



Correction

Correction: McKinlay et al. Effects of Post-Exercise Whey Protein Consumption on Recovery Indices in Adolescent Swimmers. *Int. J. Environ. Res. Public Health* 2020, 17, 7761

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The authors of “Effects of Post-Exercise Whey Protein Consumption on Recovery Indices in Adolescent Swimmers” report an error in Table 1 of their article [1]. The somatic maturity estimation for the female swimmers was mistakenly based on the male equations. Thus, the somatic maturity of the female swimmers was re-calculated using the female-specific equation by Mirwald et al. [2]. The corrected table appears below. The corrected values do not change the results and scientific conclusions of the article.

Table 1. Participants’ physical and training characteristics and 24 h energy and macronutrient consumption.

	Protein (n = 18) Boys = 9, Girls = 9	Carbohydrate (n = 18) Boys = 9, Girls = 9	Placebo (n = 18) Boys = 8, Girls = 10
Age (y)	13.4 ± 0.3	14.3 ± 0.4	14.0 ± 0.3
Years from age of PHV (y)			
Boys	0.1 ± 0.3	0.5 ± 0.4	0.3 ± 0.4
Girls	1.0 ± 0.2	1.9 ± 0.3	1.8 ± 0.5
Estradiol (pg/mL) Females only	10.7 ± 3.5	11.9 ± 2.2	8.6 ± 0.3
Height (cm)	160.4 ± 3.0	164.8 ± 2.3	165.2 ± 2.2
Body mass (kg)	51.0 ± 3.1	56.3 ± 2.6	55.1 ± 3.5
Body fat (%)	15.7 ± 1.4	16.1 ± 1.5	15.8 ± 1.8
Training History			
Years	4.6 ± 0.4	5.0 ± 0.4	4.7 ± 0.5
Sessions·wk ⁻¹	5.7 ± 0.3	6.3 ± 0.8	5.5 ± 0.3
24 h Energy Intake (kcal·kg ⁻¹)	55.1 ± 5.4	55.4 ± 4.2	49.3 ± 4.6
24 h Protein (g·kg ⁻¹)	1.9 ± 0.1 *	1.4 ± 0.2	1.3 ± 0.1
24 h Carbohydrate (g·kg ⁻¹)	8.5 ± 0.8	8.9 ± 0.6	8.1 ± 0.8

Values are mean ± standard error; PHV = Peak Height Velocity, 24 h energy and macronutrient consumption including supplements. * Indicates significant difference ($p < 0.016$) between protein and carbohydrate and protein and placebo. Total supplement contribution was included for protein (+0.6 g/kg) and carbohydrate (+0.6 g/kg).

References

1. McKinlay, B.J.; Theocharidis, A.; Adebero, T.; Kurgan, N.; Fajardo, V.A.; Roy, B.D.; Josse, A.R.; Logan-Sprenger, H.M.; Falk, B.; Klentrou, P. Effects of Post-Exercise Whey Protein Consumption on Recovery Indices in Adolescent Swimmers. *Int. J. Environ. Res. Public Health* **2020**, *17*, 7761. [[CrossRef](#)] [[PubMed](#)]
2. Mirwald, R.L.; Baxter-Jones, A.D.G.; Bailey, D.A.; Beunen, G.P. An assessment of maturity from anthropometric measurements. *Med. Sci. Sports Exerc.* **2002**, *34*, 689–694. [[PubMed](#)]