fernstrom, Madelyn H.; Fernstrom, John D. (November 2013). «Oral branched-chain amino acid supplements that reduce brain serotonin during exercise in rats also lower brain catecholamines». *Amino Acids.* 45 (5): 1133–42. doi:10.1007/s00726-013-1566-1. PMID 23904096. S2CID 1957988.
- Chaouloff, F., D. Laude, and J. L. Elghozi. Physical exercise: evidence for differential consequences of tryptophan on 5-HT synthesis and metabolism in central serotonergic cell bodies and terminals. *J. Neural Transm.* 78:121–130, 1989.
- Bailey, S. P., J. M. Davis and E. N. Ahlborn. Neuroendocrine and substrate responses to altered brain 5-HT activity during prolonged exercise to fatigue. *J. Appl. Physiol.* 74:3006–3012, 1993
- Jump up to: a b Conlay, L. A., Sabounjian, L. A., and Wurtman, R. J. Exercise and neuromodulators: choline and acetylcholine in marathon runners. *Int. J. Sports Med.* 13(Suppl. 1):S141-142, 1992
- Spector, S. A., M. R. Jackman, L. A. Sabounjian, C. Sakkas, D. M. Landers, and W. T. Willis. Effects of choline supplementation on fatigue in trained cyclists. *Med. Sci. Sports Exerc.* 27:668–673, 1995
- Harrington, Mary E. (7 December 2016). «Neurobiological studies of fatigue». *Progress in Neurobiology.* 99 (2): 93–105. doi:10.1016/j.pneurobio.2012.07.004. ISSN 0301-0082. PMC 3479364. PMID 22841649.
- Wilkinson, Daniel J.; Smeeton, Nicholas J.; Watt, Peter W. (1 July 2010). «Ammonia metabolism, the brain and fatigue; revisiting the link». *Progress in Neurobiology.* 91 (3): 200–219. doi:10.1016/j.pneurobio.2010.01.012. ISSN 1873-5118. PMID 20138956. S2CID 14495423.
- Jump up to: a b Parr JW (July 2011). «Attention-deficit hyperactivity disorder and the athlete: new advances and understanding». *Clin. Sports Med.* 30 (3): 591–610. doi:10.1016/j.csm.2011.03.007. PMID 21658550
- Jump up to: a b Liddle DG, Connor DJ (June 2013). «Nutritional supplements and ergogenic AIDS». *Prim. Care.* 40 (2): 487–505. doi:10.1016/j.pop.2013.02.009. PMID 23668655. Amphetamines
- Bracken NM (January 2012). «National Study of Substance Use Trends Among NCAA College Student-Athletes». NCAA Publications. National Collegiate Athletic Association. Retrieved 8 October 2013.
- Roelands, Bart; Meeusen, Romain (1 March 2010). «Alterations in Central Fatigue by Pharmacological Manipulations of Neurotransmitters in Normal and High Ambient Temperature». *Sports Medicine.* 40 (3): 229–246. doi:10.2165/11533670-000000000-00000. ISSN 0112-1642. PMID 20199121. S2CID 25717280.
- Conger SA, Warren GL, Hardy MA, Millard-Stafford ML (February 2011). «Does caffeine added to carbohydrate provide additional ergogenic benefit for endurance?». *Int J Sport Nutr Exerc Metab.* 21 (1): 71–84. doi:10.1123/ijns.21.1.71. PMID 21411838.
- Central nervous system effects of caffeine and adenosine on fatigue. J. Mark Davis, Zuwei Zhao, Howard S. Stock, Kristen A. Mehl, James Buggy, Gregory A. Hand. *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology* Published 1 February 2003 Vol. 284 no. R399-R404DOI: 10.1152/ajpregu.00386.2002
- Foskett A.; Williams C.; Boobis L.; Tsintzas K. (2008). «Carbohydrate availability and muscle energy metabolism during intermittent running». *Med Sci Sports Exerc.* 40 (1): 96–103. doi:10.1249/mss.0b013e3181586b2c. PMID 18091017.
- DAVIS J. MARK; BAILEY STEPHEN P. (1997). «Possible mechanisms of central nervous system fatigue during exercise». *Medicine & Science in Sports & Exercise.* 29 (1): 45–57. doi:10.1097/00005768-199701000-00008. PMID 9000155.
- Meeusen, R., & Watson, P. (2007). Amino acids and the brain: do they play a role in «central fatigue»? *Int J Sport Nutr Exerc Metab,* 17 Suppl, S37-46
- Blomstrand, E., S. Andersson, P. Hassmen, B. Ekblom, and E. A. Newsholme. Effect of branched-chain amino acid and carbohydrate supplementation on the exercise-induced change in plasma and muscle concentration of amino acids in human subjects. *Acta Phys. Scand.* 153:87–96, 1995
- Fatigue is a Brain-Derived Emotion that Regulates the Exercise Behavior to Ensure the Protection of Whole Body Homeostasis. Timothy David Noakes. *Front Physiol.* 2012; 3: 82. Prepublished online 2012 January 9. Published online 2012 April 11. doi: 10.3389/fphys.2012.00082.
- Enoka, R. M. and D.G. Stuart. Neurobiology of muscle fatigue. *J. Appl. Physiol.* 72:1631–1648, 1992.
