

# Unravelling Energy Issues Underpinning Low Energy Availability in High Performance Athletes

NCT07026175

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Australian Catholic University
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (4)

- years old
- Well trained weight-bearing athlete (tier 2-4 1)
- Perform ~45km per week of weight-bearing endurance training, and able to undertake the prescribed exercise in each trial condition
- Pass the ESSA pre-exercise screening tool and/or obtain GP clearance to exercise

### Exclusion (5)

- Assessment of red status on the REDs Clinical Assessment Tool
- Unable to attend ACU in Fitzroy, Victoria, for the 6 study visits for completion of the study protocol
- Pregnancy
- Use of hormonal contraceptive with the previous 3 months
- Onset of peri/menopause

## Locations (1 total)

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Australian Catholic University, Fitzroy, Victoria, Australia