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Abstract

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“Human training and skeletal muscle gene activation”

The biological mechanisms underlying the adaptation to endurance training will be summarised. The focus will lie on molecular mechanisms such as gene expression regulation of e.g. factors important for angiogenesis and mitochondrial biogenesis fields. Areas that will be brought up include stimuli, transcription factors, responsive genes, the influence of genotype and response variability.

Key words: Endurance training, adaptation, gene expression.