

Combined resting values

			[lact-]i rest	[lact-]o rest
Juel 1990	Knee extensions	3.18 min	2.9	0.5
Bangsbo 1996	Knee extensions	4.67 min	2.4	1
Pan 1991	finger flexion	3-7 min		1
Kowalchuk 2000	wrist flexion ramp	12 min		1
Nielsen 2002	forearm flexors repeated 40%MVC	5 min		1
Raymer 2004	wrist flexion progressive			1.7
Volianitis 2018	forearm flexo approx rowing			1.4
Sahlin 1975	Quads 68%MVC (cuff)		1.1	
Chasiotis 1982	Quads 68%MVC (cuff)		2	
Sahlin Henriksson 1984	Quads 61%MVC (cuff)	healthy trained	1.2	
			1.2	
Sahlin Ren 1989	Quads, 66%MVC	52s	1.2	
Mannion 1995	Quads, 60%MVC	64 s	2.3	
Hultman 1985	quads 20Hz continuous	75	1.4	
Chastosis 1987	quads 20 Hz intermittent	54 s	1.2	
	quads 20 Hz continuous (occluded)	52s	1.2	
Spriet 1987b	quads 20Hz for 1.6 s repeated	205 s	1.8	
Jones 2009	Tib Ant 50 Hz 1.6 s repeated (occluded)	32s	0.7	
Wilkes 1983	800m			1.21
Cheetham 1986	VL 30-s sprint		0.9	0.73
Neville 1989	30s all out		1.4	
	110% VO2max 2 min		1.3	
Medbo Sejersted 1985	treadmill	end trained		0.5
		spr trained		0.8
Greenhaff 1994	VL 30-s sprint		1.1	0.84
Krustrup 2006	VL Yo-yo	trained	1.9	
Mohr 2007	VL Yo-yo		1.9	2.4
Hanon 2010	400 m	trained		3.8
Sahlin 1976	5min 0.5 Wmax then Wmax	10-11 min		1
Sahlin 1978			1.7	1
Sharp 1986	Incremental cycling		1.47	1
Kowalchuk 1988	30s isokin sprint			1
Spriet 1989	30s isokin sprint X3			
Bogdanis 1989	30s all out		1.3	0.7
Mannion 1995	Quads, modified Wingate	30-s	2.3	
Linossier 1997	120% VO2peak		1.6	2.5

Hargreaves 1998	30s isokin sprint X3			1.7	1.2				
Parolin 1999	30s isokin sprint X3	90s +		0.9					
Harmer 2000	130% VO2max			2	1				
McCartney 1986	4x 30s			2.1	1				
Messonnier 2007	120% VO2max				3				
Gunnarsson 2013	Intense repeated				1				
Blain 2016	5km time trial	8.75 min			1.2				
Black 2017	severe heavy domains			2	1				
Correia-Oliveira 2017	4km time trial	6 min 20s			1				
Black 2018	incr intermittent 3 min x 2				1 1				
Fiorenze 2019	intermittent sprints			0.4					
Vigh-Larsen 2022	repeated 45 s X 10			3.4	2				
Mildenhall 2023	3 min of 4km time trial	3 min	sprint t end t		1.3 1				
Bers & McKenzie 1989	2000 m	6 min			1				
Nielsen 1999	2000 m sim				0.6				
Nielsen 2002	2000m sim				1				
Volianitis 2010	2000m sim				1				
Volianitis 2011	2000m sim				1.6				
Volianitis 2018	2000m sim				1.2				
Boegman 2022	2000 m	6 min			2				
Nielsen 2022	2000 m				0.9				
				1.611935 0.640897 (0.4, 3.4) 31	1.245854 0.665853 (0.5,3.8) 41				
	Running			[lact-]i rest	[lact-]i end	[lact-]o rest	[lact-]o end		
Costill 1983	125% VO2peak gastroc 125% VO2peak vastis L 400 m gastroc				18.4 15.9			12.3	
Wilkes 1983	800m					1.21		12.62	
Cheetham 1986	VL 30-s sprint			0.9	27.3	0.73		11.6	
Neville 1989	30s all out 110% VO2max 2 min			1.4 1.3	30.1 9.9				
Medbo Sejersted 1985	treadmill end trained spr trained	1 min 1 min				0.5 0.8		9.8 13.6	
Greenhaff 1994	VL 30-s sprint			1.1	31.4	0.84		12.9	
Krustrup 2006	VL Yo-yo trained			1.9	24			11.5	
Mohr 2007	VL Yo-yo			1.9	15.9	2.4		11	
Hanon 2010	400 m	trained				3.8		16.4	
				1.416667 0.411906	21.6125 7.733496	1.468571 1.203861	12.41333 1.868047		
			n=6		8	7		9	