- Murray R. Dehydration, hyperthermia, and athletes: science and practice. *J Athl Train.* 1996;31(3):248–252.
- Evangard B; Schacterie R.S.; Komaroff A. L. (1999). «Chronic fatigue syndrome: new insights and old ignorance». *Journal of Internal Medicine.* 246 (5): 455–469. doi:10.1046/j.1365-2796.1999.00513.x. PMID 10583715.
- Kent-Braun, J. A., K. R. Sharma, M. W. Weiner, B. Massie, and R. G. Miller. Central basis of muscle fatigue in chronic fatigue syn-

drome. *Neurology* 43:125–131, 1993

Riley, M. S., C. J. O'Brien, D. R. McCluskey, N. P. Bell, and D. P. Nicholls. Aerobic work capacity in patients with chronic fatigue syndrome. *Br. Med. J.* 301:953–956, 1990

Stokes, M. J., R. G. Cooper, and R. H. Edwards. Normal muscle strength and fatigability in patients with effort syndromes. *Br. Med. J.* 297:1014–1017, 1988.

“Data and statistics”. www.euro.who.int. 2011. Archived from the original on 23 October 2013. Retrieved 8 January 2022.

Frenzilli, Giada; Ryskalin, Larisa; Ferrucci, Michela; Cantafora, Emanuela; Chelazzi, Silvia; Giorgi, Filippo S.; Lenzi, Paola; Scarcelli, Vittoria; Frati, Alessandro; Biagioni, Francesca; Gambardella, Stefano (26 June 2017). “Loud Noise Exposure Produces DNA, Neurotransmitter and Morphological Damage within Specific Brain Areas”. *Frontiers in Neuroanatomy*. 11: 49. doi:10.3389/fnana.2017.00049. ISSN 1662-5129. PMC 5483448. PMID 28694773.

منابع

- 1 Coyle EF (2007) Physiological regulation of marathon performance. *Sports Med* 37: 306–11.
- 2 Casa DJ, Armstrong LE, Hillman SK, Montain SJ, Reiff RV, Rich BSE, Roberts WO, Stone JA (2000) National Athletic Trainers Association position statement: fluid replacement for athletes. *J Athl Train* 35: 212–24.
- 3 Pfeiffer B, Stellingwerff T, Hodgson AB, Randell R, Pottgen L, Res P, Jeukendrup AE (2012) Nutritional intake and gastrointestinal problems during competitive endurance events. *Med Sci Sports Exerc* 44: 344–51.
- 4 Lambert GP, Lang J, Bull A, Eckerson J, Lanspa S, O'Brien J (2008) Fluid tolerance while running: effect of repeated trials. *Int J Sports Med* 29: 878–82.
- 5 Millet GP, Vleck VE, Bentley DJ (2009) Physiological differences between cycling and running: lessons from triathletes. *Sports Med* 39: 179–206.
- 6 Leppik JA, Aughey RJ, Medved I, Fairweather I, Carey MF, McKenna MJ (2004) Prolonged exercise to fatigue in humans impairs skeletal muscle Na⁺-K⁺ ATPase activity, sarcoplasmic reticulum Ca²⁺ release, and Ca²⁺ uptake. *J Appl Physiol* 97: 1414–23.
- 7 Wada M, Kuratani M, Kanzaki K (2013) Calcium kinetics of sarcoplasmic reticulum and muscle fatigue. *J Phys Fitness Sports Med* 2: 169–78.
- 8 McKenna MJ, Medved I, Goodman CA, Brown MJ, Bjorksten AR, Murphy KT, Petersen AC, Sostaric S, Gong X (2006) N-acetylcysteine attenuates the decline in muscle Na⁺, K⁺-pump activity and delays fatigue during prolonged exercise in humans. *J Physiol* 576: 279–88.
- 9 Pires FO, Noakes TD, Lima-Silva AE, Bertuzzi R, Ugrinowitsch C, Lira FS, Kiss MAPDM (2011) Cardiopulmonary, blood metabolite and rating of perceived exertion responses to constant exercises performed at different intensities until exhaustion. *Br J Sports Med* 45: 1119–25.
- 10 Overgaard K, Lindstrøm T, Ingemann-Hansen T, Clausen T (2002) Membrane leakage and increased content of Na⁺-K⁺ pumps and Ca²⁺ in human muscle after a 100-km run. *J Appl Physiol* 92: 1891–8.
- 11 Noakes TD (2007) The central governor model of exercise regulation applied to the marathon. *Sports Med* 37: 374–7.
- 12 Duthie G, Pyne D, Hooper S (2003) Applied physiology and game analysis of rugby union. *Sports Med* 33: 973–91.
- 13 Gabbett T, King T, Jenkins D (2008) Applied physiology of rugby league. *Sports Med* 38: 119–38.
- 14 Bangsbo J, Mohr M, Krstrup P (2006) Physical and metabolic demands of training and match-play in the elite football player. *J Sports Sci* 24: 665–74.
- 15 Abt G, Zhou S, Weatherby R (1998) The effect of a high-carbohydrate diet on the skill performance of midfield soccer players after intermittent treadmill exercise. *J Sci Med Sport* 1: 203–12.
