

Table II - Training characteristics

	Group	Training Prescription	Training Classification	Duration (weeks)	Strength training (times per week)	Endurance Training (h/week)
Aagaard P et al., 2011	Int Cont	Resistance exercise: isolated knee extension, incline leg press, hamstring curls and calf raises; week 1: 4 x 10-12 RM; week 2-3: 4 x 8-10 RM; week 4-5: 4 x 6-8 RM; week 6-16: 4 x 5-6 RM; inter: 1-2 min between exercises and 2-3 min between sets.	Linear periodization.	16	2 to 3	10 to 18
Hauswirth C., et al. 2009	Int Cont	Resistance exercise: leg press, leg extension, hamstring curl, and leg curl. 3-5 x 3-5 RM at >90% of 1 RM; inter: 3 min.	Maximum strength.	5	3	Int: 17.1 ± 3.1 Cont: 17.4 ± 3.7
Jackson NP et al. 2007	H-Res H-Rep Cont	Resistance exercise: free weight barbell squats, leg curls, leg press and step up in a Smith machine. H-Res week 1: 2 x 10 reps at 50% of 1 RM; week 2-10: 4 x 4 reps at 85% of 1 RM; H-Rep: week 1: 2 x 10 reps at 50% of 1 RM; week 2-10: 2 x 20 reps at 50% of 1 RM; inter: 2 min	Linear periodization.	10	3	ND
Levin GT, MCGuigan MR, Laursen PB 2009	Int Cont	Resistance exercise: divided into 3 types: strength (4 x 5 reps: lunges, squats, straight-leg deadlift, seated calf raises, inclined crunches); power (3 x 6 reps: jump squats, single-leg jump squat, clean grip deadlift, single-leg calf raises and back extension); hypertrophy (3 x 12 reps: single-leg leg press, knee extension, knee flexion, standing calf raises and abdominal crunches; inter: 2 min.	Ondulatory periodization.	6	3	Int: 526 ± 85 min Cont: 613 ± 78 min
Rønnestad BR, Hansen EA, Raastad T, 2010	Int Cont	Resistance exercise: half squat, recumbent leg press with one leg at a time, standing one-legged hip flexion and ankle plantar flexion; week 1-3: 3 x 10 RM (1st session) and 3 x 6 RM (2nd session); week 4-6: 3 x 8 RM (1st session) and 3 x 5 RM (2nd session); week 7-12: 3 x 6 RM (1st session) and 3 x 4 RM (2nd session); week 13-25: 2 x 5 reps in half squat and	Linear periodization.	12 (preparatory) + 13 (competitive).	2 (preparatory). 1 every 7-10 days (competitive)	ND

			recumbent leg press with one leg at a time at 80-85% of 1RM and 1 x 6 RM in one-legged hip flexion and ankle plantar flexion. Inter: 2 min.				
Rønnestad BR et al., 2016	Int	Cont	Resistance exercise: half squat, unilateral leg press, standing unilateral hip flexion and ankle plantar flexion; week 1-10: 3 x 4-10 RM; week 11-25: 3 x 5 reps with 80-85% RM; inter: 2 min.	Linear periodization.	10 (preparatory) + 15 (competitive).	~1 every 8 days	Int: 13.5 ± 1.5 Cont: 13.6 ± 3.2
Rønnestad BR et al., 2015	Int	Cont	Resistance exercise: half squat, unilateral leg press, standing unilateral hip flexion and ankle plantar flexion; week 1-3: 3 x 10 RM (1 st session) and 3 x 6 RM (2 nd session); week 4-6: 3 x 8 RM (1 st session) and 3 x 5 RM (2 nd session); week 7-10: 3 x 6 RM (1 st session) and 3 x 4 RM (2 nd session). Week 11-25: 3 x 5 reps with maximal effort in the concentric at 80-85% of 1 RM; inter: 2 min.	Linear periodization.	10 for the development of +15 force for the maintenance of force.	2 (development). ~1 every 8 days (maintenance)	Preparator: Int: 11.3 ± 1.5 Cont: 11.7 ± 3.1 Competitive Int: 15.2 ± 3.1 Cont: 15.3 ± 3.9
Rønnestad BR, Hansen J, Nygaard H, 2017	Int	Cont	Resistance exercises: half squat, unilateral leg press, standing unilateral hip flexion and ankle plantar flexion; week 1-3: 3 x 10 RMs (1st session) and 3 x 6 RM (2nd session); week 4-6: 3 x 8 RM (1st session) and 3 x 5 RM (2nd session); week 7-10: 3 x 6 RM (1st session) and 3 x 4 RM (2nd session); inter: 2 min.	Linear periodization.	10	2	Int: 11.1 ± 1.8 Cont: 12.3 ± 2.9
Sunde A et al. 2010	Int	Cont	Resistance exercise: half-squat in a Smith machine with 4 x 4 RM; inter: 3 min.	Maximum strength.	8	3	ND

Int = intervention group; Cont = control group; H-Res = intervention group with high loads; H-Rep = intervention group with high repetitions; inter = interval; ND = Not described; RM= maximum repetition