

Table 2. The effect of high volume training on two-limb-average biceps femoris long head architecture

Intervention	Muscle thickness (cm)	<i>d</i>	Pennation angle (°)	<i>d</i>	Fascicle length (cm)	<i>d</i>
Pre intervention (Day 0)	2.33 ± 0.34		13.19 ± 1.30		10.18 ± 0.66	
Day 7	2.39 ± 0.36	0.17	12.25 ± 1.36	-0.70	11.24 ± 0.84	1.40
Day 14	2.41 ± 0.36	0.22	11.72 ± 1.30	-1.13	11.83 ± 1.01 [#]	1.93
Day 21	2.41 ± 0.34	0.23	11.30 ± 1.12	-1.55	12.26 ± 0.94 [*]	2.56
Day 28	2.42 ± 0.31	0.27	11.23 ± 1.23 [*]	-1.54	12.43 ± 0.89 [*]	2.87
Day 35	2.42 ± 0.29	0.28	11.25 ± 1.05 [*]	-1.64	12.43 ± 0.87 [*]	2.91
End intervention (Day 42)	2.48 ± 0.28	0.48	11.40 ± 0.97	-1.56	12.56 ± 0.97 [*]	2.86
Detraining						
Mid detraining (Day 56)	2.37 ± 0.31	0.12	13.23 ± 1.11	0.33	10.38 ± 1.15	0.21
End detraining (Day 70)	2.35 ± 0.31	0.03	13.51 ± 1.31	0.24	10.06 ± 1.07	-0.13

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.