

Table 1. Nordic hamstring exercise training intervention variables

| High volume intervention | | | | | Low volume intervention | | | | Standardised training period |
|--------------------------|-----------|------|------|------------|-------------------------|------|------|------------|-------------------------------|
| Week | Frequency | Sets | Reps | Total reps | Frequency | Sets | Reps | Total reps | |
| 1 | 2 | 4 | 6 | 48 | 2 | 4 | 6 | 48 | Standardised training period |
| 2 | 2 | 4 | 6 | 48 | 2 | 4 | 6 | 48 | |
| 3 | 2 | 4 | 8 | 64 | 1 | 2 | 4 | 8 | Varied volume training period |
| 4 | 2 | 4 | 10 | 80 | 1 | 2 | 4 | 8 | |
| 5 | 2 | 5 | 10 | 100 | 1 | 2 | 4 | 8 | |
| 6 | 2 | 5 | 10 | 100 | 1 | 2 | 4 | 8 | |
| Sum | | | | 440 | | | | 128 | |