

Training load throughout the training camp (W1 to W4) expressed as (A) daily average TRIMPC, (B) daily total score of fatigue (TSF-10), and (C) average daily session RPE (s-RPE). Group means and SD error bars are shown. Differences ($P < 0.05$) between group averages in (A) were: Hi-HiLo vs. Hi-Hi (+), Lo-Lo (#) and Hi-Hi3 (¶); differences in (B) were: Hi-Hi3 vs. Hi-HiLo (¶), Lo-Lo (§) and Hi-Hi (x); differences in (C) were: Hi-Hi3 vs. Hi-Hi (x), Lo-Lo (§) and Hi-HiLo (¶).

