|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***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 |

*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.*