title: “R Notebook” output: officedown::rdocx\_document —

This is an [R Markdown](http://rmarkdown.rstudio.com) Notebook. When you execute code within the notebook, the results appear beneath the code.

Try executing this chunk by clicking the *Run* button within the chunk or by placing your cursor inside it and pressing *Ctrl+Shift+Enter*.

library(table1)

## Warning: package 'table1' was built under R version 4.1.3

library(readxl)

## Warning: package 'readxl' was built under R version 4.1.3

library(flextable)

## Warning: package 'flextable' was built under R version 4.1.3

library(kableExtra)  
library(officedown)

## Warning: package 'officedown' was built under R version 4.1.3

library(officer)

## Warning: package 'officer' was built under R version 4.1.3

Df <- read\_excel("Eccentric\_Thesis.xlsx",  
 sheet = "ESS\_BFP")

## Convert from character to factor data  
Df$Sex <- as.factor(Df$Sex)  
Df$Condition <- as.factor(Df$Condition)  
  
## Order conditions  
Df$Condition <- ordered(Df$Condition,  
 levels = c("Baseline", "Low",  
 "Moderate","High"))

x <-table1(~ HR + RPE + VO2 + Lactate + workload | Sex\*Condition, render.continuous=c(.="Mean (SD)"),render.missing=NULL,  
 data=Df,overall=FALSE)  
t1flex(x)

|  | Female | | | | Male | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Baseline (N=10) | Low (N=10) | Moderate (N=10) | High (N=10) | Baseline (N=8) | Low (N=8) | Moderate (N=8) | High (N=8) |
| **HR** |  |  |  |  |  |  |  |  |
| Mean (SD) | 75.0 (7.80) | 114 (27.9) | 134 (26.7) | 160 (19.3) | 84.1 (14.3) | 110 (21.4) | 125 (27.9) | 154 (15.7) |
| **RPE** |  |  |  |  |  |  |  |  |
| Mean (SD) | 6.00 (0) | 9.20 (1.87) | 12.6 (2.01) | 14.8 (2.78) | 6.00 (0) | 8.13 (2.17) | 10.8 (2.66) | 14.3 (3.11) |
| **VO2** |  |  |  |  |  |  |  |  |
| Mean (SD) | 5.25 (1.04) | 15.5 (4.14) | 19.4 (5.28) | 23.7 (7.34) | 5.34 (1.27) | 15.0 (3.72) | 22.5 (3.46) | 28.6 (8.17) |
| **Lactate** |  |  |  |  |  |  |  |  |
| Mean (SD) | 0.840 (0.246) | 1.50 (0.767) | 2.23 (1.36) | 2.83 (1.83) | 0.963 (0.288) | 1.71 (1.59) | 3.45 (4.53) | 3.28 (1.96) |
| **workload** |  |  |  |  |  |  |  |  |
| Mean (SD) | 0 (0) | 51.5 (22.6) | 87.5 (17.2) | 120 (20.5) | 0 (0) | 56.3 (27.7) | 106 (26.9) | 155 (31.6) |

##### DESCRIPTIVES  
Descriptives <- read\_excel("Eccentric\_Thesis.xlsx",  
 sheet = "Descriptives")

x2 <-table1(~ Age + Height + Weight + VO2max + HR + Lactate +RPE | Sex, render.continuous=c(.="Mean (SD)"),render.missing=NULL,  
 data=Descriptives,overall=FALSE)  
t1flex(x2)

|  | Female (N=10) | Male (N=8) |
| --- | --- | --- |
| **Age** |  |  |
| Mean (SD) | 21.5 (1.96) | 22.9 (3.80) |
| **Height** |  |  |
| Mean (SD) | 1.56 (0.0489) | 1.68 (0.0770) |
| **Weight** |  |  |
| Mean (SD) | 59.7 (11.5) | 77.6 (20.0) |
| **VO2max** |  |  |
| Mean (SD) | 31.7 (5.91) | 33.3 (5.25) |
| **HR** |  |  |
| Mean (SD) | 181 (14.9) | 170 (13.2) |
| **Lactate** |  |  |
| Mean (SD) | 6.89 (1.67) | 6.86 (2.26) |
| **RPE** |  |  |
| Mean (SD) | 17.8 (1.87) | 16.9 (1.89) |