				(0.9-1.9)		(9.9-31.4)		(0.7-3.8)		(9.8-16.4)				
				[lact-]i rest		[lact-]i end		[lact-]o rest		[lact-]o end				
Cycling														
Sahlin 1976	5min 0.5 Wmax then Wmax	10-11 min						1		11				
Sahlin 1978				1.7		32		1		18				
Sharp 1986	Incremental cycling			1.47		29.4		1		6.5				
Kowalchuk 1988	30s isokin sprint			5.5		47		1		13				
Spriet 1989	30s isokin sprint X3					31.7								
Bogdanis 1989	30s all out			1.3		41.7		0.7		16.9				
Mannion 1995	Quads, modified Wingate	30-s		2.3		34.9								
Linossier 1997	120% VO2peak			1.6		35.6		2.5		13.4				
Hargreaves 1998	30s isokin sprint X3			1.7		36.6		1.2		16.9				
Parolin 1999	30s isokin sprint X3	90s +		0.9		35								
Harmer 2000	130% VO2max			2		39.6		1		8.7				
McCartney 1986	4x 30s			2.1		51.6		1		22				
Messonnier 2007	120% VO2max					35.6		3		17.6				
Gunnarsson 2013	Intense repeated					28.9		1		13.2				
Blain 2016	5km time trial	8.75 min						1.2		12.7				
Black 2017	severe heavy domains			2		39.6		1		7.5				
Correia-Oliveira 2017	4km time trial	6 min 20s						1		8				
Black 2018	incr							1		7				
	intermittent 3 min x 2							1		7				
Fiorenze 2019	intermittent sprints			0.4		28								
Vigh-Larsen 2022	repeated 45 s X 10			3.4		27.2		2		12.7				
Mildenhall 2023	3 min of 4km time trial	3 min	sprint t end t					1.3		17.5				
								1		21.7				
				2.028462		35.9		1.257895		13.22632				
				1.264264	13	6.808818	16	0.589082	19	4.97168	19			
				(0.4-5.5)		(27.2-51.6)		(1-2.5)		(7.0-22.0)				
				[lact-]i rest		[lact-]i end		[lact-]o rest		[lact-]o end				
rowing														
Bers & McKenzie 1989 2000 m		6 min						1		17.9				
Nielsen 1999	2000 m sim							0.6		26.2				
Nielsen 2002	2000m sim							1		16.2				
Volianitis 2010	2000m sim							1		16.8				
Volianitis 2011	2000m sim							1.6		21.4				
Volianitis 2018	2000m sim							1.2		20				
Boegman 2022	2000 m	6 min						2		20				
Nielsen 2022	2000 m							0.9		18.3				
								1.1625		19.6				
								0.440576	8	3.187027				
								(0.6-2)		(16.2-26.2)				

Repeated Leg contractions (dynamic)				[lact-]i rest	[lact-]i end	[lact-]o rest	[lact-]o end	
Juel 1990	Knee extensions	3.18 min		2.9	41	0.5	14.1	
Bangsbo 1996	Knee extensions	4.67 min		2.4	39	1	10	
Juel 2004	Incremental knee extensions	8.2 min	untrained trained		33.8	0.8	8	
					20.7	0.8	10.7	
				2.65	33.625	0.775	10.7	
				(2.4, 2.9)	9.135416 (20.7-41)	n=4 0.206155 (0.5-1.0)	2.539029 (8-14.1)	n=4
Repeated Contractions Arm models				[lact-]i rest	[lact-]i end	[lact-]o rest	[lact-]o end	
Pan 1991	finger flexion	3-7 min				1	5	
Kowalchuk 2000	wrist flexion ramp	12 min				1	5	
Nielsen 2002	forearm flexors repeated 40%MVC	5 min				1	4.9	
Raymer 2004	wrist flexion progressive					1.7	7.1	
Volianitis 2018	forearm flexo approx rowing					1.4	6.8	
						1.22	5.76	
						0.319374	n=5 1.092245	n=4
						(1-1.7)	(5-7.1)	
Prolonged static legs								
Sahlin 1975	Quads 68%MVC (cuff)			1.1	37.3			
Chasiotis 1982	Quads 68%MVC (cuff)			2	34.8			
Sahlin Henriksson 1984	Quads 61%MVC (cuff)	healthy trained		1.2	29.4			
				1.2	20.7			
Sahlin Ren 1989	Quads, 66%MVC	52s		1.2	33.3			
Mannion 1995	Quads, 60%MVC	64 s		2.3	20.3			
				1.5	29.3			
				0.513809	n=6 7.283131			
				(1.1-2.3)	(20.3-37.3)			
stim contract (human)								
Hultman 1985	quads 20Hz continuous	75		1.4	26.4			
Chastosis 1987	quads 20 Hz intermittent	54 s		1.2	39.6			
	quads 20 Hz continuous (occluded)	52s		1.2	28.6			
Spriet 1987b	quads 20Hz for 1.6 s repeated	205 s		1.8	50.9			
Constantin-Teodosiu : Tib Ant 50 Hz 1.6 s repeated								
Jones 2009	Tib Ant 50 Hz 1.6 s repeated (occluded)	32s		0.7	28			
				1.26	34.7			
				0.397492	n=5 10.45753			

(0.7-1.8)

(26.4-50.9)