

# Mappeeksamen

Lars Ø

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# Forord

# 1 1Rapport

Detta er ein studie (Milanović, Sporiš, and Weston 2015)

## Referanser

Milanović, Zoran, Goran Sporiš, and Matthew Weston. 2015. “Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO2max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials.” *Sports Medicine* 45 (10): 1469–81. <https://doi.org/10.1007/s40279-015-0365-0>.