- 16 Mohr M, Krstrup P, Bangsbo J (2005) Fatigue in soccer: a brief review. *J Sports Sci* 23: 593–9.
- 17 Bangsbo J, Nørregaard L, Thorso F (1991) Activity profile of competition soccer. *Can J Sport Sci* 16: 110–6.
- 18 Bangsbo J, Mohr M (2005) Variations in running speed and recovery time after a sprint during top-class soccer matches. *Med Sci Sports Exerc* 37: S87.
- 19 Mohr M, Krstrup P, Bangsbo J (2003) Match performance of high-standard soccer players with special reference to development of fatigue. *J Sports Sci* 21: 519–28.
- 20 Krstrup P, Mohr M, Steensberg A, Bencke J, Kjaer M, Bangsbo J (2003) Muscle metabolites during a football match in relation to a decreased sprinting ability. Communication to the Fifth World Congress of Soccer and Science, Lisbon, Portugal.
- 21 Krstrup P, Mohr M, Steensberg A, Bencke J, Kjaer M, Bangsbo J (2006) Muscle and blood metabolites during a soccer game: implications for sprint performance. *Med Sci Sports Exerc* 38: 1165–74.
- 22 Krstrup P, Mohr M, Amstrup T, Rysgaard T, Johansen J, Steensberg A, Pedersen PK, Bangsbo J (2003) The Yo-Yo intermittent recovery test: physiological response, reliability and validity. *Med Sci Sports Exerc* 35: 695–705.
- 23 Bangsbo J, Iaia FM, Krstrup P (2007) Metabolic response and fatigue in soccer. *Int J Sports Physiol Perf* 2: 111–27.
- 24 Mohr M, Nielsen JJ, Bangsbo J (2011) Caffeine intake improves intense intermittent exercise performance and reduces muscle interstitial potassium accumulation. *J Appl Physiol* 111: 1372–9.
- 25 Balsom PD, Gaitanos GC, Söderlund K, Ekblom B (1999) High-intensity exercise and muscle glycogen availability in humans. *Acta Physiol Scand* 165: 337–45.
- 26 Maughan RJ, Shirreffs SM, Merson SJ, Horswill CA (2005) Fluid and electrolyte balance in elite male football (soccer) players

- training in a cool environment. *J Sports Sci* 23: 73–9.
- 27 Reilly T (1997) Energetics of high-intensity exercise (soccer) with particular reference to fatigue. *J Sports Sci* 15: 257–63.
- 28 Shirreffs SM, Aragon-Vargas LF, Chamorro M, Maughan RJ, Serratos L, Zachwieja JJ (2005) The sweating response of elite professional soccer players to training in the heat. *Int J Sports Med* 26: 90–5.
- 29 Edwards AM, Noakes TD (2009) Dehydration: cause of fatigue or sign of pacing in elite soccer? *Sports Med* 39: 1–13.
- 30 McGregor SJ, Nicholas CW, Lakomy HKA, Williams C (1999) The influence of intermittent high-intensity shuttle running and fluid ingestion on the performance of a soccer skill. *J Sports Sci* 17: 895–903.
- 31 Edwards AM, Mann ME, Marfell-Jones MJ, Rankin DM, Noakes TD, Shillington DP (2007) Influence of moderate dehydration on soccer performance: physiological responses to 45 min of outdoor match-play and the immediate subsequent performance of sport-specific and mental concentration tests. *Br J Sports Med* 41: 385–91.
- 32 Edwards AM, Clark NA (2006) Thermoregulatory observations in soccer match play: professional and recreational level applications using an intestinal pill system to measure core temperature. *Br J Sports Med* 40: 133–8.
- 33 Aughey RJ, Goodman CA, McKenna MJ (2014) Greater chance of high core temperatures with modified pacing strategy during team sport in the heat. *J Sci Med Sport* 17: 113–8.
- 34 Robinson TA, Hawley JA, Palmer GS, Wilson GR, Gray DA, Noakes TD, Dennis SC (1995) Water ingestion does not improve 1-h cycling performance in moderate ambient temperatures. *Eur J Appl Physiol* 71: 153–60.
- 35 Schlader ZJ, Simmons SE, Stannard SR, Mündel T (2011) Skin temperature as a thermal controller of exercise intensity. *Eur J Appl Physiol* 111: 1631–9.
- 36 Temfemo A, Carling C, Said A (2011) Relationship between power output, lactate, skin temperature, and muscle activity during brief repeated exercises with increasing intensity. *J Strength Cond Res* 25: 915–21.
- 37 Rahnama N, Lees A, Reilly T (2006) Electromyography of selected lower-limb muscles fatigued by exercise at the intensity of soccer match-play. *J Electromyogr Kinesiol* 16: 257–63.
- 38 Rampinini E, Bosio A, Ferraresi I, Petruolo A, Morelli A, Sassi A (2011) Matchrelated fatigue in soccer players. *Med Sci Sports Exerc* 43: 2161–70.
- 39 Robineau J, Jouaux T, Lacroix M, Babault N (2012) Neuromuscular fatigue induced by a 90-min soccer game modelling. *J Strength Cond Res* 26: 555–62.
