

Burgomaster, K.A., Howarth, K.R., Phillips, S.M., Rakobowchuk, M., MacDonald, M.J., McGee, S.L. and Gibala, M.J. (2008). Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. *The Journal of Physiology*, 586(1), 151-160.

This article is available open access through the publisher's website:
<http://jp.physoc.org/content/586/1/151>