**Appendix 2.** Program prescription for the back squat exercise performed during strength sessions completed twice weekly.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **AEL** (Intervention) | |  | **TRT** (Control) | |
|  |  | **Tempo** | **Sets x Reps** | **%1RM** | **IRV** |  | **%1RM** | **IRV** |
| Test | Week 1 |  |  |  |  |  |  |  |
| Slow | Week 2 | 3-0-1 | 3x8 | 92/68\* | 19 |  | 74 | 18 |
| Week 3 | 3x7 | 95/70 | 17 |  | 76 | 16 |
| Week 4 | 4x6 | 98/72 | 20 |  | 79 | 19 |
| Week 5 | 2x6 | 98/72 | 10 |  | 79 | 10 |
| Test | Week 6 |  |  |  |  |  |  |  |
| Off | Week 7 |  |  |  |  |  |  |  |
| Fast | Week 8 | 1-0-1 | 3x5 | 106/77 | 14 |  | 81 | 12 |
| Week 9 | 4x4 | 108/79 | 15 |  | 83 | 13 |
| Week 10 | 5x4 | 110/81 | 19 |  | 85 | 17 |
| Week 11 | 2x4 | 110/81 | 8 |  | 85 | 7 |
| Test | Week 12 |  |  |  |  |  |  |  |

**Abbreviations:** %1RM: percentage of one repetition maximum; AEL: accentuated eccentric loading; IRV: intensity relative volume (intensity [%1RM as a fraction] x sets x reps); Reps: repetitions; TRT: traditional resistance training. \*Eccentric/Concentric loading.