- 40 Gandevia SC (2001) Spinal and supraspinal factors in human muscle fatigue. *Physiol Rev* 81: 1726–89.
- 41 Duffield R, Dawson B, Goodman C (2005) Energy system contribution to 400-metre and 800-metre track running. *J Sports Sci* 23: 299–307.
- 42 Spencer MR, Gastin PB (2001) Energy system contribution during 200- to 1500-m running in highly trained athletes. *Med Sci Sports Exerc* 33: 157–62.
- 43 Dal Pupo J, Arins FB, Guglielmo LGA, Da Silva R, Moro ARP, Dos Santos SG (2013) Physiological and neuromuscular indices associated with sprint running performance. *Res Sports Med* 21: 124–35.
- 44 Ingham SA, Whyte GP, Pedlar C, Bailey DM, Dunman N, Nevill AM (2008) Determinants of 800-m and 1500-m running performance using allometric models. *Med Sci Sports Exerc* 40: 345–50.
- 45 Rabadán M, Díaz V, Calderón FJ, Benito PJ, Peinado AB, Maffulli N (2011) Physiological determinants of speciality of elite middle- and long-distance runners. *J Sports Sci* 29: 975–82.
- 46 Jung AP (2003) The impact of resistance training on distance running performance. *Sports Med* 33: 539–52.
- 47 Saunders PU, Telford RD, Pyne DB, Peltola EM, Cunningham RB, Gore CJ, Hawley JA (2006) Short-term plyometric training improves running economy in highly trained middle- and long-distance runners. *J Strength Cond Res* 20: 947–54.
- 48 Bird SR, Wiles J, Robbins J (1995) The effect of sodium bicarbonate ingestion on 1500-m racing time. *J Sports Sci* 13: 399–403.
- 49 Carr AJ, Gore CJ, Hopkins WG (2011) Effects of acute alkalosis and acidosis on performance: a meta-analysis. *Sports Med* 41: 801–14.
- 50 McNaughton LR, Siegler J, Midgley A (2008) Ergogenic effects of sodium bicarbonate. *Curr Sports Med Rep* 7: 230–6.
- 51 Wilkes D, Gledhill N, Smyth R (1983) Effect of acute induced metabolic alkalosis on 800-m racing time. *Med Sci Sports Exerc* 15: 277–80.
- 52 Bishop D, Edge J, Davis C, Goodman C (2004) Induced metabolic alkalosis affects muscle metabolism and repeated-sprint ability. *Med Sci Sports Exerc* 36: 807–13.
- 53 Cairns SP (2006) Lactic acid and exercise performance: culprit or friend? *Sports Med* 36: 279–91.
- 54 Knicker AJ, Renshaw I, Oldham ARH, Cairns SP (2011) Interactive processes link the multiple symptoms of fatigue in sport competition. *Sports Med* 41: 307–28.
- 55 Nybo L, Secher NH (2004) Cerebral perturbations provoked by prolonged exercise. *Prog Neurobiol* 72: 223–61.
- 56 Amann M, Calbert JAL (2008) Convective oxygen transport and fatigue. *J Appl Physiol* 104: 861–70.
- 57 Gandevia SC, Allen GM, Butler JE, Taylor JL (1996) Supraspinal factors in human muscle fatigue: evidence for suboptimal output from the motor cortex. *J Physiol* 490: 529–36.
- 58 Nielsen HB, Bredmose PR, Strømstad M, Volianitis S, Quistorff B, Secher NH (2002) Bicarbonate attenuates arterial desaturation during maximal exercise in humans. *J Appl Physiol* 93: 724–31.
- 59 Swank A, Robertson RJ (1989) Effect of induced alkalosis on perception of exertion during intermittent exercise. *J Appl Physiol* 67: 1862–7.
- 60 Medbo JJ, Sejersted OM (1990) Plasma K^+ changes with high intensity exercise. *J Physiol* 421: 105–22.
- 61 Chapman R, Laymon AS, Wilhite DP, McKenzie JM, Tanner DA, Stager JM (2012) Ground contact time as an indicator of metabolic cost in elite distance runners. *Med Sci Sports Exerc* 44: 917–25.

- 62 Nummela AT, Paavolainen LM, Sharwood KA, Lambert MI, Noakes TD, Rusko HK (2006) Neuromuscular factors determining 5 km running performance and running economy in well-trained athletes. *Eur J Appl Physiol* 97: 1–8.
- 63 Tomazin K, Morin JB, Strojnik V, Podpecan A, Millet GY (2012) Fatigue after short (100-m), medium (200-m) and long (400-m) treadmill sprints. *Eur J Appl Physiol* 112(3): 1027–36.
- 64 Hirvonen J, Numella A, Rusko H, Rehunen M, Härkönen M (1992) Fatigue and changes of ATP, creatine phosphate and lactate during the 400 m sprint. *Can J Sport Sci* 17: 477–83.
- 65 Nummela A, Vuorima T, Rusko H (1992) Changes in force production, blood lactate and EMG activity in the 400m sprint. *J Sports Sci* 10: 217–28.
- 66 Hanon C, Gajer B (2009) Velocity and stride parameters of world-class 400-meter athletes compared with less experienced runners. *J Strength Cond Res* 23: 524–31.
