

Table VI - Power and anaerobic capacity in the Wingate test before and after the intervention period

Study	Test	n	Pre-training (W)	Post-training (W)	Change (%)
Intervention					
Rønnestad BR, Hansen EA, Raastad T., 2010	Wingate Peak (W·kg ⁻¹)	6	18.5 ± 0.4	19.9 ± 0.8	+7.56 ^{*#}
	Wingate Mean (W·kg ⁻¹)		10.2 ± 0.3	10.2 ± 0.4	0
	Fatigue Index		34 ± 1.2	36.3 ± 3.1	+6.76
Rønnestad BR et al., 2016	Wingate Peak (W·kg ⁻¹)	7	23.51 ± 2,99	23.61 ± 3.29	+0.42
	Wingate Mean (W·kg ⁻¹)		10.65 ± 0.92	10.82 ± 0.45	+1.59
	Fatigue Index		ND	ND	ND
Rønnestad BR et al., 2015	Wingate Peak (W·kg ⁻¹)	9	23.6 ± 2.9	24.2 ± 3.4	+2.54 [*]
	Wingate Mean (W·kg ⁻¹)		10.9 ± 0.9	10.9 ± 1.1	0
	Fatigue Index		ND	ND	ND
Rønnestad BR, Hansen J, Nygaard H., 2017	Wingate Peak (W·kg ⁻¹)	12	23.2 ± 2.7	24.3 ± 2.8	+3.87
	Wingate Mean (W·kg ⁻¹)		10.7 ± 1.0	10.9 ± 0.9	+1.86 [#]
	Fatigue Index		ND	ND	ND
Control					
Study	Test	n	Pre-training (W)	Post-training (W)	Change (%)
Rønnestad BR, Hansen EA, Raastad T., 2010	Wingate Peak (W·kg ⁻¹)	6	15.7 ± 1.1	16.0 ± 1.6	+1.91
	Wingate Mean (W·kg ⁻¹)		9.3 ± 0.6 2	9.3 ± 0.7	0
	Fatigue Index		5.6 ± 3.4	24.6 ± 4.4	-3.9
Rønnestad BR et al., 2016	Wingate Peak (W·kg ⁻¹)	7	23.07 ± 2.78	22.75 ± 2.11	-1.38
	Wingate Mean (W·kg ⁻¹)		10.68 ± 0.65	10.49 ± 0.91	-1.77
	Fatigue Index		ND	ND	ND
Rønnestad BR et al., 2015	Wingate Peak (W·kg ⁻¹)	7	22.9 ± 2.4	22,6 ± 1,7	-1.31
	Wingate Mean (W·kg ⁻¹)		10.7 ± 0.7	10.5 ± 0.9	-1.86
	Fatigue Index		ND	ND	ND

Rønnestad BR, Hansen J, Nygaard H, 2017	Wingate Peak ($W \cdot kg^{-1}$)	8	22.1 ± 3.2	22.4 ± 4.0	+1.33
	Wingate Mean ($W \cdot kg^{-1}$)		10.3 ± 1.1	10.1 ± 1.5	-1.94
	Fatigue Index		ND	ND	ND

ND = Not described; *= Difference between pré-pós; # Difference between intervention group for control group