Paired T-test for Yoyo data:

Paired t-test

data: yoyo[["Dec..2014"]] and yoyo[["Jan..2016"]]

t = 6.3979, df = 9, p-value = 0.0001256

alternative hypothesis: true difference in means is not equal to 0

95 percent confidence interval:

191.3414 400.6586

sample estimates:

mean of the differences

The yoyo intermittent recovery test is a standardize measurement of the ability of an athlete to perform repeated interval runs over a prolonged period of time. The measurements are in meters and indicate how long an athlete

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