- 67 Miguel PJ, Reis VM (2004) Speed strength endurance and 400m performance. *New Stud Athlet* 19: 39–45.
- 68 Lattier G, Millet GY, Martin A, Martin V (2004) Fatigue and recovery after high-intensity exercise part I: neuromuscular fatigue. *Int J Sports Med* 25: 450–6.
- 69 Allen DG, Lamb GD, Westerblad H (2008) Skeletal muscle fatigue: cellular mechanisms. *Physiol Rev* 88: 287–332.
- 70 Cheetham ME, Boobis LH, Brooks S, Williams C (1986) Human muscle metabolism during sprint running. *J Appl Physiol* 61: 54–60.
- 71 Gaitanos GC, Williams C, Boobis LH, Brooks S (1993) Human muscle metabolism during intermittent maximal exercise. *J Appl Physiol* 75: 712–9.
- 72 Maughan R, Gleeson M (2004) *The Biochemical Basis of Sports Performance*. Oxford: Oxford University Press.
- 73 Wittekind AL, Micklewright D, Beneke R (2011) Teleoanticipation in all-out short-duration cycling. *Br J Sports Med* 45: 114–9.
- 74 Mackala K (2007) Optimisation of performance through kinematic analysis of the different phases of the 100 metres. *New Studies in Athletics* 22: 7–16.
- 75 Mureika JR (2003) Modelling wind and altitude effects in the 200 m sprint. *Can J Phys* 81: 895–910.
- 76 Duffield R, Dawson B, Goodman C (2004) Energy system contribution to 100- m and 200-m track running events. *J Sci Med Sport* 7: 302–13.
- 77 Nevill AM, Ramsbottom R, Nevill ME, Newport S, Williams C (2008) The relative contributions of anaerobic and aerobic energy supply during track 100-, 400- and 800-m performance. *J Sports Med Phys Fitness* 48: 138–42.
- 78 Skare OC, Skadberg Ø, Wisnes AR (2001) Creatine supplementation improves sprint performance in male sprinters. *Scand J Med Sci Spor* 11: 96–102.
- 79 Spencer M, Bishop D, Dawson B, Goodman C (2005) Physiological and metabolic responses of repeated-sprint activities specific to field-based team sports. *Sports Med* 35: 1025–44.
- 80 Bogdanis GC, Nevill ME, Lakomy HKA, Boobis LH (1998) Power output and muscle metabolism during and following recovery from 10 and 20 s of maximal sprint exercise in humans. *Acta Physiol Scand* 163: 261–72.
- 81 Hirvonen J, Rehunen S, Rusko H, Härkönen M (1987) Breakdown of high-energy phosphate compounds and lactate accumulation during short supramaximal exercise. *Eur J Appl Physiol* 56: 253–9.
- 82 Fitts RH (2008) The cross-bridge cycle and skeletal muscle fatigue. *J Appl Physiol* 104: 551–8.
- 83 Metzger JM, Moss RL (1987) Greater hydrogen ion-induced depression of tension and velocity in skinned single fibres of rate fast than slow muscles. *J Physiol* 393: 727–42.
- 84 Mero A, Peltola E (1989) Neural activation fatigued and non-fatigued conditions of short and long sprint running. *Biol Sport* 6: 43–58.
- 85 Ross A, Leveritt M, Riek S (2001) Neural influences on sprint running: training adaptations and acute responses. *Sports Med* 31: 409–25.
- 86 Willardson JM (2006) A brief review: factors affecting the length of the rest interval between resistance exercise sets. *J Strength Cond Res* 20: 978–84.
- 87 Sahlin K, Ren JM (1989) Relationship of contraction capacity to metabolic changes during recovery from a fatiguing contraction. *J Appl Physiol* 67: 648–54.
- 88 Nordlund MM, Thorstenson A, Cresswell AG (2004) Central and peripheral contributions to fatigue in relation to level of activation during repeated maximal voluntary isometric plantar flexions. *J Appl Physiol* 96: 218–25.
- 89 van den Tillaar R, Saeterbakken A (2014) Effect of fatigue upon performance and electromyographic activity in 6-RM bench press. *J Hum Kinet* 40: 57–65.
- 90 Ahtiainen JP, Hakkinen K (2009) Strength athletes are capable to produce greater muscle activation and neural fatigue during high-intensity resistance exercise than nonathletes. *J Strength Cond Res* 23: 1129–34.
- 91 Westerblad H, Allen DG (2002) Recent advances in the understanding of skeletal muscle fatigue. *Curr Opin Rheumatol* 14: 648–52.
- 92 Taylor JL, Allen GM, Butler JE, Gandevia SC (2000) Supraspinal fatigue during intermittent maximal voluntary contractions of the human elbow flexors. *J Appl Physiol* 89: 305–13.
- 93 Gandevia SC, Allen GM, Butler JE, Taylor JL (1996) Supraspinal factors in human muscle fatigue: evidence for suboptimal output from the motor cortex. *J Physiol* 490: 529–36.
- 94 Taylor JL, Gandevia SC (2008) A comparison of central aspects of fatigue in submaximal and maximal voluntary contractions. *J Appl Physiol* 104: 542–50.
