

Table 1: Performance during the multistage fitness test, maximal velocity tests heart rate, blood lactate concentration after the MSFT and fatigue score before, during and after Ramadan. The subject number was 15 for each test.

<b>Variables</b>	<b>Pre-Ramadan</b>	<b>Mid-Ramadan</b>	<b>End of Ramadan</b>	<b>Post Ramadan</b>
<b>Sprint performance (s)</b>				
<b>5-m</b>	1.23 ±0.06	1.22 ±0.08	1.19 ±0.06	1.21 ±0.07
<b>10-m</b>	2.03 ±0.08	2.00 ±0.13	1.98 ±0.07	2.00 ±0.09
<b>30-m</b>	4.65 ±0.21	4.62 ±0.25	4.59 ±0.17	4.61 ±0.2
<b>Aerobic Measures</b>				
<b>vVO<sub>2max</sub> (km/h)</b>	13.0 ±0.6	13.2 ±0.5	13.0 ±0.6	13.2 ±0.6
<b>Estimated VO<sub>2max</sub></b>				
<b>L·min<sup>-1</sup></b>	3.61 ±0.43	3.54 ±0.45	3.53 ±0.49	3.68 ±0.58
<b>mL·kg<sup>-1</sup>·min<sup>-1</sup></b>	53.3 ±3.9	54.5 ±3.1	53.5 ±3.8	54.7 ±3.7
<b>HR<sub>max</sub></b>	203 ±7	202 ±9	200 ±8	201 ±6
<b>Lactate (mmol·L<sup>-1</sup>)</b>	11.3 ±1.6	11.1 ±2.5	11.0 ±2.1	11.0 ±1.9
<b>Total Fatigue Score</b>	12 ±3	19 ±5*	16 ±4*	12 ±2

\* Values during Ramadan sessions significantly different ( $p < 0.05$ ) from those before Ramadan.

vVO<sub>2max</sub>: velocity associated with VO<sub>2max</sub>; VO<sub>2max</sub> = maximal oxygen uptake; HR<sub>max</sub> = maximal heart rate

**Table 2:** Performance parameters from the Squat Jump (SJ), Counter Movement Jump (CMJ), 30-s repeated jump test and blood lactate (La) levels after the 30-s repeat jump test during the four periods of the study. The subject number was 15 for each test.

	<b>Variables</b>	<b>Pre-Ramadan</b>	<b>Mid-Ramadan</b>	<b>End of Ramadan</b>	<b>Post- Ramadan</b>
<b>SJ</b>	<b>Height (cm)</b>	42.0 ±3.2	41.5 ±3.2	41.8 ±3.3	41.8 ±3.7
	<b>Force (N/kg)</b>	23.1 ±2.1	22.9 ±2.1	22.1 ±1.5	22.6 ±2.2
	<b>Peak power (W/kg)</b>	48.5 ±3.8	47.5 ±4.7	47.7 ±3.0	48.2 ±3.8
<b>CMJ</b>	<b>Height (cm)</b>	45.6 ±4.2	44.7 ±3.7	45.1 ±4.4	44.9 ±4.3
	<b>Peak power (W/kg)</b>	47.8 ±3.8	47.8 ±4.6	47.6 ±3.9	47.3 ±3.1
	<b>Ratio SJ height / CMJ height</b>	0.92 ±0.05	0.93 ±0.04	0.93 ±0.05	0.94 ±0.07
<b>30-s repeat Jumping</b>	<b>Average height (cm)</b>	38.1 ±3.6	38.3 ±3.9	37.6±3.6	37.4 ±3.6
	<b>Average power (W/kg)</b>	23.4 ±2.3	23.2 ±2.4	22.4 ±2.3*	23.1 ±2.2
	<b>La (mmol·L<sup>-1</sup>)</b>	10.6 ±1.1	9.4 ±1.5	8.2 ±1.6	10.1 ±1.6

\* Values during Ramadan sessions significantly different ( $p < 0.05$ ) from those before Ramadan.

**Table 3.** Test-retest reliability of tests.

Criterion measures	ICC	$\alpha$	CV %
SJ	0.97	0.97	0.7
CMJ	0.95	0.95	0.6
30-s vertical jump test	0.96	0.96	0.8
20 m shuttle run test	0.91	0.91	2.3
Sprint test	0.87	0.87	1.07

ICC = intraclass correlation coefficient;  $\alpha$  = Cronbach's alpha reliability coefficients;  
 CV = coefficient of variation.