**Supplemental**

**Table S1** Bi-weekly averaged exercise prescription for an individual training session

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| **Weeks** |  | **1-2** | **3-4** | **5-6** |
| *Conventional (3 sessions per week) – 18 supervised sessions total* |
| **Leg press** | Time based criterion for load increment of weekly adjusted 1RM | 2-3 sets x reps x 10 RM | 2-4 sets x 6 reps x 8RM | 2-4 sets x 4 reps x 6 RM |
| **Calf raise** | 2-3 sets x reps x 10 RM | 2-3 sets x 6 reps x 8RM | 2-4 sets x 4 reps x 6 RM |
| **Lunge** | 2-3 sets x reps x 10 RM | 2-3 sets x 6 reps x 8RM | 2-4 sets x 4 reps x 6 RM |
| *Load carriage specific (3 sessions per week)- 18 supervised sessions total* |
| **SL hopping** | SL hopping and CMJ time based criterion for load increment.Hip flexor pull time based criterion for load increment of weekly adjusted 1RM | 2-4 sets x 20 s x 2.2 Hz x 110% BW | 2-4 sets x 20 s x 2.2 Hz x 115 - 120% BW | 2-4 sets x 20 s x 3 Hz x 120% BW |
| **CMJ** | 5-10 sets x 2-3 reps x 100-105% BW | 5-10 sets x 2-3 reps x 110-115% BW | 5-10 sets x 2-3 reps x 120% BW |
| **Hip flexor pull** | 8-10 sets x 2-3 reps x 10RM | 8-10 sets x 2-3 reps x 8RM | 8-10 sets x 2-3 reps x 6RM |
| Abbreviations: reps = repetitions; Hz = Hertz; SL = single leg; CMJ = countermovement jump; RM = repetition maximum; BW = body weight |