

Erythrocyte Transport of Lactate During Exercise (TELE Project)

NCT06104150

Status	RECRUITING
Phase	Not Applicable
Sponsor	Technical University of Madrid
Enrollment	84 participants

Key Eligibility Criteria

Inclusion (4)

- BMI between 18 and 25 kg/m²
- Not smoker
- In the case of trained participants: training at least 5 hours/week, of which at least 3 must be aerobic/anaerobic endurance training. Presentation of a medical certificate attesting to their medical fitness (capability) to perform intense physical exercise.
- In the case of sedentary participants, less than 1 day of training per week or less than 2 hours of structured exercise per week.

Exclusion (2)

- Presenting any pathology that could impede the correct performance of the tests, or could influence the main study variables.
- In the case of the female sample, having irregular menstrual cycles, oligomenorrhea or amenorrhea.

Locations (2 total)

Laboratorio de Pediatría. School of Medicine. Univesidad de Cantabria, Santander, Cantabria, Spain

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