

# The Energy Cost of 1-Hour Football Training

NCT06477705

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Thessaly
<b>Enrollment</b>	20 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Free of musculoskeletal injuries
- No use of ergogenic supplements or medication
- Free of chronic diseases
- age of 40-60 years
- BMI > 25

... and 1 more (see full listing online)

### Exclusion (2)

- Musculoskeletal injury
- Use of alcohol, caffeine and any type of ergogenic supplements or medication during the course of the study

## Locations (1 total)

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Laboratory of Exercise Physiology, Exercise Biochemistry and Sports Nutrition, School of Physical Education, Sports Sciences and Dietetics, University of Thessaly, Trikala, Greece