

Reference (author of study)	Are participants specialists in any sports?	What did the participants do?	What was measured in the key results?	Was the result significant?
Ivy	Trained cyclists	Cycle for 2 hours	Work and amount of fat oxidized	No
Cohen	Trained runners	Run 21km (hot and humid)	Time	No
Berglund	Trained skiers	Raced about 20km	Time	Yes
MacIntosh	Trained swimmers	Swim 1500m	Time	Yes
Wemple	Not trained, just active	Worked out for 3 hours	Time	No
Collomp	Trained swimmers and untrained swimmers	Swim 200m	Time	Trained: Yes Untrained: No
Collomp	Not trained, just active	Cycled "all out" for 30 sec	Power	No
Anselme	Not trained, just active	Sprinted for 6 seconds for a few times	Power	Yes