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Central fatigue theory and endurance exercise: toward an interoceptive model

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Highlights

- Predictions of sensory feedback are fed forward by DLPFC to insula cortex
- AIC receives feedback via lateral spinothalamic and NTS medullothalamic pathways
- Predictions and feedback are compared to generate a current awareness state
- LPFC integrates information to make a decision as to whether to continue or stop
- Change from phasic to tonic firing of catecholamine neurons marks central fatigue

Abstract

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