

Relationship between $\dot{V}O_{2\max}$ and performance changes (PRE vs. POST, %) in (A) TT400 for all subjects, and (B) TT100 (sprinters) or TT200 (non-sprinters). Linear regression lines are displayed for each group (thinner line) and for all subjects (thicker black line). Regression equation and coefficient of determination (r^2) for all subjects are indicated. None of these relationships were statistically significant.

