Table V - *Cycling Economy (CE) and efficiency analysis before and after the intervention period*

Study	Test	Used term	Parameter	n	Pre-training	Post-training	Change (%)
Aagaard P et al., 2011	Steady-state four-step incremental cycling	CE	(Watt/kg) / (mLO$_2$/min/kg) obtained at 75% of the VO$_{2max}$	Int:7 Cont:7	Int:0.204 ± 0.025mLO$_2$/J[#] Cont: 0.223 ± 0.015mLO$_2$/J	Int:0.199 ± 0.014mLO2/J Cont: 0.207±0.008mLO2/J	-2.45 +7.17[*]
Jackson NP et al. 2007	Lactate Profile Test	Economy	VO$_2$ values at fixed loads (300 W)	Int:H-Res 9 Int:H-Rep 9 Cont:5	Int:46.4 ± 62.2 Int:48 ± 3.7 Cont: 52.6 ± 2,1	Int:48.3 ± 5.4 Int:49.4 ± 2.2 Cont: 52.7 ± 0,6	+4.09 +2.91 +0.19
Rønnestad BR et al. 2015	ND	Fractional utilization of the VO$_{2max}$ at the power of 4 mmol·L-1 [la-]	ND	Int:9 Cont:7	Int:78 ± 3% Cont: 80 ± 3%	Int:80 ± 3% Cont: 81 ± 6%	+2 +1
Rønnestad BR, Hansen J, Nygaard H, 2017	ND	Fractional utilization of the VO$_{2max}$ at the power of 4 mmol·L-1 [la-]	ND	Int:12 Cont:7	Int:79 ± 3% Cont: 81 ± 4%	Int:80 ± 4% Cont: 83 ± 1%	+1 +2
Sunde A et al. 2010	Incremental protocol of VO$_{2max}$	CE	At power equivalent to 70% of VO$_{2max}$	Int:8 Cont:5	Int:217 ± 26 (W) Cont: 215 ± 57 (W)	Int:232 ± 36 (W) Cont: 216 ± 65 (W)	+6.9[*] +0.46

Int = intervention group; Cont = control group; ND = Not described; CE= cycling economy; *Difference between pré-pós