

Table IX - Peak power before and after the intervention period

Study	Test	Term used	Parameter	n	Pre-training (W)	Post-training (W)	Change (%)
Hauswirth C et al., 2010	Incremental to exhaustion	Maximum aerobic power (P _{máx})	Potency associated with VO _{2max}	Int:7 Cont:7	Int:412.9 ± 28.0 Cont:417.1 ± 51.5	Int:419.3 ± 29.6 Cont: 410.7 ± 44.8	+1.55 -1.53
Jackson NP et al., 2007	Lactate profile	Maximum power	Higher load on test	Int:H-Res 9 Int:H-Rep 9 Cont:5	Int:305.6 ± 39.1 Int:330.6 ± 48.0 Cont: 315.0 ± 51.8	Int:305,6 ± 37,0 Int 338,9 ± 47,0 Cont: 330.0 ± 41.1	0 +2,51 +4.76
Levin GT, Mcguigan MR, Laursen PB, 2009	Gradual exercise	PPO	Highest average power recorded every second	Int:7 Cont:7	Int:361±36 Cont: 352±39	Int:355±27 Cont: 348±37	-1.66 -1.13
Rønnestad BR, Hansen EA, Raastad T, 2010	40-minute maximum test	W _{máx}	ND	Int:6 Cont:6	Int:420 ± 15 Cont:401 ± 37	Int:454 ± 19 Cont: 399 ± 33	+8.09* -0.49
Rønnestad BR et al., 2015	ND	Maximum aerobic power (W _{máx})	ND	Int:7 Cont:7	Int:5.92 ± 0.51 (W·kg ⁻¹) Cont: 5.81 ± 0.24 (W·kg ⁻¹)	Int:6.04 ± 0.72 (W·kg ⁻¹) Cont: 5.88 ± 0.45 (W·kg ⁻¹)	+2.02 +1.02
Rønnestad BR et al., 2015	40-minute maximum test	W _{máx}	ND	Int:9 Cont:7	Int: ND Cont: ND	Int: ND Cont: ND	+3 ± 3* +3 ± 6
Rønnestad BR, Hansen J, Nygaard H, 2016	40-minute maximum test	W _{máx}	Average power in the last minute of the test	Int:12 Cont:8	Int:6.1 ± 0.5 (W·kg ⁻¹) Cont: 5.8 ± 0.5 (W·kg ⁻¹)	Int:6.1 ± 0.6 (W·kg ⁻¹) Cont: 5.7 ± 0.6 (W·kg ⁻¹)	0 -1.72

Int = intervention group; Cont = control; ND = Not described; *Difference between pré-pós, #Difference between intervention group for control group.ppo: peak power output