

Table 3. Correlation (r) between the variables at the pre and post sampling

	CS		CT1		CT2	
	Leptin (Pre)	Leptin (Post)	Leptin (Pre)	Leptin (Post)	Leptin (Pre)	Leptin (Post)
Cortisol (Pre)	-0.80§	-0.62§	0.50	0.00	-0.53	-0.51
Cortisol (Post)	-0.81§	-0.62§	0.05	0.00	-0.62	-0.49
Zinc (Pre)	-0.80§	-0.67§	-0.07	0.08	0.01	0.25
Zinc (Post)	-0.68§	-0.61§	-0.18	-0.01	-0.47	-0.17

CS: Control session; CT1: concurrent training session 1; CT2: concurrent training session 2; §: Correlation between the variables (p <0.05).