



Fystester on-ice och off-ice

Referenser

Vigh-Larsen, Jeppe F et al. "On-Ice and Off-Ice Fitness Profiles of Elite and U20 Male Ice Hockey Players of Two Different National Standards." *Journal of strength and conditioning research* vol. 34,12 (2020): 3369-3376. doi:10.1519/JSC.0000000000003836