



# The Impact of a Single Exhaustive Training Session with Protein Supplementation on Muscle Damage Markers in Young Cyclists

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## 1. Round 1

### 1.1 Reviewer

Date: 28 August 2022

R1: This sentence is stereotyped

Response. Thank you for the comment. Checked and revised.

R1: First write the full word and then its abbreviation

Response. Thank you for the comment. Checked and revised.

R1: Which enzyme?

Response. Thank you for the comment. Checked and revised.

R1: You mean stretching?

Response. Thank you for the comment. Checked and revised.

R1: This style is wrong and also you are required to use endnote according to the policies of this journal.

Response: Thank you for the comment. Checked and revised.

R1: Is there any reference?

Response. Thank you for the comment. Checked and revised.

R1: It would have been better if you mentioned why did you choose cyclists in the introduction section?

Response. Thank you for the comment. Checked and revised.

R1: Reference?

Response. Thank you for the comment. Checked and revised.

R1: Remove equals

Response. Thank you for the comment. Checked and revised.

R1:  $P < 0.05$

Response. Thank you for the comment. Checked and revised.

R1: Intra or inter?

Response. Thank you for the comment. Checked and revised.

R1: Most of the references are old and not from the studies of the last 5 years

Response. Thank you for the comment. Checked and revised.

It could be acceptable with a few revisions.

## 2. Revised

Editor's decision after revisions: No further review required. Accepted.

Editor in Chief's decision: Accepted.