



Figure S1. Changes over time of plasma (a) insulin, (b) glucagon, and (c) free fatty acids concentrations in GF (left) and C (right) participants during metabolic evaluations. Glucose-fructose drinks were provided both at rest (time = 0–90 min) and during exercise (time = 100–190 min) in all tests. GF pre-training (GF Pre) and C pre-training (C Pre) is indicated in white, GF post-training (GF Post) in black, and C post-training (C Post) in grey. Effects of exercise and interventions were compared using a mixed-model analysis. Paired contrasts were used for rest vs. exercise periods (E effect: \$: $p < 0.01$), and pre- vs. post-training (T effect: #: $p < 0.01$). Mean \pm SEM for $n = 8$ participants in all groups.