

PŘÍLOHY

Day 1	Reps x Set				
Exercise	Session 1-3	Session 4-6	Session 7-9	Load/intensity	Break
Deadlift	8 x 3	5 x 3	3 x 3	1-2 RIR	2-3 min
Hip-thrust	8 x 3	5 x 3	3 x 3	1-2 RIR	2-3 min
Bulgarian split squat	10 x 2	7 x 2	5 x 2	5-6 RIR	2-3 min
Front squat	10 x 2	7 x 2	5 x 2	1-2 RIR	2-3 min
Trap bar	5 x 2	5 x 2	5 x 2	70 % 1RM	3-4 min

Day 2	Reps x Set				
Exercise	Session 1-3	Session 4-6	Session 7-9	Load/intensity	Break
Squat	8 x 2	5 x 2	3 x 3	1-2 RIR	2-3 min
Stiff-leg dead lift	8 x 2	5 x 2	3 x 3	1-2 RIR	2-3 min
Bulgarian split squat	8 x 2	7 x 2	5 x 2	5-6 RIR	2-3 min
Trap bar jumps	5 x 2	5 x 2	5 x 2	50 % 1RM	3-4 min
Calf-raises	10 x 2	10 x 2	10 x 2	5-6 RIR	1-2 min

Příloha 1 – trénink v rámci intervence ve studii Lindberg et al. (2021)

Supplementary table 1: High load strength training program

RIR= Reps in reserve, 1RM=One repetition maximum, min=minutes, reps=repetitions, Set=training sets.

Supplementary table 2: Balanced strength training program

Day 1	Reps x Set				
Exercise	Session 1-3	Session 4-6	Session 7-9	Load/intensity	Break
Deadlift	8 x 3	5 x 3	3 x 3	1-2 RIR	2-3 min
Front squat	8 x 2	5 x 2	3 x 2	1-2 RIR	2-3 min
Bulgarian split squat	10 x 2	7 x 2	5 x 2	5-6 RIR	2-3 min
Hip-thrust	10 x 3	7 x 3	5 x 3	1-2 RIR	2-3 min
Trap bar jumps	5 x 2	5 x 2	5 x 2	50 % 1RM	2-3 min
Stair jumps	5 x 2	5 x 2	5 x 2	Bodyweight	2-3 min

Day 2	Reps x Set				
Exercise	Session 1-3	Session 4-6	Session 7-9	Load/intensity	Break
Squat jump w/rubber band	5 x 3	5 x 3	5 x 3	Unloading	3-4 min
Trap bar jumps	5 x 2	5 x 2	5 x 2	50 % 1RM	3-4 min
Box jumps	5 x 2	5 x 2	5 x 2	Bodyweight	3-4 min
Stair jumps	5 x 2	5 x 2	5 x 2	Bodyweight	2-3 min
Single leg stair jumps	10 x 2	10 x 2	10 x 2	Bodyweight	1-2 min
Deadlift	8 x 3	5 x 3	3 x 3	1-2 RIR	2-3 min

RIR= Reps in reserve, 1RM=One repetition maximum, min=minutes, reps=repetitions, Set=training sets.

Supplementary table 3: “Velocity” training program

Day 1	Reps x Set				
Exercise	Session 1-3	Session 4-6	Session 7-9	Load/intensity	Break
Half Squat	8 x 3	5 x 3	3 x 3	1-2 RIR	2-3 min
Squat-jumps	5 x 3	5 x 3	5 x 3	Unloading	3-4 min
Trap bar jumps	5 x 2	5 x 2	5 x 2	50 % 1RM	3-4 min
Explosive Step ups	5 x 2	5 x 2	5 x 2	10-20kg	3-4 min
Hip-thrust	8 x 3	5 x 3	3 x 3	1-2 RIR	2-3 min
Countermovement jumps	5 x 2	5 x 2	5 x 2	Bodyweight	2-3 min

Day 2	Reps x Set				
Exercise	Session 1-3	Session 4-6	Session 7-9	Load/intensity	Break
Squat jump w/rubber band	5 x 3	5 x 3	5 x 3	Unloading	3-4 min
Trap bar jumps	5 x 2	5 x 2	5 x 2	50 % 1RM	3-4 min
Box jumps	5 x 2	5 x 2	5 x 2	Bodyweight	3-4 min
Clean Pull	5 x 2	5 x 2	5 x 2	50 % 1RM	3-4 min
Stair jumps	5 x 2	5 x 2	5 x 2	Bodyweight	2-3 min
Single leg stair jumps	10 x 2	10 x 2	10 x 2	Bodyweight	1-2 min

RIR= Reps in reserve, 1RM=One repetition maximum, min=minutes, reps=repetitions, Set=training sets.

Zdroj: (Lindberg et al. 2021)