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## INVITED EDITORIAL

Run more, perform better—old truth revisited. A systematic analysis of adaptations in aerobic capacity and submaximal energy metabolism provides a unique insight into determinants of human aerobic performance." page 1479)

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Systematic analysis of adaptations in aerobic capacity and submaximal energy metabolism provides a unique insight into determinants of human aerobic performance

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Cover: The April through June 2009 Highlighted Topics series examines the regulation of protein metabolism in exercise and recovery in a series of review articles written by a panel of international experts. This series was conceived and edited by Coordinating Associate Editor Erik Richter and Guest Editor Blake Rasmussen. We acknowledge Steve Graepel, illustrator of the cover design. This illustration is copyrighted by Steve Graepel and reproduced with permission.

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#### POINT: COUNTERPOINT

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