

Phase-Specific Impact of Functional Performance on Time to Peak

Colour = strength of effect (|..|); symbols: + = earlier peak, - = later peak

Sprint

+

+

-

Road

+

-

-

Middle

+

+

-

Long

+

+

-

Hurdles

+

+

-

Field

+

+

-

Combined

+

+

-

Early

Mid
Career Phase

Late

|..(s)|

