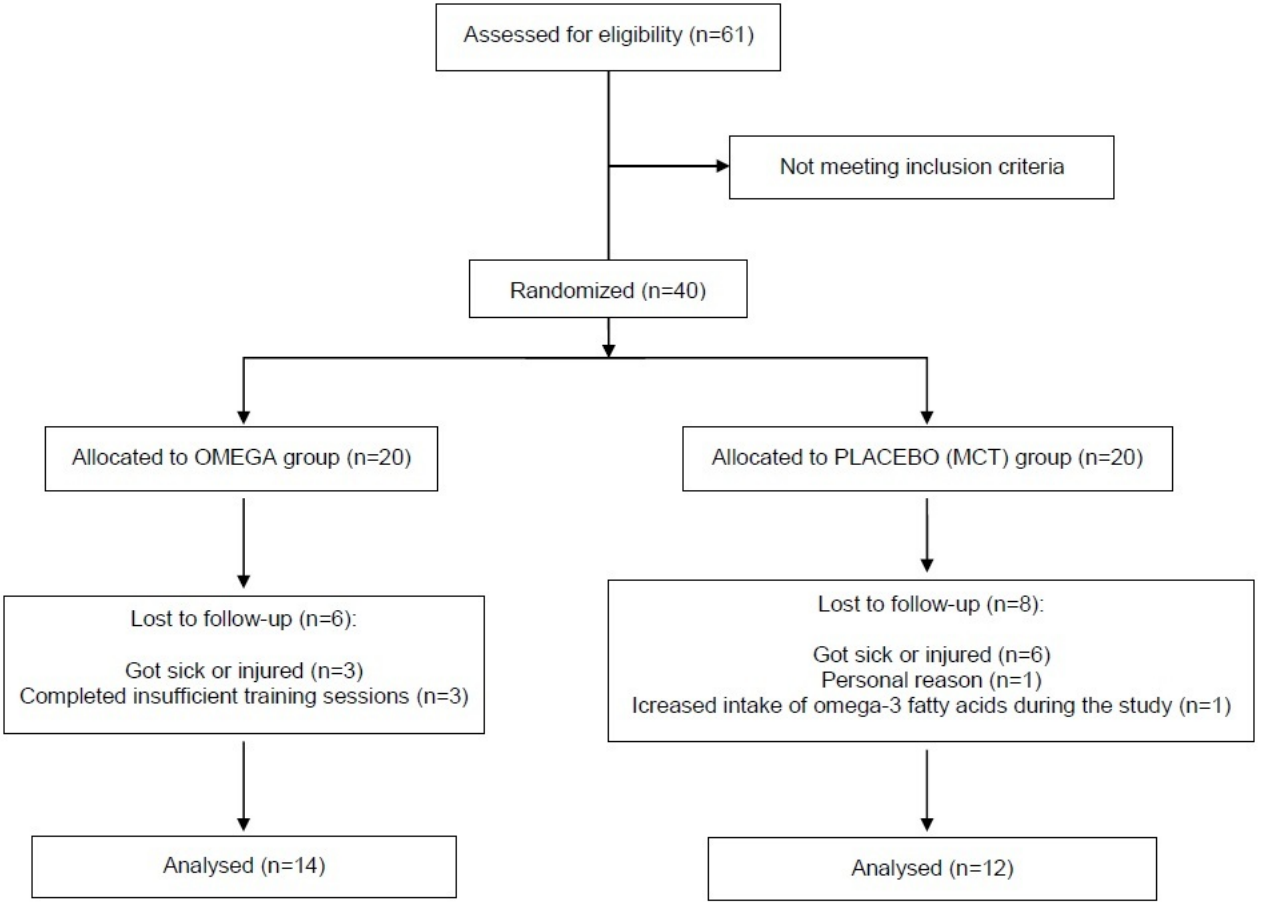
Assessed for eligibility (n=61)
Not meeting inclusion criteria
Randomized (n=40)
Allocated to OMEGA group (n=20)
Allocated to PLACEBO (MCT) group (n=20)
Lost to follow-up (n=6):
Got sick or injured (n=3)
Completed insufficient training sessions (n=3)
Lost to follow-up (n=8):
Got sick or injured (n=6)
Personal reason (n=1)
Icreased intake of omega-3 fatty acids during the study (n=1)
Analysed (n=14)
Analysed (n=12)