

Accepted Manuscript

Title: Muscle glycogen utilisation during Rugby match play:
effects of pre-game carbohydrate

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PII: S1440-2440(16)30004-4
DOI: <http://dx.doi.org/doi:10.1016/j.jsams.2016.03.008>
Reference: JSAMS 1308

To appear in: *Journal of Science and Medicine in Sport*

Received date: 26-10-2015
Revised date: 7-3-2016
Accepted date: 18-3-2016

Please cite this article as: Bradley WJ, Morehen JC, Haigh J, Clarke J, Donovan TF, Twist C, Cotton C, Shepherd S, Cocks M, Sharma A, Impey SG, Cooper RG, Maclaren DPM, Morton JP, Close GL, Muscle glycogen utilisation during Rugby match play: effects of pre-game carbohydrate, *Journal of Science and Medicine in Sport* (2016), <http://dx.doi.org/10.1016/j.jsams.2016.03.008>

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Muscle glycogen utilisation during Rugby League match-play: effects of pre-game carbohydrate intake

Muscle glycogen utilisation during Rugby match play: effects of pre-game carbohydrate

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