- 95 Rubinstein S, Kamen G (2005) Decreases in motor unit firing rate during sustained maximal-effort contractions in young and older adults. *J Electromyogr Kinesiol* 15: 536–43.
- 96 Andersen B, Westlund B, Krarup C (2003) Failure of activation of spinal motoneurons after muscle fatigue in healthy subjects

- studied by transcranial magnetic stimulation. *J Physiol* 551: 345–56.
- 97 Butler JE, Taylor JL, Gandevia SC (2003) Responses of human motoneurons to corticospinal stimulation during maximal voluntary contractions and ischemia. *J Neurosci* 23: 10224–30.
- 98 Boerio D, Jubeau M, Zory R, Maffioletti NA (2005) Central and peripheral fatigue after electrostimulation-induced resistance exercise. *Med Sci Sports Exerc* 37: 973–8.
- 99 Hunter SK (2009) Sex differences and mechanisms of task-specific muscle fatigue. *Exerc Sport Sci Rev* 37: 113–22.
- 100 Hunter SK (2014) Sex differences in human fatigability: mechanisms and insight into physiological responses. *Acta Physiol* 210: 768–89.
- 101 Guenette JA, Romer LM, Querido JS, Chua R, Eves ND, Road JD, McKenzie DC, Sheel AW (2010) Sex differences in exercise-induced diaphragmatic fatigue in endurance-trained athletes. *J Appl Physiol* 109: 35–46.
- 102 Fulco CS, Rock PB, Muza SR, Lammi E, Cymerman A, Butterfield G, Moore LG, Braun B, Lewis SF (1999) Slower fatigue and faster recovery of the adductor pollicis muscle in women matched for strength with men. *Acta Physiol Scand* 167: 233–9.
- 103 Hunter SK, Enoka RM (2001) Sex differences in the fatigability of arm muscles depends on absolute force during isometric contractions. *J Appl Physiol* 91: 2686–94.
- 104 Avin KG, Naughton MR, Ford BW, Moore HE, Monitto-Webber MN, Stark AM, Gentile AJ, Law LA (2010) Sex differences in fatigue resistance are muscle group dependent. *Med Sci Sports Exerc* 42: 1943–50.
- 105 Dearth DJ, Umbel J, Hoffman RL, Russ DW, Wilson TE, Clark BC (2010) Men and women exhibit a similar time to task failure for a sustained, submaximal elbow extensor contraction. *Eur J Appl Physiol* 108: 1089–98.
- 106 Yoon T, Schlinder Delap B, Griffith EE, Hunter SK (2007) Mechanisms of fatigue differ after low- and high-force fatiguing contractions in men and women. *Muscle Nerve* 36: 512–24.
- 107 Maughan RJ, Harmon M, Leiper JB, Sale D, Delman A (1986) Endurance capacity of untrained males and females in isometric and dynamic muscular contractions. *Eur J Appl Physiol* 55: 395–400.
- 108 Senefeld J, Yoon T, Bement MH, Hunter SK (2013) Fatigue and recovery from dynamic contractions in men and women differ for arm and leg muscles. *Muscle Nerve* 48: 436–9.
- 109 Power Ga, Dalton BH, Rice CL, Vandervoort AA (2010) Delayed recovery of velocity-dependent power loss following eccentric actions of the ankle dorsiflexors. *J Appl Physiol* 109: 669–76.
- 110 Sewright KA, Hubal MJ, Kearns A, Holbrook MT, Clarkson PM (2008) Sex differences in response to maximal eccentric exercise. *Med Sci Sports Exerc* 40: 242–51.
- 111 Billaut F, Bishop D (2012) Mechanical work accounts for sex differences in fatigue during repeated sprints. *Eur J Appl Physiol* 112: 1429–36.
- 112 Smith KJ, Billaut F (2012) Tissue oxygenation in men and women during repeated-sprint exercise. *Int J Sports Physiol Perf* 7: 59–67.
- 113 Laurent CM, Green JM, Bishop PA, Sjøkvist J, Schumacker RE, Richardson MT, Curtner-Smith M (2012) Effect of gender on fatigue and recovery following maximal intensity repeated sprint performance. *J Sports Med Phys Fitness* 50: 243–53.
- 114 Hunter SK, Griffith EE, Schlachter KM, Kufahl TD (2009) Sex differences in time to task failure and blood flow for an intermittent isometric fatiguing contraction. *Muscle Nerve* 39: 42–53.
- 115 Parker BA, Smithmyer SL, Pelberg JA, Mishkin AD, Herr MD, Proctor DN (2007) Sex differences in leg vasodilation during graded knee extensor exercise in young adults. *J Appl Physiol* 103: 1583–91.
- 116 Roepstorff C, Thiele M, Hillih T, Pilegaard H, Richter EA, Wojtaszewski JF, Kiens B (2006) Higher skeletal muscle alpha2AMPK activation and lower energy charge and fat oxidation in men than in women during submaximal exercise. *J Physiol* 574: 125–38.
- 117 Li JL, Wang XN, Fraser SF, Carey MF, Wrigley TV, McKenna MJ (2002) Effects of fatigue and training on sarcoplasmic reticulum Ca²⁺ regulation in human skeletal muscle. *J Appl Physiol* 92: 912–22.
