|  |  |  |
| --- | --- | --- |
|  | **W1 – W4** | **W4 – W8** |
| **bTRIMP** | -21.3 ± 8.5a | -1.8 ± 11.5c\* |
| **luTRIMP** | -14.2 ± 8.8b | -1.0 ± 11.9c\* |
| **eTRIMP** | -13.9 ± 7.9b | -0.9 ± 11.1c\* |
| **TLRPE** | -10.1 ± 18.6a,b | 2.01 ± 15.3c |

Table X: Percentual change in TL over the two different periods (week 1 to week 4 and week 4 to week 8). Identical letters indicate that values are not statistically different from the other TL methods within the same time period (p > 0.05). \* indicate that values are statistically different (p < 0.05) over the different time periods within the same TL method.