

intervention, interventions, active recovery, recovery period, Colorado State University Libraries, BLA, maximal exercise, performance, glycogen stores, Trinity College Dublin, active and passive, 20 min, test session, test sessions, maximal performance, Tacutaou Z. Effect, removal, Osnes J. Blood, Reynolds G. Disposal, Saltin B. Blood, Republic of Ireland Phone, performance capacity, exercise performance, study, passive, intense exercise, muscle glycogen, Subsequent Performance J. Monedero, Appl Physiol, increased heart rate, the recovery, sports massage, Monedero J. recovery exercise, cycling performance, skeletal muscle, skeletal muscles, blood flow, maximal oxygen uptake
Effect of recovery interventions on lactate removal and subsequent performance