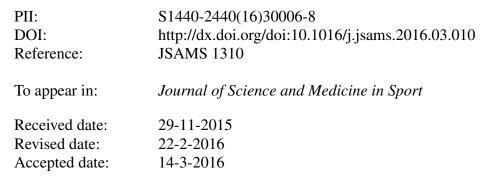
### Accepted Manuscript

#### Title: IS DELAYED ISCHEMIC PRECONDITIONING AS EFFECTIVE ON RUNNING PERFORMANCE DURING A 5-KM TIME TRIAL AS ACUTE IPC?

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## ACCEPTED MANUSCRIPT

## Acute and delayed IPC enhance performances

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