

Table III - Means and (\pm) standard deviation of outcome measures for each group before and after the intervention period

			ANOVA outcomes		
			Group F(2, 30), p-value (η_p^2)	Time F(1, 30), p-value (η_p^2)	Group x Time F(2, 30), p-value (η_p^2)
	Before	After			
Body mass (kg)			F=0.5, p=0.562 (0.04)	F=3.2, p=0.08 (0.10)	F=0.1, p=0.849 (0.01)
1-TSW (n=10)	67.1 \pm 7.3	67.5 \pm 7.1			
2-TSW (n=11)	66.5 \pm 8.1	67.0 \pm 9.4			
3-TSW (n=12)	70.1 \pm 10.6	71.0 \pm 10.3			
Squat jump (cm)			F=0.5, p=0.611 (0.03)	F=29.6, p<0.001 (0.50)	F=0.7, p=0.503 (0.05)
1-TSW (n=10)	35.7 \pm 4.4	37.6 \pm 4.3			
2-TSW (n=11)	33.9 \pm 5.6	36.0 \pm 5.2			
3-TSW (n=12)	33.2 \pm 5.2	36.3 \pm 4.6			
Squat jump (W)			F=0.5, p=0.640 (0.03)	F=36.6, p<0.001 (0.55)	F=1.0, p=0.382 (0.06)
1-TSW (n=10)	3149.0 \pm 386.7	3286.2 \pm 433.6			
2-TSW (n=11)	3014.2 \pm 403.3	3165.0 \pm 340.6			
3-TSW (n=12)	3139.2 \pm 494.1	3365.6 \pm 507.2			
SJ (W.kg⁻¹)			F=0.5, p=0.630 (0.03)	F=24.7, p<0.001 (0.45)	F=0.5, p=0.617 (0.03)
1-TSW (n=10)	47.06 \pm 4.15	48.69 \pm 3.98			
2-TSW (n=11)	45.64 \pm 5.28	47.65 \pm 4.98			
3-TSW (n=12)	44.85 \pm 4.23	47.48 \pm 3.44			
CMJ (cm)			F=0.6, p=0.557 (0.04)	F=19.4, p<0.001 (0.39)	F=0.2, p=0.787 (0.02)
1-TSW (n=10)	37.8 \pm 5.5	39.2 \pm 5.1			
2-TSW (n=11)	36.5 \pm 5.0	38.6 \pm 6.0			
3-TSW (n=12)	35.3 \pm 5.5	37.0 \pm 4.5			
CMJ (W)			F=0.1, p=0.879 (0.01)	F=29.2, p<0.001 (0.49)	F=0.4, p=0.701 (0.02)
1-TSW (n=10)	3276.5 \pm 461.5	3378.5 \pm 443.3			
2-TSW (n=11)	3172.0 \pm 395.4	3320.8 \pm 391.1			
3-TSW (n=12)	3262.7 \pm 538.1	3407.8 \pm 500.5			

CMJ (W.kg⁻¹)			F=0.6, p=0.564 (0.04)	F=16.6, p<0.001 (0.36)	F=0.2, p=0.850 (0.01)
1-TSW (n=10)	48.64±5.79	50.12±4.99			
2-TSW (n=11)	48.00±4.76	50.00±5.90			
3-TSW (n=12)	46.57±4.60	48.10±3.40			
SLJ (cm)			F=0.2, p=0.853 (0.01)	F=34.6, p<0.001 (0.54)	F=0.2, p=0.861 (0.01)
1-TSW (n=10)	210.1±14.2	223.3±15.1			
2-TSW (n=11)	213.4±18.1	226.8±19.7			
3-TSW (n=12)	215.3±24.1	226.2±18.5			
10-m sprint (s)			F=0.5, p=0.614 (0.03)	F=30.0, p<0.001 (0.50)	F=2.2, p=0.133 (0.13)
1-TSW (n=10)	1.79±0.06	1.75±0.07			
2-TSW (n=11)	1.83±0.07	1.75±0.07			
3-TSW (n=12)	1.83±0.08	1.78±0.08			
20-m sprint (s)			F=0.3, p=0.760 (0.02)	F=67.3, p<0.001 (0.69)	F=0.7, p=0.524 (0.04)
1-TSW (n=10)	3.11±0.11	3.01±0.12			
2-TSW (n=11)	3.14±0.14	3.03±0.14			
3-TSW (n=12)	3.14±0.13	3.06±0.11			
CODS T-test (s)			F=0.1, p=0.916 (0.01)	F=56.5, p<0.001 (0.65)	F=0.3, p=0.758 (0.02)
1-TSW (n=10)	10.57±0.43	10.12±0.44			
2-TSW (n=11)	10.68±0.53	10.13±0.48			
3-TSW (n=12)	10.61±0.71	10.04±0.35			

1-TSW, 2-TSW, and 3-TSW = one, two, and three training sessions per week groups, respectively; CMJ = countermovement jump; CODS = change of direction sprint; η_p^2 = partial eta squared; bold values = significant time effect