Table 4. The effects of the high and low volume training on eccentric strength in dominant and non-dominant limbs.

	High volume				Low volume			
	Dominant	*d*	Non-dominant	*d*	Dominant	*d*	Non-dominant	*d*
Baseline (Day 0)	410 ± 53		403 ± 49		432 ± 55		423 ± 61	
End intervention (Day 42)	536 ± 104[#]	1.28	501 ± 88[#]	1.63	587 ± 74[*]	1.76	553 ± 86[#]	2.32
End detraining (Day 70)	523 ± 99	1.20	466 ± 56	1.38	574 ± 75[#]	1.53	538 ± 74	2.47

Effect size (d) calculations presented were within-group comparisons with baseline values. Data presented as mean ± standard deviation. * $p<0.001$ vs baseline, # $p<0.05$ vs baseline.