<table>
<thead>
<tr>
<th></th>
<th>HC-HF</th>
<th>HC-LF</th>
<th>MC-HF</th>
<th>MC-LF</th>
<th>CHO</th>
<th>Frequency</th>
<th>Interaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood lactate concentration (mmol·L⁻¹)</td>
<td>6.3 ± 0.4</td>
<td>6.2 ± 0.4</td>
<td>6.0 ± 0.5</td>
<td>6.3 ± 0.4</td>
<td>0.748</td>
<td>0.327</td>
<td>0.302</td>
</tr>
<tr>
<td>VO₂ at 1° (mL·kg⁻¹·min⁻¹)</td>
<td>39.2 ± 1.4</td>
<td>38.6 ± 1.6</td>
<td>39.7 ± 1.7</td>
<td>38.7 ± 1.8</td>
<td>0.551</td>
<td>0.115</td>
<td>0.691</td>
</tr>
<tr>
<td>VO₂ at 7° (mL·kg⁻¹·min⁻¹)</td>
<td>53.7 ± 1.4</td>
<td>52.8 ± 1.7</td>
<td>53.3 ± 1.7</td>
<td>52.5 ± 1.8</td>
<td>0.481</td>
<td>0.097</td>
<td>0.915</td>
</tr>
<tr>
<td>Carbohydrate oxidation at 1° (g·min⁻¹)</td>
<td>2.81 ± 0.18</td>
<td>3.03 ± 0.15</td>
<td>2.87 ± 0.18</td>
<td>3.06 ± 0.20</td>
<td>0.626</td>
<td><strong>0.025</strong></td>
<td>0.892</td>
</tr>
<tr>
<td>Lipid oxidation at 1° (g·min⁻¹)</td>
<td>0.29 ± 0.03</td>
<td>0.24 ± 0.04</td>
<td>0.32 ± 0.03</td>
<td>0.26 ± 0.04</td>
<td>0.420</td>
<td><strong>0.004</strong></td>
<td>0.803</td>
</tr>
<tr>
<td>Gastrointestinal discomfort</td>
<td>9 ± 1</td>
<td>10 ± 0</td>
<td>8 ± 0</td>
<td>9 ± 0</td>
<td><strong>0.013</strong></td>
<td><strong>0.001</strong></td>
<td><strong>0.034</strong></td>
</tr>
</tbody>
</table>

Significant effects are highlighted in bold (p ≤ 0.05). HC-HF: high carbohydrate-high frequency; HC-LF: high carbohydrate-low frequency; MC-HF: moderate carbohydrate-high frequency; MC-LF: moderate carbohydrate-low frequency; CHO: main effect of carbohydrate.