

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.

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

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

vVO_{2max}: velocity associated with VO_{2max}; VO_{2max} = maximal oxygen uptake; HR_{max} = 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

Variables		Pre-Ramadan	Mid-Ramadan	End of Ramadan	Post-Ramadan
SJ	Height (cm)	42.0 ±3.2	41.5 ±3.2	41.8 ±3.3	41.8 ±3.7
	Force (N/kg)	23.1 ±2.1	22.9 ±2.1	22.1 ±1.5	22.6 ±2.2
	Peak power (W/kg)	48.5 ±3.8	47.5 ±4.7	47.7 ±3.0	48.2 ±3.8
CMJ	Height (cm)	45.6 ±4.2	44.7 ±3.7	45.1 ±4.4	44.9 ±4.3
	Peak power (W/kg)	47.8 ±3.8	47.8 ±4.6	47.6 ±3.9	47.3 ±3.1
	Ratio SJ height / CMJ height	0.92 ±0.05	0.93 ±0.04	0.93 ±0.05	0.94 ±0.07
30-s repeat Jumping	Average height (cm)	38.1 ±3.6	38.3 ±3.9	37.6±3.6	37.4 ±3.6
	Average power (W/kg)	23.4 ±2.3	23.2 ±2.4	22.4 ±2.3*	23.1 ±2.2
four periods of the study. The subject number was 15 for each test.					
	La (mmol·L⁻¹)	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	α	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; α = Cronbach's alpha reliability coefficients; CV = coefficient of variation.