



# Skridskoåkning mot motstånd

## Referenser

Matthews, Martyn J et al. "Complex training in ice hockey: the effects of a heavy resisted sprint on subsequent ice-hockey sprint performance." *Journal of strength and conditioning research* vol. 24,11 (2010): 2883-7.

Young, Warren B.; Jenner, Andrew; Griffiths, Kerrin. Acute Enhancement of Power Performance From Heavy Load Squats. *Journal of Strength and Conditioning Research* 12(2):p 82-84, May 1998.