Figure 1. Average total volume and intensity distribution during a 15-week intervention period. The error bars represent standard deviations.
Figure 2. Mean speed-time profiles for the 3-min all-out tests for baseline and tests 1-3.
Figure 3. Changes in critical speed (A), $D'$ (B), $\text{speed}_{150\text{s}}$ (C) and $\text{speed}_{180\text{s}}$ (D) from baseline to tests 1-3. Data are presented as means ± 90% CL (black lines) alongside individual responses (light grey lines). Grey shaded area represents trivial effects.
Figure 4. Changes in peak speed (A) and predicted 200 m time (B) from baseline to tests 1-3, and in PBs for 1st (C) and 2nd main event (D). Data are presented as means ± 90% CL (black lines) alongside individual responses (light grey lines). Grey shaded area represents trivial effects.
Figure 5. Changes in stroke length (A), stroke index (B), stroke rate (C) and stroke count (D) adopted at critical speed in baseline-test 3. Data are presented as means ± 90% CL (black lines) alongside individual responses (light grey lines). Grey shaded area represents trivial effects.