***Appendix 2****: Formula for calculating the confidence interval of an observed change or trend*

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| **Formula** | Δ ± (SE × × *t*) |
| **Notes** | Where *t* is the two-tailed students critical *t-*value for a given confidence level (or alpha, α; given as [1 - confidence level)/100]) and degrees of freedom (df); *n* – 2. Where *n* is the number of athletes in the group-based test-retest study, or the number of individual observations used in the regression analysis. |
| **Microsoft Excel Formula** | Lower: =Δ-TINV(α,df)\*SE\*SQRT(2)  Upper: =Δ+TINV(α,df)\*SE\*SQRT(2) |