Supplementary Table 4.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | HIGH PEAK POWER | | LOW PEAK POWER | | Two-way ANOVA | | | | | | |
| Group | | Examination | | Group\*Examination | | |
| PRE | POST | PRE | POST | p | η2 | p | η2 | p | η2 |
| Relative [%] | | | | | | | | | | | |
| EPCR | 42.8±11.3§ | 40.3±14.7§¶ | 41.7±16.1§ | 42.6±15§ | 0.855 | <0.001 | 0.760 | 0.001 | 0.533 | 0.008 |
| ELA | 48.1±10.8§ | 51.4±13.6§ | 46.7±14.9§ | 46.8±15.5§ | 0.347 | 0.018 | 0.464 | 0.011 | 0.470 | 0.010 |
| EAER | 8.3±3.1\* | 8.1±3.2 | 11.4±3.5 | 10.1±4.8 | <0.001 | 0.235 | 0.343 | 0.186 | 0.500 | 0.009 |
| p  (η2) | <0.001  (0.784) | <0.001  (0.718) | <0.001  (0.606) | <0.001  (0.633) |  |  |  |  |  |  |
| Absolute [kJ] | | | | | | | | | | | |
| EPCR | 36.2±18.7§ | 31.8±13.9§ | 28.3±13.8§ | 29.8±14§ | 0.132 | 0.046 | 0.621 | 0.005 | 0.308 | 0.021 |
| ELA | 37.8±9.6\*§ | 38.6±9.7\*§ | 29.7±8.8§ | 30.3±8.3§ | <0.001 | 0.196 | 0.488 | 0.010 | 0.903 | 0.001 |
| EAER | 6.2±1.9 | 5.9±2.1 | 7.3±2.3 | 6.3±2.7 | 0.106 | 0.053 | 0.186 | 0.036 | 0.467 | 0.011 |
| Total EE | 80.3±24.7\* | 76.4±16.1 | 65.4±13.9 | 66.5±16.5 | 0.005 | 0.148 | 0.629 | 0.004 | 0.387 | 0.015 |
| p  (η2) | <0.001  (0.595) | <0.001  (0.680) | <0.001  (0.543) | <0.001  (0.588) |  |  |  |  |  |  |