



Snabbhetsuthållighet

Referenser

Sommer Jeppesen, Jan et al. "Four Weeks of Intensified Training Enhances On-Ice Intermittent Exercise Performance and Increases Maximal Oxygen Consumption of Youth National-Team Ice Hockey Players." International journal of sports physiology and performance vol. 17,10 1507-1515. 26 Jul. 2022, doi:10.1123/ijsp.2021-0560