PARTICIPANTS WANTED FOR RESEARCH STUDY

Does interval training affect the cardiovascular system differently in males vs females?

Eligibility:
- Aged between 18-35 years.
- Participating in less than 1 hour of structured endurance exercise per week.
- VO_{2peak} below 38 and 48 ml/kg/min for females and males.

You will undergo:
- 12 weeks of sprint interval training (10 min per session).
- VO_{2peak} and peak cardiac output exercise tests.
- Imaging of the blood vessels and a small blood draw (8 ml).

Honorarium provided for participation. This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project # 14279.

Please contact Billy Bostad at bostadw@mcmaster.ca