- 118 Harmer AR, Ruell PA, Hunter SK, McKenna MJ, Thom JM, Chisholm DJ, Flack JR (2014) Effects of type 1 diabetes, sprint training and sex on skeletal muscle sarcoplasmic reticulum Ca²⁺ uptake and Ca²⁺-ATPase activity. *J Physiol* 592: 523–35.
- 119 Wust RC, Morse CI, de Haan A, Jones DA, Degens H (2008) Sex differences in contractile properties and fatigue resistance of human skeletal muscle. *Exp Physiol* 93: 843–50.
- 120 Russ DW, Lanza IR, Rothman D, Kent-Braun JA (2005) Sex differences in glycolysis during brief, intense isometric contractions. *Muscle Nerve* 32: 647–55.
- 121 Esbjornsson M, Sylven C, Holm I, Jansson E (1993) Fast twitch fibres may predict anaerobic performance in both females and males. *Int J Sports Med* 14: 257–63.
- 122 Keller ML, Pruse J, Yoon T, Schlinder-Delap B, Harkins A, Hunter SK (2011) Supraspinal fatigue is similar in men and women for a low-force fatiguing contraction. *Med Sci Sports Exerc* 43: 1873–83.
- 123 Martin PG, Rattay J (2007) Central fatigue explains sex differences in muscle fatigue and contralateral cross-over effects of maximal contractions. *Pflugers Arch* 454: 957–69.
- 124 Janse de Jonge, XA (2003) Effects of the menstrual cycle on exercise performance. *Sports Med* 33: 833–51.
- 125 Janse DEJXA, Thompson MW, Chuter VH, Silk LN, Thom JM (2012) Exercise performance over the menstrual cycle in temperate and hot, humid conditions. *Med Sci Sports Exerc* 44: 2190–8.
- 126 Phillips SM, Green HJ, Tarnopolsky MA, Heigenhauser GJF, Hill RE, Grant SM (1996) Effects of training duration on substrate turnover and oxidation during exercise. *J Appl Physiol* 81: 2182–91.
- 127 Venables MC, Achten J, Jeukendrup AE (2005) Determinants of fat oxidation during exercise in healthy men and women: a cross-sectional study. *J Appl Physiol* 98: 160–7.

- 128 Nielsen J, Holmberg H, Schroder HD, Saltin B, Ortenblad N (2011) Human skeletal muscle glycogen utilization in exhaustive exercise: role of subcellular localization and fibre type. *J Physiol* 589: 2871–85.
- 129 Nielsen J, Ortenblad N (2013) Physiological aspects of the subcellular localization of glycogen in skeletal muscle. *Appl Physiol Nutr Metab* 38: 91–9.
- 130 Ortenblad N, Nielsen J, Saltin B, et al. (2011) Role of glycogen availability in sarcoplasmic reticulum Ca²⁺ kinetics in human skeletal muscle. *J Physiol* 589 (3): 711–25.
- 131 Yamashita K, Yoshioka T (1991) Profiles of creatine kinase isoenzyme compositions in single muscle fibres of different types. *J Muscle Res Cell Motil* 12: 37–44.
- 132 Takahashi H, Inaki M, Fujimoto K, Katsuta S, Izumi A, Nutsu M, Itai Y (1995) Control of the rate of phosphocreatine resynthesis after exercise in trained and untrained human quadriceps muscles. *Eur J Appl Physiol* 71: 396–404.
- 133 Bogdanis GC, Nevill ME, Boobis LH, Lakomy HK, Nevill AM (1995) Recovery of power output and muscle metabolites following 30 s of maximal sprint cycling in man. *J Physiol* 482: 467–80.
- 134 Yoshida T, Watari H (1993) Metabolic consequences of repeated exercise in long distance runners. *Eur J Appl Physiol* 67: 261–5.
- 135 Hamilton AL, Nevill ME, Brooks S, Williams C (1991) Physiological responses to maximal intermittent exercise: differences between endurance-trained runners and team games players. *J Sports Sci* 9: 371–82.
- 136 Helgerud J, Engen LC, Wisløff U, Hoff J (2001) Aerobic endurance training improves soccer performance. *Med Sci Sports Exerc* 33: 1925–31.
- 137 Glaister M (2005) Multiple sprint work: physiological responses, mechanisms of fatigue and the influence of aerobic fitness. *Sports Med* 35: 757–77.
- 138 Edge J, Bishop D, Hill-Haas S, Dawson B, Goodman C (2006) Comparison of muscle buffer capacity and repeated-sprint ability of untrained, endurance-trained and team-sport athletes. *Eur J Appl Physiol* 96: 225–34.
- 139 Juel C, Halestrap AP (1999) Lactate transport in skeletal muscle – role and regulation of the monocarboxylate transporter. *J Physiol* 517: 633–42.
- 140 Dubouchaud H, Butterfield GE, Wolfel EE, Bergman BC, Brooks GA (2000) Endurance training, expression, and physiology of LDH, MCT1 and MCT4 in human skeletal muscle. *Am J Physiol* 278: E571–9.
- 141 Berg K (2003) Endurance training and performance in runners. *Sports Med* 33: 59–73.
