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Authors: Terry McMorris, Martin Barwood, Jo Corbett

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Central fatigue theory and endurance exercise: toward an interoceptive model

Terry McMorris[a,b,c], Martin Barwood[d], Jo Corbett[a]

[a]Department of Sport and Exercise Science, Faculty of Science, University of Portsmouth, Guildhall Walk, Portsmouth PO1 2ER, United Kingdom

[b]Department Sport and Exercise Science, Institute for Sport, University of Chichester, College Lane, Chichester, West Sussex PO19 6PE, United Kingdom

[c]Department of Psychology, Faculty of Health and Life Sciences, Northumbria University, 10 Northumberland Road, Newcastle-upon-Tyne NE1 8ST, United Kingdom

[d]Department of Sport, Health and Nutrition, Leeds Trinity University, Brownberrie Lane, 12 Horsforth LS18 5HD, United Kingdom

*Address for correspondence: 63 Four Winds Court, Hartlepool TS26 0LP, United Kingdom

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