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## ACCEPTED MANUSCRIPT

1 The effects of dietary nitrate supplementation on the adaptations to sprint interval training in 2 previously untrained males 3 David J. Muggeridge<sup>a</sup>, Nicholas Sculthorpe<sup>a</sup>, Philip E. James<sup>b</sup> & Chris Easton<sup>a</sup> 4 5 <sup>a</sup>Institute for Clinical Exercise and Health Science, University of the West of Scotland, Hamilton, UK; 6 <sup>b</sup>Wales Heart Research Institute, Cardiff University Medical School, Cardiff, UK; 7 Corresponding Author: Dr Chris Easton (<a href="mailto:chris.easton@uws.ac.uk">chris.easton@uws.ac.uk</a>) 8 Manuscript Word Count: 2959 Words 9 Abstract Word Count: 250 10 Number of Tables: 1 11 Number of Figures: 2 12 13

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