- 142 Holloszy JO, Coyle EF (1984) Adaptations of skeletal muscle to endurance exercise and their metabolic consequences. *J Appl Physiol* 56: 831–8.
- 143 Thomas C, Sirvent P, Perrey S, Raynaud E, Mercier J (2004) Relationships between maximal muscle oxidative capacity and blood lactate removal after supramaximal exercise and fatigue indexes in humans. *J Appl Physiol* 97: 2132–8.
- 144 Juel C (2006) Training-induced changes in membrane transport proteins of human skeletal muscle. *Eur J Appl Physiol* 96: 627–35.
- 145 Gladden LB (2004) Lactate metabolism: a new paradigm for the third millennium. *J Physiol* 558: 5–30.
- 146 Thomas C, Perrey S, Lambert K, Hugon G, Mornet D, Mercier J (2005) Monocarboxylate transporters, blood lactate removal after supramaximal exercise, and fatigue indexes in humans. *J Appl Physiol* 98: 804–9.
- 147 Cheung SS, McLellan TM (1998) Heat acclimation, aerobic fitness, and hydration effects on tolerance during uncompensable heat stress. *J Appl Physiol* 84: 1731–9.
- 148 Wright HE, Selkirk GA, Rhind SG, McLellan TM (2012) Peripheral markers of central fatigue in trained and untrained during uncompensable heat stress. *Eur J Appl Physiol* 112: 1047–57.
- 149 Hopper MK, Coggan AC, and Coyle EF (1988) Exercise stroke volume relative to plasma volume expansion. *J Appl Physiol* 64: 404–8.
- 150 Selkirk GA, McLellan TM (2001) Influence of aerobic fitness and body fatness on tolerance to uncompensable heat stress. *J Appl Physiol* 91: 2055–63.
- 151 Mora-Rodriguez R (2012) Influence of aerobic fitness on thermoregulation during exercise in the heat. *Exerc Sport Sci Rev* 40: 79–87.
- 152 Stephenson DG, Lamb GD, Stephenson GMM (1998) Events of the excitation-contraction-relaxation (E-C-R) cycle in fast- and slow-twitch mammalian muscle fibres relevant to muscle fatigue. *Acta Physiol Scand* 162: 229–45.
- 153 Sitsapesan R, Williams AJ (1995) The gating of the sheep skeletal sarcoplasmic reticulum Ca²⁺-release channel is regulated by luminal Ca²⁺. *J Membr Biol* 146: 133–44.
- 154 Fryer MW, Stephenson DG (1996) Total and sarcoplasmic reticulum calcium contents of skinned fibres from rat skeletal muscle. *J Physiol (Lond)* 493: 357–70.
- 155 Li JL, Wang XN, Fraser SF, Carey MF, Wrigley TV, McKenna MJ (2002) Effects of fatigue and training on sarcoplasmic reticulum Ca²⁺ regulation in human skeletal muscle. *J Appl Physiol* 92: 912–22.
- 156 Green H, Burnett M, Kollias H, Jing O, Smith I, Tupling S (2011) Malleability of human skeletal muscle sarcoplasmic reticulum to short-term training. *Appl Physiol Nutr Metab* 36: 904–13.
- 157 Ferreira JC, Bacurau AV, Bueno CR, Cunha TC, Tanaka LY, Jardim MA, Ramires PR, Brum PC (2010) Aerobic exercise training improves Ca²⁺ handling and redox status of skeletal muscle in mice. *Exp Biol Med* 235: 497–505.
- 158 Morissette MP, Sussner SE, Stammers AN, O'Hara KA, Gardiner PF, Sheppard P, Moffatt TL, Duhamel TA (2014) Differential regulation of the fiber type specific gene expression of the sarcoplasmic reticulum Ca²⁺-ATPase (SERCA) isoforms induced by exercise training. *J Appl Physiol* 117(5): 544–55.
- 159 Nielsen JJ, Mohr M, Klarskov C, Kristensen M, Krstrup P, Juel C, Bangsbo J (2004) Effects of high-intensity intermittent training on potassium kinetics and performance in human skeletal muscle. *J Physiol* 554: 857–70.

- 160 Fraser SF, Li JL, Carey MF, Wang XN, Sangkabutra T, Sostaric S, Selig SE, Kjeldsen K, McKenna MJ (2002) Fatigue depresses maximal in vitro skeletal muscle Na(+)-K(+)-ATPase activity in untrained and trained individuals. *J Appl Physiol* 93: 1650–9.
- 161 McKenna MJ, Schmidt TA, Hargreaves M, Cameron L, Skinner SL, Kjeldsen K (1993) Sprint training increases human skeletal muscle Na⁺-K⁺-ATPase concentration and improves K⁺ regulation. *J Appl Physiol* 75: 173–80.
- 162 Green H, Dahly A, Shoemaker K, Goreham C, Bombardier E, Ball-Burnett M (1999) Serial effects of high-resistance and prolonged endurance training on Na⁺-K⁺ pump concentration and enzymatic activities in human vastus lateralis. *Acta Physiol Scand* 165: 177–84.
- 163 Travlos AK, Marisi DQ (1996) Perceived exertion during physical exercise among individuals high and low in fitness. *Percept Motor Skill* 82: 419–24.