

**Table VII - Short-term endurance given by the power output before and after the intervention period**

Study	Test	Term used	Parameter	n	Pre-training (W)	Post-training (W)	Change (%)
Aagaard P et al., 2011	Maximum of 5 minutes	Short term endurance performance	Average ergometer work rate	Int:7 Cont:7	Int:405.4 ± 53.3 Cont:388.4 ± 14.1	Int: 425 ± 39.4 Cont: 400.4 ± 33.6	+4.83* +2.98*

Int = intervention group; Cont = control group; \*= Difference between pré-pós

**Table VIII - Long-term endurance given by the power produced before and after the intervention period**

Study	Test	Term used	Parameter	n	Pre-training (W)	Post-training (W)	Change (%)
Aagaard P et al., 2011	45 min time-trial	Endurance performance of long duration	Average work rate (Watts)	Int:7 Cont:7	Int:313.7 ± 45.9 Cont:309.5 ± 20.3	Int:340.1 ± 33.1 Cont:321 ± 19.5	+8.41*# +3.39*
Rønnestad BR, Hansen EA, Raastad T., 2010	40-minute maximum test	Average Power	ND	Int:6 Cont:6	Int: ND Cont: ND	Int: ND Cont: ND	+14 ± 3*# +4±1*
Rønnestad BR et al., 2015	40-minute maximum test	Average Power	ND	Int:9 Cont:7	Int: ND Cont: ND	Int: ND Cont: ND	+6.5 ± 5.7*# 0
Rønnestad BR, Hansen J, Nygaard H, 2016	40-minute maximum test	Average Power	ND	Int:12 Cont:8	Int: ND Cont: ND	Int: ND Cont: ND	+3.5 ± 5.5 -0.8 ± 5.7

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