

**Title: Interval Running Results in Greater Excess Post-exercise
Oxygen Consumption and Lipid Oxidation Than Energy
Expenditure Matched Continuous Running in Male College Students
With Obesity**

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Supplementary Table S1 Bruce protocol

Stage	Speed	Grade	Time	METs	Total time
	(km/h)	(%)	(min)		(min)
1	2.7	10	3	4	3
2	4.0	12	3	7	6
3	5.5	14	3	9	9
4	6.8	18	3	13	12
5	8.0	18	3	16	15
6	8.9	20	3	19	18
7	9.7	22	3	22	21