

Table IV - VO_{2max} evaluation before and after the intervention period

Study	n	Pre-training	Post-training	Change (%)
Aagaard P et al., 2011	Int: 7	Int: 73.5 ± 8.2 ml·kg ⁻¹ ·min ⁻¹	Int: 75 ± 6 ml·kg ⁻¹ ·min ⁻¹	+2.04
	Cont: 7	Cont: 71.5 ± 6 ml·kg ⁻¹ ·min ⁻¹	Cont: 73 ± 2.3 ml·kg ⁻¹ ·min ⁻¹	+2.09
Hauswirth C et al., 2009	Int: 7	Int: 69.9 ± 6.3 ml·kg ⁻¹ ·min ⁻¹	Int: 70.8 ± 5.5 ml·kg ⁻¹ ·min ⁻¹	+1.28
	Cont: 7	Cont: 68.4 ± 10.7 ml·kg ⁻¹ ·min ⁻¹	Cont: 68.3 ± 10.1 ml·kg ⁻¹ ·min ⁻¹	-0.14
Jackson NP et al., 2007	Int:H-Res 9	Int: 47.9 ± 7. ml·kg ⁻¹ ·min ⁻¹	Int: 49.3 ± 6.5 ml·kg ⁻¹ ·min ⁻¹	+2.92
	Int:H-Rep 9	Int: 52.8 ± 4.7 ml·kg ⁻¹ ·min ⁻¹	Int: 56.3 ± 4.1 ml·kg ⁻¹ ·min ⁻¹	+6.62
	Cont:5	Cont: 55.3 ± 3.5 ml·kg ⁻¹ ·min ⁻¹	Cont: 58.9 ± 2.9 ml·kg ⁻¹ ·min ⁻¹	+6.5
Levin GT, MCGuigan MR, Laursen PB., 2009	Int: 7	Int: 62.4 (5.4) ml·kg ⁻¹ ·min ⁻¹	Int: 62.3 (3.2) ml·kg ⁻¹ ·min ⁻¹	-0.16
	Cont: 7	Cont: 63.1 (1.8) ml·kg ⁻¹ ·min ⁻¹	Cont: 62.5 (2.7) ml·kg ⁻¹ ·min ⁻¹	-0.95
Rønnestad BR, Hansen EA, Raastad T., 2010	Int: 6	Int: 65.2 ± 2.2 ml·kg ⁻¹ ·min ⁻¹	Int: 73.9 ± 3.2 ml·kg ⁻¹ ·min ⁻¹	+13.34*
	Cont: 6	Cont: 67.3 ± 2.7 ml·kg ⁻¹ ·min ⁻¹	Cont: 73.4 ± 3.1 ml·kg ⁻¹ ·min ⁻¹	+9.06*
Rønnestad BR et al., 2015	Int: 7	Int: 77.59 ± 6.01 ml·kg ⁻¹ ·min ⁻¹	Int: 76.61 ± 8.13 ml·kg ⁻¹ ·min ⁻¹	-1.26
	Cont: 7	Cont:73.26 ± 5.43 ml·kg ⁻¹ ·min ⁻¹	Cont: 74.68 ± 6.59 ml·kg ⁻¹ ·min ⁻¹	+1.11
Rønnestad BR et al., 2015	Int: 9	Int: 78 ±6 ml·kg ⁻¹ ·min ⁻¹	Int: 80 ±6 ml·kg ⁻¹ ·min ⁻¹	+2.56
	Cont: 7	Cont: 73.26 ± 5.43 ml·kg ⁻¹ ·min ⁻¹	Cont: 75 ± 7 ml·kg ⁻¹ ·min ⁻¹	+2.66
Rønnestad BR, Hansen J, Nygaard H, 2016	Int: 12	Int: 77 ± 6 ml·kg ⁻¹ ·min ⁻¹	Int: 75 ± 8 ml·kg ⁻¹ ·min ⁻¹	-2.29
	Cont: 8	Cont: 72 ± 7 ml·kg ⁻¹ ·min ⁻¹	Cont: 70 ± 7 ml·kg ⁻¹ ·min ⁻¹	-2.77
Sunde A et al., 2010	Int:8	Int: 63.4 ± 6.0 ml·kg ⁻¹ ·min ⁻¹	Int: 63.9 ± 5.6 ml·kg ⁻¹ ·min ⁻¹	+0.78
	Cont:5	Cont: 58.7 ± 8.8 ml·kg ⁻¹ ·min ⁻¹	Cont: 58.0 ± 10.8 ml·kg ⁻¹ ·min ⁻¹	-1.19

Int = intervention group; Cont = control group; H-Res = intervention group with high loads; H-Rep = intervention group with high repetitions; ND = Not described; *Difference between pré-pós